

# EDINBURGH INTERNATIONAL SWIM MEET (50m) 2016

In partnership with the University of Edinburgh

Friday – Sunday, 11<sup>th</sup> – 13<sup>th</sup> March 2016

Royal Commonwealth Pool,

Edinburgh, EH16 5BB



THE UNIVERSITY of EDINBURGH  
**SPORT**

**Meet promoters :**

**SASA East District** on behalf of the **Edinburgh International Trust**

Under SASA and FINA rules. SASA Licence number L1/ED/487/MAR16

**CLOSING DATE FOR ENTRIES**

**1<sup>ST</sup> FEBRUARY 2016 AT 12 NOON**

## Introduction

The Edinburgh International Swim Meet was staged again in 2015, after a break while the Royal Commonwealth Pool was refurbished creating a venue suitable for top class international competition. Swimmers from 21 countries attended in 2015, including world record holder Adam Peaty, olympians Tom Shields, Natalie Coughlin and Anthony Erwin from University of California and the home grown talents of Ross Murdoch, Robbie Renwick and Hannah Miley. Chris Spice, National Performance Director, British Swimming states that in 2016 the meet will play *'a critical part of our national racing strategy as we head toward the 2016 Olympic Games in Rio. In 2015, this top-line domestic meet provided our British athletes with the preparation they needed prior to our best ever result at the 2015 World Championships in Kazan. The British national senior squad will again be in attendance in 2016.'*

FINA has been asked for approval for the times set at the event to be used for qualifying for the 2016 Rio Olympic Games.

### MEET INFORMATION - CONTENTS

|         |                                                                                                                                                                                 |
|---------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Page 3; | Venue<br>Swimming groups<br>Events<br>Prizes<br>Session times and swimming programme                                                                                            |
| Page 4; | Entries and timelines<br>Entrée fee and payment<br>Multi classification entries<br>Withdrawals                                                                                  |
| Page 5; | Consideration times and reserves<br>Coaches information and packs                                                                                                               |
| Page 6; | Results service / Live streaming<br>Photography<br>Accommodation and food<br>Spectator information and car parking<br>Technical officials<br>Meet sponsors<br>Other information |
| Annexes | 1 - Swim programme<br>2 – Summary sheet                                                                                                                                         |

## VENUE

Royal Commonwealth Pool, Edinburgh.

8 lane 50 metre pool with full electronic timing. Backstroke start ledges available during warm ups and racing. 25m warm up and swim-down pool available throughout the day.

<http://www.edinburghleisure.co.uk/venues/royal-commonwealth-pool/facilities>

## SWIMMING GROUPS

### Women;

- open events
- 2 age groups as follows; 15 and 16 years (born in 2001 and 2000) and 14 years and under (born in 2002 or after).

### Men ;

- open events
- 2 age groups as follows; 17 and 18 years (born in 1999 and 1998) and 16 years and under (born in 2000 or after).

Swimmers eligible to swim in age group events may choose to compete in the open event instead. This must be decided at time of entry and indicated clearly on the entry file. Swimmers may swim in the open event for some events AND swim as an age group swimmer in other events.

**AGE AS AT 31<sup>ST</sup> DECEMBER 2016.**

## EVENTS

50m events in all strokes with heats, and skins finals for the open events and A finals for the age groups events.

The first round of the skins final will have 8 swimmers reducing to 6, 4, 3, 2 and a winner. Male and female skins events will be alternated.

100m and 200m events in all strokes and 200m IM will be swum with open A and B finals.

There will be A finals only for each age group in these events.

400m IM and 400m, 800m and 1500m freestyle are HDW. Fastest heat of open event will be swum in the finals session.

4 x 50m mixed freestyle and medley relays. Junior teams should be clearly marked at time of entry.

