



SWL Time Trial – Friday 24 August 2018

Purpose

To deliver a licensed time trial that will allow swimmers to achieve an accredited time. The aim of the time trial is to offer an opportunity for younger swimmers, and swimmers late into the sport of swimming to achieve accredited times. All efforts will be made to try and give every swimmer the swim they have entered for. However if the event is oversubscribed then priority will be given to swimmers with no times and slower times. The number of heats per events will vary between the numbers of swimmers entering an event.

Note to Coaches:

This time trial will run as a level 3 licensed event for swimmers new to individual galas. Coaches should ensure swimmers are able and understand the rules of the strokes.

Venue:	St Margaret's Academy, Livingston
Pool:	6 lane, 25m with anti-wave lane ropes and over the top starts. Manual timing. Only swimmers, coaches, technical officials and volunteers will be allowed poolside. There is no spectator area on poolside
Time:	One session. Warm up 18:00 to 18:30. Start 18:35. 2 x 15min warmups with the last 5 min given to six lane diving. Warm up lanes allocated to clubs on evening.
Ages:	Minimum age 8 years. All events mixed and open age group.
Events	50m Butterfly, 50m Backstroke, 50m Breaststroke and 50m Freestyle 100m Butterfly, 100m Backstroke, 100m Breaststroke and 100m Freestyle
Entry Fee:	£3 per swim. No refunds will be given for withdrawals after the draft programme has been completed.
Awards	There are no awards.
Officials:	To help achieve accreditation <u>ALL</u> clubs must provide one volunteer, two timekeepers and at least 1 judge / technical official.
Entries	Closing date for entries Friday 17 August.