

INTENT TO PARTICIPATE FORM FOR BATHGATE ASC SWIMMERS



GALA & DATE – SUMMER FESTIVAL OF SWIMMING - 16th to 18th July 2021 – **ALL LONG COURSE EVENTS (50m lengths) – NO FINALS (all heat declared winners) - **NO SPECTATING PERMITTED**** livestream may take place (TBC)

LOCATION – Royal Commonwealth Pool – Edinburgh EH16 5BB

SESSION TIMES – please see sheet 2 of this document

ELIGIBLE SWIMMERS – Swimmers may be entered if they are considered as currently swimming at District level in more than one event. ****for guidance - please see sheet 3 for the 2019/2020 consideration times to compete at the last East District Age Group competition – please compare your swimmer’s times against these – if they are slower than those times published, then it may be unlikely that you’ll be accepted into this meet – this meet is likely to be oversubscribed****

EVENTS & AGE GROUPS – 13, 14, 15, 16, 17, 18 & over - **Age as at 31st December 2021**

100m, 200m, 400m Freestyle / 100m, 200m Backstroke / 100m, 200m Breaststroke / 100m, 200m Butterfly / 200m, 400m Individual Medley

Awards will be made to the top Scottish performer in each of the events for each age group. Any awards will be made after the competition has taken place. There will be no presentations.

ENTRY FEES – up to max. 6 entries costs £45 – charge is a flat £45 whether just 1 swim entered or the max. of 6 (if you are accepted into the meet, you should get all the swims entered ie. if you entered 5 swims, you should get all 5)

FULL MEET INFO. –

<https://www.scottishswimming.com/Uploads/2021/6/4/2021%20Summer%20Festival%20of%20Swimming%20Meet%20Information.pdf>

CLOSING DATE FOR SUBMITTING ENTRIES – **6pm Sunday 20th June**

The Festival of Swimming will take place as a network of long course meets in Scotland, England and Wales, to celebrate the resumption of competition after the Covid-19 lockdowns and restrictions. In Scotland there will be three discrete meets taking place in long course venues over the same weekend. These will be led by Scottish Swimming to ensure consistency and equality of opportunity across the country for aspects such as:

- Qualification criteria
- Programme of events
- Conditions of competition (in so far as is practical)

The meets will however be managed more locally to spread resources and minimise the costs associated with travel for competitors. During, and at the end of the Scottish meets, the results will be collated and shared within Scotland. Later, in August, when the meets in all three home nations have been completed, all of the results will be collated and shared, with leaderboards published for each age group.

Schedule of Events

Day 1 (Friday 16th July)

SESSION 1 - MORNING	
Girls and Boys 14/15 Years	
400m Individual Medley	GIRLS
200m Individual Medley	BOYS
100m Breaststroke	GIRLS
100m Breaststroke	BOYS
200m Butterfly	GIRLS
400m Freestyle	BOYS
200m Freestyle	GIRLS

Day 1 (Friday 16th July)

SESSION 2 - AFTERNOON	
Girls and Boys 13 Years	
400m Individual Medley	GIRLS
200m Individual Medley	BOYS
100m Breaststroke	GIRLS
100m Breaststroke	BOYS
200m Butterfly	GIRLS
400m Freestyle	BOYS
200m Freestyle	GIRLS

Day 1 (Friday 16th July)

SESSION 3 - EVENING	
Girls and Boys 16 + Years	
400m Individual Medley	GIRLS
200m Individual Medley	BOYS
100m Breaststroke	GIRLS
100m Breaststroke	BOYS
200m Butterfly	GIRLS
400m Freestyle	BOYS
200m Freestyle	GIRLS

Day 2 (Saturday 17th July)

SESSION 4 - MORNING	
Girls and Boys 14/15 Years	
200m Butterfly	BOYS
400m Freestyle	GIRLS
200m Freestyle	BOYS
100m Backstroke	GIRLS
100m Backstroke	BOYS
200m Breaststroke	GIRLS
200m Breaststroke	BOYS
100m Butterfly	GIRLS

Day 2 (Saturday 17th July)

SESSION 5 - AFTERNOON	
Girls and Boys 13 Years	
200m Butterfly	BOYS
400m Freestyle	GIRLS
200m Freestyle	BOYS
100m Breaststroke	GIRLS
100m Backstroke	BOYS
200m Breaststroke	GIRLS
200m Breaststroke	BOYS
100m Butterfly	GIRLS

Day 2 (Saturday 17th July)

SESSION 6 - EVENING	
Girls and Boys 16 + Years	
200m Butterfly	BOYS
400m Freestyle	GIRLS
200m Freestyle	BOYS
100m Backstroke	GIRLS
100m Backstroke	BOYS
200m Breaststroke	GIRLS
200m Breaststroke	BOYS
100m Butterfly	GIRLS

Day 3 (Sunday 18th July)

SESSION 7 - MORNING	
Girls and Boys 14/15 Years	
100m Butterfly	BOYS
200m Individual Medley	GIRLS
400m Individual Medley	BOYS
100m Freestyle	GIRLS
100m Freestyle	BOYS
200m Backstroke	GIRLS
200m Backstroke	BOYS

Day 3 (Sunday 18th July)