## PRIZES

The total prize pot is at least £8,950. Prize money will be awarded as follows:

Open events            1<sup>st</sup> £100, 2<sup>nd</sup> £50, 3<sup>rd</sup> £25

Age group events    1<sup>st</sup> £15, 2<sup>nd</sup> £10, 3<sup>rd</sup> £6

Skins finals            1<sup>st</sup> £100, 2<sup>nd</sup> £50. And, £50 to each winner of round 1 of the skins event.

Relays                    Best senior team £100 Best junior team £50

### **Top female and top male, based on FINA points for an individual swim - £250 each.**

The winners of the top female and male awards should be available for presentations at the end of the Sunday evening finals session. There are no other presentations.

Additional prizes may be added in line with meet sponsor requests. Full details of all additional prizes and awards will be posted on the East District website by 1 February 2016.

<http://www.sasaeastdistrict.org.uk/swimming/competitions/edinburgh-international>

## SESSION TIMES AND SWIMMING PROGRAMME – SEE ANNEX 1

Session times are as follows: Morning : Warm up 7:30 Session start 8:30  
Afternoon : Warm up 12:00 Session start 13:00  
Finals : Warm up 16:30 Session start 17:15

These are indicative and will be confirmed when the final programme is ready.

All open heats will be swum during the morning session (with the exception of the fastest heat of 400m, 800m and 1500m events which will take place during the evening finals sessions).

In addition, 50m heats for age group swimmers will also be swum in the morning session.

All other age group heats will take place in the afternoon session. For heats in the afternoon session, age categories will swim together seeded by time, with results separated by age group for the finals.

50m, 100m and 200m finals and skins events will be swum in the evening sessions. Relays will be swum during the evening sessions.

### **ENTRIES AND TIMELINES**

All competitors must be registered with their national federation to be eligible to compete.

Composite team entries for individual and relay events are acceptable. Entries should be submitted using Hy-tec team manager and the events files provided. Please ensure it shows the full name of the swimmer, full date of birth, registration number and entry time.

Hy-tec files can be downloaded from swimscotland ([www.swimscotland.co.uk](http://www.swimscotland.co.uk)) after 1 November 2015. Annex 2 provides a summary sheet that must be returned with the entry files when the electronic entries are sent in. A paper copy of this should also be sent with the payment cheque.

Clubs can get instructions on completing the entry file from [sasaeastdistrictentries@gmail.com](mailto:sasaeastdistrictentries@gmail.com)

Single entries ONLY can be submitted by email. Contact [sasaeastdistrictentries@gmail.com](mailto:sasaeastdistrictentries@gmail.com) for further information on how to do this.

Closing date for entries 1<sup>st</sup> February 2016.

Draft programme issued by 12<sup>th</sup> February 2016.

Final programme & other information to clubs by 20<sup>th</sup> February 2016.

### **ENTRY FEES AND PAYMENT:**

**ENTRY FEES:** £9.50 for individual events and £18:00 for relay teams. No refunds will be given after acceptances are published. Fees for rejected entries will be returned to clubs during the event.

UK based clubs/ swimmers. Send a cheque payable to SASA East District to:

James Laird, ED treasurer,

Bien Faite, Bridge Street, Saline, Fife, KY12 9TS

International swimmers should contact [sasaeastdistrictgalas@gmail.com](mailto:sasaeastdistrictgalas@gmail.com) by 1 February 2016 to agree how payment is made.

### **MULTI CLASSIFICATION ENTRIES**

All competitors who have a disability that prevents them from complying with the rules of a particular stroke and who have a confirmed classification (disability status on BS membership database) or a certificate of swimming disability, should submit details of this to the meet referee prior to each swim.

### **WITHDRAWALS**

Details on the withdrawal process for heats and finals will be issued to clubs with the draft programme (by 12 February). It will also be posted on the ED website from 1 November 2015.

