

Swim West Lothian 2019 'IM' TOUGH MEET

Friday 17th, Saturday 18th & Sunday 19th May 2019

Location: Xcite Bathgate

Session Times:

SESSION 1 Friday 17th May 2019 Warm Up 6.00pm - Start 6.30pm
SESSION 2 Saturday 18th May 2019 Warm up 9.00am - Start 10.00am
SESSION 3 Saturday 18th May 2019 Warm up 1.30pm - Start 2.30pm
SESSION 4 Sunday 19th May 2019 Warm up 9.00am - Start 10.00am
SESSION 5 Sunday 19th May 2019 Warm up 1.30pm - Start 2.30pm

Eligibility:

Open from Bronze up to Platinum Squads

There are no consideration times for the Meet but the organisers reserve the right to restrict heats to meet the constraints of time once entries have been received.

Where the distance events are oversubscribed, girls will be allocated entry to the 800m event provided that they have entered that event and boys to the 1500m event again with the proviso that they have made an entry to that event.

Oversubscribed entries will be refunded.

Cost:

£7.00 per Individual Event

Events & Age Groups:

Age Groups 11&U, 12, 13, 14 & 15 & Over (age as at 19 May 19)

All Age Groups: 200m Free, Back, Breast, Fly, IM
100m Free, Back, Breast, Fly
50m Free, Back, Breast, Fly
400m Free, 400mIM, 800m Free, 1500m Free

Awards

Awards for all events will be presented to the top 3 boys and girls in each age group and will be available at the presentation table during the session.

At the end of session 5, an overall Best Boy and Best Girl award for each age group, will be presented to those individuals who have attained the most points over the sessions.

Skins The top 6 swimmers of each skins age group, from the heats of the 200 IM and who have taken part in a minimum of 5 events, will be eligible to compete in the Skins event. Age groups - Boys 14/under & 15/over - Girls 13/under & 14/over. Skins events will take place at the end of each session on the Sunday. Winners of the Skins will each receive £20 prize money.

Full program & event details: <http://www.swimscotland.co.uk/>

Event Selection:

Please select your swims in consultation with your Coach if you're unsure.

Note: Please either select 800m or 1500m Free in session 1

Closing Date: Email entries to your squad administrator strictly before
Friday 12th APRIL 9pm

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Return entries by email to Squad Admins by Fri 12th APRIL 9pm.

Session 1 Friday (select only 1)			
101 Mixed 800m Free			
102 Mixed 1500m Free			
Session 2 Saturday		Session 4 Sunday	
201 Female 200 IM		401 Female 400 IM	
202 Male 400 IM		402 Male 100 Fly	
203 Female 100 Fly		403 Female 200 Back	
204 Male 200 Back		404 Male 100 Breast	
205 Female 100 Breast		405 Female 100 Free	
206 Male 100 Free		406 Male 50 Fly	
207 Female 50 Fly		407 Female 50 Back	
208 Male 50 Back		408 Male 14 & U 50 IM Skins	Skins
		409 Male 13 & U 50 IM Skins	Skins
Session 3 Saturday		Session 5 Sunday	
301 Male 400 Free		501 Male 200 Free	
302 Female 200 Free		502 Female 200 Breast	
303 Male 200 Breast		503 Male 50 Free	
304 Female 50 Free		504 Female 50 Breast	
305 Male 50 Breast		505 Male 100 Back	
306 Female 100 Back		506 Female 200 Fly	
307 Male 200 Fly		507 Male 14 & O 50 IM Skins	Skins
308 Female 400 Free		508 Female 14 & O 50 IM Skins	Skins
309 Male 200 IM			