



**WEST LOTHIAN SWIMMING  
CHAMPIONSHIPS  
2019**

**BLUE & YELLOW MEET**

**Sunday 13 October 2019**

**Deans Community High School, Livingston**

Licence Number: L2/ED/022/OCT19



## **West Lothian Swimming Championships 2019** **Meet Information**

The West Lothian Swimming Championships will take the form of both an individual and team event.

All swimmers will be allocated to either the Blue or Yellow team and the team with the most points will win the SWL Team Trophy. The team allocation will be picked by the SWL coaching team. To try to ensure that the Blue and Yellow team points competition is as fair as possible swimmers may be allocated to a different team from previous years.

**Date:** Sunday 13 October 2019

**Venue:** Deans Community High School, Livingston

**Warm Up:** 9.15am Start 9.45am  
1.00pm Start 1.30pm

**Age:** As at 31 December 2019

**Age Groups:** 8-10 years, 11/12 years, 13/14 years, 15 years and over

**Entry Fees:** £6 per event

Swimmers will be entered according to their time. Historically this event has been open to all swimmers who enter. Unfortunately, due to licence time constraints we may be unable to accept all swimmers. Cut off numbers for each event will be determined, if necessary, after entries have been received and clubs will be informed of these as soon as possible after the closing date.

**In the event of the event being oversubscribed priority will be given to those swimmers who enter all five individual events.**

**Awards:** There will be a competition for the top boy and top girl in each age group based on points scored, 1st (7 pts), 2nd (5pts), 3rd (4 pts), 4th (3 pts), 5th (2 pts), 6th (1 pt), in each of the individual events. The top scoring boy and girl in each age group will receive a SWL Age Group Trophy.

SWL Team Trophy - points will be awarded from age group events and relays.

**Relays:** Time permitting, there will be two 4 x 50m freestyle relay events. These will be combined events - one for age groups 8-10 years and 11/12 years and the other for age groups 13/14 years and 15+ (1 boy and 1 girl from each age group – to be swum boy/girl in age order). The relay teams will be selected on the day by the Blue and Yellow Team coaches.

Each club must provide 2 / 3 timekeepers and 1 / 2 Judges plus a volunteer/helper for each session.

This event will be run using Hy-Tek Meet Manager. The entry file should be submitted by swimmers home clubs and returned to Dawn Calvert [wlochamps@gmail.com](mailto:wlochamps@gmail.com) Cheques (payable to SwimWest Lothian) and other paperwork should be posted to:

Dawn Calvert  
26 Croft Place  
Eliburn  
EH54 6RJ.

**CLOSING DATE: 20 SEPTEMBER 2019**

**Clubs must submit the Hy-Tek entry file, the entry summary sheet, health and safety undertaking, and entry cheque by 20 September 2019.**



**No late entries will be accepted.**  
**West Lothian Swimming Championships 2019**  
**Programme of Events**

**EVENT** **Session 1: Warm-up 9.15am – Start 9.45am**

101	Boys 11/12 years	200m Individual Medley
102	Girls 11/12 years	200m Individual Medley
103	Boys 13/14 years	200m Individual Medley
104	Girls 13/14 years	200m Individual Medley
105	Boys 15 years and over	200m Individual Medley
106	Girls 15 years and over	200m Individual Medley
107	Boys 8-10 years	50m Freestyle
108	Girls 8-10 years	50m Freestyle
109	Boys 11/12 years	100m Freestyle
110	Girls 11/12 years	100m Freestyle
111	Boys 13/14 years	100m Freestyle
112	Girls 13/14 years	100m Freestyle
113	Boys 15 years and over	100m Freestyle
114	Girls 15 years and over	100m Freestyle
115	Boys 8-10 years	50m Breaststroke
116	Girls 8-10 years	50m Breaststroke
117	Boys 11/12 years	100m Breaststroke
118	Girls 11/12 years	100m Breaststroke
119	Boys 13/14 years	100m Breaststroke
120	Girls 13/14 years	100m Breaststroke
121	Boys 15 years and over	100m Breaststroke
122	Girls 15 years and over	100m Breaststroke