<http://www.sasaeastdistrict.org.uk/swimming/competitions/edinburgh-international>

### **CONSIDERATION TIMES AND RESERVES**

These are detailed overleaf. Do not submit times slower than the consideration times. The organisers reserve the right to make cuts to ensure a balanced programme and the smooth running of the meet. Where this rule is invoked, swimmers with the fastest times will take precedence. Events where restrictions are applied will be selected by the East District swimming committee.

A maximum of three reserves for the open and each age group category will be selected for the heats, in each event. Two reserves for open events and each age group will be named for finals. Where a reserve is brought in at short notice, they will occupy a vacant lane. There will be no reseeding.

### CONSIDERATION TIMES

| MEN           |             |          | EVENT                  | WOMEN         |              |         |
|---------------|-------------|----------|------------------------|---------------|--------------|---------|
| 2000 or after | 1998 & 1999 |          | Year of Birth          | 2002 or after | 2001 or 2000 |         |
| 16 & U        | 17-18       | Open     |                        | 14 & U        | 15-16        | Open    |
| 27.50         | 26.75       | 25.25    | 50m Freestyle          | 30.75         | 30.25        | 29.25   |
| 59.00         | 57.00       | 54.00    | 100m Freestyle         | 1.07.00       | 1.06.00      | 1.03.00 |
| 2.09.00       | 2.06.00     | 2.00.00  | 200m Freestyle         | 2.25.00       | 2.21.00      | 2.17.00 |
| 4.28.00       | 4.23.00     | 4.17.00  | 400m Freestyle         | 5.03.00       | 4.51.00      | 4.43.00 |
|               |             |          | 800m Freestyle         | 10.14.00      | 9.53.00      | 9.38.00 |
| 17.50.00      | 17.13.00    | 17.02.00 | 1500m Freestyle        |               |              |         |
|               |             |          |                        |               |              |         |
| 32.00         | 31.00       | 29.00    | 50m Backstroke         | 35.50         | 34.25        | 33.00   |
| 1.09.00       | 1.06.00     | 1.02.00  | 100m Backstroke        | 1.16.00       | 1.14.00      | 1.11.00 |
| 2.24.00       | 2.21.00     | 2.17.00  | 200m Backstroke        | 2.43.00       | 2.36.00      | 2.31.00 |
|               |             |          |                        |               |              |         |
| 35.50         | 34.00       | 32.00    | 50m Breaststroke       | 40.75         | 39.25        | 37.75   |
| 1.18.00       | 1.15.00     | 1.12.00  | 100m Breaststroke      | 1.29.00       | 1.25.00      | 1.22.00 |
| 2.44.00       | 2.39.00     | 2.33.00  | 200m Breaststroke      | 3.04.00       | 2.56.00      | 2.53.00 |
|               |             |          |                        |               |              |         |
| 30.00         | 29.00       | 27.00    | 50m Butterfly          | 34.75         | 33.00        | 32.00   |
| 1.07.00       | 1.04.00     | 1.00.00  | 100m Butterfly         | 1.18.00       | 1.14.00      | 1.11.00 |
| 2.29.00       | 2.24.00     | 2.16.00  | 200m Butterfly         | 2.55.00       | 2.44.00      | 2.37.00 |
|               |             |          |                        |               |              |         |
| 2.27.00       | 2.21.00     | 2.16.00  | 200m Individual Medley | 2.47.00       | 2.39.00      | 2.34.00 |
| 5.09.00       | 5.02.00     | 4.50.00  | 400m Individual Medley | 5.47.00       | 5.31.00      | 5.24.00 |

Entries should be submitted as long course times. Competitors must enter times achieved in accredited competitions held in the 12 months prior to the event closing date (after 1 February 2015) and either be 50 metre pool times, or conversions to 50 metre pool times. Official conversion tables: Hy-tec standard conversion or ASA conversion tables may be used.

### COACH INFORMATION AND PACKS

Coaches and team personnel who intend to be poolside during the event require a poolside pass. A request form for this can be downloaded from the East District website\*. It is mandatory that all those poolside comply with the relevant child protection procedures for their governing body.

