

INTENT TO PARTICIPATE FORM FOR BATHGATE ASC SWIMMERS



GALA & DATE – EAST DISTRICT DISTANCE TIME TRIALS – EXTENDED – 30 JANUARY 2022

****NO SPECTATING PERMITTED****

The East District is holding an extension to the November 2021 time trial on 30th January 2022 to provide an opportunity for swimmers to gain entry times for future East District meets. There are no finals or awards. ****Open to swimmers who were oversubscribed or had some events oversubscribed from the original Nov 2021 meet**** The original age date of 12 and over as at 31/12/21 still stands.

LOCATION – MERCAT GAIT - PRESTONPANS

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. Seek coach advice if in doubt whether to enter or not. ****for guidance only**** please see **sheet 3** for the **2019/2020** consideration times to compete at the last East District Age Group competitions – please compare your swimmer's times against these – if they are slower than those times published, then it may be unlikely that they'll be accepted into this meet – this meet is likely to be oversubscribed**

EVENTS & AGE GROUPS – 12, 13, 14, 15, 16, 17, then 18 & over - **Age as at 31st December 2021** All swimmers must be aged 12 or over at 31 December 2021

Events are 200m Freestyle /Backstroke /Breaststroke /Butterfly and 400m Free & Individual Medley

There will be 2 sessions

ENTRY FEES – £8.50 per event

FULL MEET INFO. – <https://www.swimscotland.co.uk/>

CLOSING DATE FOR SUBMITTING ENTRIES – **9pm SUNDAY 09/01/22 – please send your entry to the person that sent you this form – NO LATE ENTRIES ACCEPTED**

GALA & DATE – EAST DISTRICT DISTANCE TIME TRIALS – EXTENDED 30/01/22

Dates	Sunday 30th January		
Pool	Prestonpans	6 lane 25m competition pool	
Session Times	Sunday 30th January		
	Session	Warm Up	Start
	1	0900	0950
	2	1315	1400

Schedule of Events

Session 1 - Morning
400 IM Mixed
200 Fly Mixed
200 Free Mixed
Session 2 - Afternoon
400 Free Mixed
200 Breast Mixed
200 Back Mixed

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

****PLEASE USE THE TIMES BELOW FOR GUIDANCE – ANY ENTRANTS FOR THE TIME TRIALS EVENT SHOULD HAVE TIMES EQUAL TO OR LESS THAN THOSE STATED BELOW****

All 100m and the 200m IM times below 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