SESSION 8 - AFTERNOON	
Girls and Boys 13 Years	
100m Butterfly	BOYS
200m Individual Medley	GIRLS
400m Individual Medley	BOYS
100m Freestyle	GIRLS
100m Freestyle	BOYS
200m Backstroke	GIRLS
200m Backstroke	BOYS

Day 3 (Sunday 18th July)

SESSION 9 - EVENING	
Girls and Boys 16 + Years	
100m Butterfly	BOYS
200m Individual Medley	GIRLS
400m Individual Medley	BOYS
100m Freestyle	GIRLS
100m Freestyle	BOYS
200m Backstroke	GIRLS
200m Backstroke	BOYS

THESE WERE THE CONSIDERATION TIMES FOR EAST DISTRICT AGE GROUP CHAMPIONSHIPS 2019/2020

****PLEASE USE THE TIMES BELOW FOR GUIDANCE – ANY ENTRANTS FOR THE SUMMER FESTIVAL OF SWIMMING 16/17/18 JULY 2021 SHOULD IDEALLY HAVE 2 TIMES EQUAL TO OR LESS THAN THOSE STATED BELOW****

All 100m and the 200m IM times are long course (50m lengths). All other times are short course (25m lengths)

Year of birth	2008 & 2009	2007	2006	2005	2004	2003 or earlier
MALES	Group 1	Group 2	Group 3	Group 4	Group 5	Group 6
50m Freestyle	00:38.00	00:35.00	00:32.00	00:30.00	00:28.50	00:27.00
100m Freestyle	01:28.00	01:19.00	01:13.00	01:08.00	01:04.00	01:00.00
200m Freestyle	03:00.00	02:45.00	02:32.00	02:22.00	02:13.00	02:10.00
400m Freestyle	06:20.00	05:45.00	05:15.00	04:55.00	04:49.00	04:30.00
800m Freestyle		11:40.00	11:10.00	10:30.00	09:30.00	09:00.00
1500m Freestyle		21:00.00	20:30.00	19:40.00	18:50.00	18:00.00
50m Backstroke	00:44.70	00:41.35	00:36.90	00:35.70	00:33.90	00:33.70
100m Backstroke	01:40.00	01:30.00	01:25.00	01:17.00	01:14.00	01:12.00
200m Backstroke	03:20.00	03:06.00	03:02.00	02:50.00	02:41.00	02:32.00
50m Butterfly	00:46.00	00:41.70	00:36.00	00:34.00	00:32.50	00:29.40
100m Butterfly	01:47.00	01:32.00	01:26.00	01:20.00	01:16.00	01:08.00
200m Butterfly	03:42.00	03:20.00	03:08.00	02:58.00	02:50.00	02:32.00
50m Breaststroke	00:52.00	00:49.00	00:41.50	00:40.00	00:37.75	00:35.00
100m Breaststroke	01:55.00	01:44.00	01:35.00	01:30.00	01:25.00	01:21.00
200m Breaststroke	03:45.00	03:35.00	03:15.00	03:08.00	03:03.00	02:55.00
200m IM	03:35.00	03:14.00	03:05.00	02:53.00	02:50.00	02:32.00
400m IM	07:10.00	06:35.00	06:10.00	05:48.00	05:40.00	05:10.00
Year of birth	2008 & 2009	2007	2006	2005	2004	2003 or earlier
FEMALES	Group 1	Group 2	Group 3	Group 4	Group 5	Group 6
50m Freestyle	00:35.50	00:32.60	00:31.25	00:30.40	00:30.00	00:29.50
100m Freestyle	01:20.00	01:14.00	01:10.00	01:09.00	01:08.00	01:07.00
200m Freestyle	02:55.00	02:40.00	02:30.00	02:26.00	02:25.00	02:22.00
400m Freestyle	05:58.00	05:30.00	05:15.00	05:05.00	05:00.00	04:55.00
800m Freestyle		11:00.00	10:30.00	10:10.00	10:00.00	09:53.00
1500m Freestyle		22:30.00	20:40.00	20:30.00	19:40.00	18:50.00
50m Backstroke	00:43.00	00:38.00	00:36.00	00:35.00	00:34.75	00:34.00
100m Backstroke	01:32.00	01:27.00	01:22.00	01:21.00	01:20.50	01:18.00
200m Backstroke	03:10.00	03:04.00	02:53.00	02:48.00	02:46.00	02:44.00
50m Butterfly	00:43.00	00:37.00	00:35.00	00:34.00	00:33.00	00:33.00
100m Butterfly	01:47.00	01:34.00	01:25.00	01:24.00	01:23.00	01:18.00
200m Butterfly	03:45.00	03:25.00	03:15.00	03:04.00	02:56.00	02:44.00
50m Breaststroke	00:49.00	00:44.00	00:41.00	00:40.00	00:39.25	00:39.00
100m Breaststroke	01:48.00	01:39.00	01:35.00	01:32.00	01:30.00	01:26.00
200m Breaststroke	03:40.00	03:20.00	03:13.00	03:08.00	03:06.00	03:00.00
200m IM	03:10.00	03:08.00	03:02.00	02:57.00	02:54.00	02:45.00
400m IM	06:30.00	06:20.00	06:04.00	05:54.00	05:48.00	05:32.00