\* <http://www.sasaeastdistrict.org.uk/swimming/competitions/edinburgh-international>

Coaches can collect their packs, including athlete passes, from the event desk at the Royal Commonwealth Pool from 7:00pm – 8:30pm on Thursday 10 March 2016, or during the meet. Athletes, team managers and coaches will only be permitted poolside if they can show their pass.

Coaches meals at the Royal Commonwealth Pool are available at £15:00 per person per day. This includes lunch and evening snack before the finals session. Complimentary coffee, tea and other refreshments will be available throughout the meet in the coaches meeting area.

## RESULTS SERVICE / LIVE STREAMING

Live results can be found on meet mobile and will be posted on the swimscotland website.

([www.swimscotland.co.uk](http://www.swimscotland.co.uk)).

The event will be live streamed. <http://livestream.com/streamscene/edint16>

## PHOTOGRAPHY

Any person wishing to use video, zoom or close range photography must register their device at the desk in the foyer area of the pool.

## ACCOMMODATION AND FOOD

We will post details of accommodation and catering for athletes attending the meet after 1 January 2016 on <http://www.sasaeastdistrict.org.uk/swimming/competitions/edinburgh-international>

## TECHNICAL OFFICIALS

East District clubs are required to provide technical officials in line with East District rules. A quota will be sent to clubs beforehand.

Other clubs are requested to provide officials, where possible. Those wishing to officiate should contact: [sasaeastdistrictsto@gmail.com](mailto:sasaeastdistrictsto@gmail.com) to register their interest. Guidance on the dress code and other requirements will be issued.

## SPECTATOR INFORMATION AND CAR PARKING

Spectator tickets will be available for advance purchase to clubs attending the meet. Details of the process to order tickets will be posted on our website by 1 February (see link above).

Clubs are asked to collate an order for their swimmers and families and these will receive priority.

All further spectator tickets will be available for advance purchase after 1 March 2016.

A limited number of car parking spaces will be available in the rear car park at the pool. A three day permit to gain access to these spaces on 11-13 March 2016, will cost £15. Details on our website from 1 February 2016. Car park passes will be allocated on 'a first come first served basis', when payment is received.

Other car parking information will be posted on our website by 1 February 2016. This will provide information on other local parking options and use of park and ride facilities.

## MEET SPONSORS

The meet is being run in partnership with the University of Edinburgh. (<http://www.ed.ac.uk/home>) Other sponsor information will be posted on our website in due course.

## OTHER INFORMATION

- The meet is licensed by Scottish Swimming.
- Drug testing facilities will be available on site in the event that a world record claim is to be submitted. All swimmers not registered with SASA/ASA/WASA will be required to sign an agreement to undergo tests as required in accordance with FINA law.
- Swimmers should comply with the health and safety instructions in place for the meet. Swimmers must not use the gallery stairways or top corridor when wearing wet swimsuits or without appropriate footwear.
- All swimmers are responsible for the care of their belongings in the pool area. There are lockers in the changing area which should be used.
- Permission for any person, with or without a valid ticket to enter or to remain within the venue is at the absolute discretion of the stewards and officers of the East District and the facility management.