**EVENT** **Session 2: Warm-up 1.00pm – Start 1.30pm**

201	Boys 8-10 years	50m Butterfly
202	Girls 8-10 years	50m Butterfly
203	Boys 11/12 years	100m Butterfly
204	Girls 11/12 years	100m Butterfly
205	Boys 13/14 years	100m Butterfly
206	Girls 13/14 years	100m Butterfly
207	Boys 15 years and over	100m Butterfly
208	Girls 15 years and over	100m Butterfly
209	Boys 8-10 years	50m Backstroke
210	Girls 8-10 years	50m Backstroke
211	Boys 11/12 years	100m Backstroke
212	Girls 11/12 years	100m Backstroke
213	Boys 13/14 years	100m Backstroke
214	Girls 13/14 years	100m Backstroke
215	Boys 15 years and over	100m Backstroke
216	Girls 15 years and over	100m Backstroke
217	Boys 8-10 years	100m Individual Medley
218	Girls 8-10 years	100m Individual Medley
219	Mixed Relay 8-10 years and 11/12 years	4 x 50m Freestyle Relay
220	Mixed Relay 13/14 years and 15+	4 x 50m Freestyle Relay

**All events are Heat Declared Winner**



**West Lothian Swimming Championships 2019**  
**Entry Summary Sheet**

**(to be submitted by the club entry secretary along with the whole club entry)**

Club Name:	
Contact Name:	
Address:	
Post Code:	
Telephone:	
Email address:	

Item	Number	Cost	Total
Individual Boy Entries		@ £6 per individual event	
Individual Girl Entries		@ £6 per individual event	
Coaches Meals		@ £6	

**Total:** \_\_\_\_\_

**Please make your cheque payable to Swim West Lothian and return along with this form to:**

Dawn Calvert  
26 Croft Place  
Eliburn  
EH54 6RJ.  
[wlchamps@gmail.com](mailto:wlchamps@gmail.com)

**CLOSING DATE: 20 September 2019**

**Clubs must submit the Hy-Tek entry file, the entry summary sheet, health and safety undertaking, and entry cheque by 20 September 2019**



**West Lothian Swimming Championships 2019**  
**Health and Safety Undertaking**

**In order to comply with accreditation and health and safety requirements, this form must be completed and returned to the Entry Secretary with entries.**

I confirm that all the entered swimmers have paid their current S.A.S.A Registration fee. I understand that any swimmer entered without a Registration Number will be automatically rejected. I confirm that all entered swimmers have been trained and are competent to dive in a safe manner as prescribed by current guidelines.

**Signed:**

**Name (Print):**

**Position in Club:**

**Name of Club:**



## **West Lothian Swimming Championships 2019** **Health and Safety – General Safety Guidelines**

**Clubs, coaches, swimmers and spectators are requested to co-operate with the following safety measures. They are in place for the safety of everyone.**

### **General**

1. The instructions of those in authority are to be obeyed.
2. Familiarise yourselves with the locations and operations of the building emergency exits.
3. All walk ways and doors must be kept clear at all times.
4. Glass bottles are not permitted on the poolside.
5. Where there is a balcony or rail, no climbing is permitted.
6. Everyone must take full steps to ensure their own safety and the safety of others.
7. Anyone observing any thing they consider to be a safety hazard must report it to an official.

### **Warm-up**

1. The warm-up may only commence when advised to do so by the chief steward via the announcer.
2. No diving is allowed other than those controlled by the meet stewards on the sprint lanes.
3. Odd numbered lanes are to be swum in a clockwise direction; even numbered lanes are to be swum in an anticlockwise direction, both from the deep end.
4. No congregating will be allowed at either end of the pool.
5. Sprint lanes – meet stewards shall designate. Do not start sprinting in a sprint lane until non-sprinting swimmers have cleared the lane. On finishing a sprint, immediately clear the way for the following swimmers

### **Starting**

1. It is the responsibility of club representatives/clubs to ensure that all their swimmers are sufficiently competent to dive start. Alternatively, swimmers should be reminded that they may start from the pool side
2. In the event of a faulty start, swimmers should perform a safe entry and not fall into the water

### **Dress Code**

1. Swimmers when out with the poolside must wear dry clothing and footwear at all times
2. No outdoor shoes are allowed on the poolside

**Thank you for your co-operation.**