- No guarantee can be given by the East District that the event will take place at a particular time or any particular date. The East District reserve the right to reschedule the event and without any liability for so doing.
- In the event of postponement, cancellation or abandonment of the event, refunds if any, will be made at the absolute discretion of the East District. The East District will have no legal liability to make a refund or to pay any form of consequential or indirect damage such as loss of enjoyment, travel and accommodation costs.
- The following are articles, which must not be brought within the venue (fireworks, glass, smoke canisters, air horn, flares, weapon of any sort). Any person in possession of such items will be refused entry at the absolute discretion of any steward or officer of the East District or the facility management.
- No object may be thrown by spectators within the venue. No foul or abusive language or other offensive words such as racial or sexual abuse may be used within venues. No alcohol may be consumed within events.
- No articles, periodicals, publications, flyers, or goods of any nature may be offered either free or for sale by any persons save only the East District, without the express written permission of the East District.
- Any person entering events must at all times comply with any and all instructions of any steward or officer of the East District and or the facility management. Failure to comply within a reasonable time with any such instruction will lead to the person being invited to leave.
- The facility management request that the following procedures are adhered to :
  - All spectators will vacate the spectator area in between sessions
  - No standing on the balcony during the event or obstructing stair ways and passageways
  - No large bags or clothing on seats in either the swimmer or spectator area.
- The East District reserves absolutely the right to eject from events any person or persons failing to comply with each and all of these event regulations.
- Anything not covered above or included in the ancillary information will be at the promoters' discretion.

Andra Laird

East District swimming convenor

Email: [sasaeastdistrictgalas@gmail.com](mailto:sasaeastdistrictgalas@gmail.com)

**ANNEX 1 SWIM PROGRAMME**
**FRIDAY 11 MARCH 2016**

| Morning session<br>- open heats and all 50m entrants |        |                        | Afternoon session<br>- all age group heats                 |        |                              | Evening finals<br>(Session start; no later than 17:15. Session duration approximately 2½ hours) |        |                        |                                                                         |
|------------------------------------------------------|--------|------------------------|------------------------------------------------------------|--------|------------------------------|-------------------------------------------------------------------------------------------------|--------|------------------------|-------------------------------------------------------------------------|
| 101                                                  | Womens | 200m individual medley | 101                                                        | Womens | 200m individual medley       | 101                                                                                             | Womens | 200m individual medley | A & B finals for open events and age group A finals                     |
| 102                                                  | Mens   | 400m freestyle         | 102                                                        | Mens   | 400m freestyle – HDW         | 102                                                                                             | Mens   | 400m freestyle         | Fastest 8 from open event only – heat declared winner.                  |
| 103                                                  | Womens | 50m freestyle          | 50 meter heats will take place in the morning session only |        |                              | 103/                                                                                            | Womens | 50m freestyle          | Skins finals alternated for open event<br>A finals for age group events |
| 104                                                  | Mens   | 50m breaststroke       |                                                            |        |                              | 104                                                                                             | Mens   | 50m breaststroke       |                                                                         |
| 105                                                  | Womens | 200m backstroke        | 105                                                        | Womens | 200m backstroke              | 105                                                                                             | Womens | 200m backstroke        | A & B finals for open events and age group A finals                     |
| 106                                                  | Mens   | 200m backstroke        | 106                                                        | Mens   | 200m backstroke              | 106                                                                                             | Mens   | 200m backstroke        | A & B finals for open events and age group A finals                     |
| 107                                                  | Womens | 800m freestyle         | 107                                                        | Womens | 800m freestyle – HDW         | 107                                                                                             | Womens | 800m freestyle         | Fastest 8 from open event only – heat declared winner.                  |
| 108                                                  | Mens   | 100m freestyle         | 108                                                        | Mens   | 100m freestyle               | 108                                                                                             | Mens   | 100m freestyle         | A & B finals for open events and age group A finals                     |
| 109                                                  | Womens | 100m breaststroke      | 109                                                        | Womens | 100m breaststroke            | 109                                                                                             | Womens | 100m breaststroke      | A & B finals for open events and age group A finals                     |
| 110                                                  | Mens   | 400m individual medley | 110                                                        | Mens   | 400m individual medley – HDW | 110                                                                                             | Mens   | 400m individual medley | Fastest 8 from open event only – heat declared winner.                  |
| 111                                                  | Womens | 100m butterfly         | 111                                                        | Womens | 100m butterfly               | 111                                                                                             | Womens | 100m butterfly         | A & B finals for open events and age group A finals                     |
|                                                      |        |                        |                                                            |        |                              | 112                                                                                             | Mixed  | 4 x 50m medley relay   | Heat declared winner                                                    |

**SATURDAY 12 MARCH 2016**

| Morning session<br>- open heats and all 50m entrants |        |                        | Afternoon session<br>- all age group heats                 |        |                        | Evening finals<br>(Session start; no later than 17:15. Session duration approximately 2½ hours) |        |                         |                                                                         |
|------------------------------------------------------|--------|------------------------|------------------------------------------------------------|--------|------------------------|-------------------------------------------------------------------------------------------------|--------|-------------------------|-------------------------------------------------------------------------|
| 201                                                  | Mens   | 1500m freestyle        | 201                                                        | Mens   | 1500m freestyle – HDW  | 201                                                                                             | Mens   | 1500m freestyle         | Fastest 8 from open event only – heat declared winner.                  |
| 202                                                  | Womens | 50m butterfly          | 50 meter heats will take place in the morning session only |        |                        | 202/                                                                                            | Womens | 50m butterfly           | Skins finals alternated for open event<br>A finals for age group events |
| 203                                                  | Mens   | 50m freestyle          |                                                            |        |                        | 203                                                                                             | Mens   | 50m freestyle           |                                                                         |
| 204                                                  | Womens | 400m freestyle         | 204                                                        | Womens | 400m freestyle - HDW   | 204                                                                                             | Womens | 400m freestyle          | Fastest 8 from open event only – heat declared winner.                  |
| 205                                                  | Mens   | 100m breaststroke      | 205                                                        | Mens   | 100m breaststroke      | 205                                                                                             | Mens   | 100m breaststroke       | A & B finals for open events and age group A finals                     |
| 206                                                  | Womens | 50m backstroke         | 50 meter heats will take place in the morning session only |        |                        | 206/                                                                                            | Womens | 50m backstroke          | Skins finals alternated for open event<br>A finals for age group events |
| 207                                                  | Mens   | 50m backstroke         |                                                            |        |                        | 207                                                                                             | Mens   | 50m backstroke          |                                                                         |
| 208                                                  | Womens | 200m butterfly         | 208                                                        | Womens | 200m butterfly         | 208                                                                                             | Womens | 200m butterfly          | A & B finals for open events and age group A finals                     |
| 209                                                  | Mens   | 200m individual medley | 209                                                        | Mens   | 200m individual medley | 209                                                                                             | Mens   | 200m individual medley  | A & B finals for open events and age group A finals                     |
| 210                                                  | Womens | 100m freestyle         | 210                                                        | Womens | 100m freestyle         | 210                                                                                             | Womens | 100m freestyle          | A & B finals for open events and age group A finals                     |
| 211                                                  | Mens   | 100m butterfly         | 211                                                        | Mens   | 100m butterfly         | 211                                                                                             | Mens   | 100m butterfly          | A & B finals for open events and age group A finals                     |
| 212                                                  | Womens | 200m breaststroke      | 212                                                        | Womens | 200m breaststroke      | 212                                                                                             | Womens | 200m breaststroke       | A & B finals for open events and age group A finals                     |
|                                                      |        |                        |                                                            |        |                        | 213                                                                                             | Mixed  | 4 x 50m freestyle relay | Heat declared winner                                                    |



| Morning session<br>- open heats and all 50m entrants |        |                        | Afternoon session<br>- all age group heats                 |        |                              | Evening finals<br>(Session start; no later than 17:00. Session duration approximately 2 hours) |        |                        |                                                        |
|------------------------------------------------------|--------|------------------------|------------------------------------------------------------|--------|------------------------------|------------------------------------------------------------------------------------------------|--------|------------------------|--------------------------------------------------------|
| 301                                                  | Mens   | 200m breaststroke      | 301                                                        | Mens   | 200m breaststroke            | 301                                                                                            | Mens   | 200m breaststroke      | A & B finals for open events and age group A finals    |
| 302                                                  | Womens | 400m individual medley | 302                                                        | Womens | 400m individual medley – HDW | 302                                                                                            | Womens | 400m individual medley | Fastest 8 from open event only – heat declared winner. |
| 303                                                  | Mens   | 50m butterfly          | 50 meter heats will take place in the morning session only |        |                              | 303/                                                                                           | Mens   | 50m butterfly          | Skins finals alternated for open event                 |
| 304                                                  | Womens | 50m breaststroke       |                                                            |        |                              | 304                                                                                            | Womens | 50m breaststroke       | A finals for age group events                          |
| 305                                                  | Mens   | 100m backstroke        | 305                                                        | Mens   | 100m backstroke              | 305                                                                                            | Mens   | 100m backstroke        | A & B finals for open events and age group A finals    |
| 306                                                  | Womens | 100m backstroke        | 306                                                        | Womens | 100m backstroke              | 306                                                                                            | Womens | 100m backstroke        | A & B finals for open events and age group A finals    |
| 307                                                  | Mens   | 200m butterfly         | 307                                                        | Mens   | 200m butterfly               | 307                                                                                            | Mens   | 200m butterfly         | A & B finals for open events and age group A finals    |
| 308                                                  | Womens | 200m freestyle         | 308                                                        | Womens | 200m freestyle               | 308                                                                                            | Womens | 200m freestyle         | A & B finals for open events and age group A finals    |
| 309                                                  | Mens   | 200m freestyle         | 309                                                        | Mens   | 200m freestyle               | 309                                                                                            | Mens   | 200m freestyle         | A & B finals for open events and age group A finals    |

Finals will be swum as open finals first, starting with the A final, then B final, and then the age group finals ending with the youngest swimmers.

**EDINBURGH INTERNATIONAL 2016**  
**Royal Commonwealth Pool,**  
**11<sup>th</sup> – 13<sup>th</sup> March 2016**  
**SUMMARY SHEET**

|                       |  |                         |
|-----------------------|--|-------------------------|
| <b>Club</b>           |  |                         |
| <b>Contact</b>        |  |                         |
| <b>Address</b>        |  |                         |
|                       |  |                         |
| <b>Post code</b>      |  | <b>Telephone number</b> |
| <b>Email address:</b> |  |                         |

Double click anywhere in grid below then add the number of entries, etc. in column C

|                                   |  |                        |          |          |
|-----------------------------------|--|------------------------|----------|----------|
| <b>No. of Female Entries</b>      |  | <b>@ £ 9.50 each:</b>  | <b>£</b> | <b>-</b> |
| <b>No. of Male Entries</b>        |  | <b>@ £ 9.50 each:</b>  | <b>£</b> | <b>-</b> |
| <b>No. of Relays</b>              |  | <b>@ £ 18.00 each:</b> | <b>£</b> | <b>-</b> |
| <b>Coaches lunches - Friday</b>   |  | <b>@ £ 15.00 each:</b> | <b>£</b> | <b>-</b> |
| <b>Coaches lunches - Saturday</b> |  | <b>@ £ 15.00 each:</b> | <b>£</b> | <b>-</b> |
| <b>Coaches lunches - Sunday</b>   |  | <b>@ £ 15.00 each:</b> | <b>£</b> | <b>-</b> |
| <b>Total Remittance</b>           |  |                        | <b>£</b> | <b>-</b> |
|                                   |  |                        |          |          |

**Click anywhere outside the grid to return to normal mode.**

Total cheque enclosed made payable to **SASA East District** £.....

Email a copy of this form with your entries to [sasaeastdistrictentries@gmail.com](mailto:sasaeastdistrictentries@gmail.com) by 1 February 2016.

Post a printed copy of the completed form with cheque payment to: **SASA East District Treasurer at:**  
**Bien Faite, Bridge Street, Saline, KY12 9TS, Fife**  
**All cheques to be received by 4 February 2016**