

City of Aberdeen Swim Team (LONG COURSE)

Saturday 30th April & Sunday 1st May 2016

MEET INFORMATION (UNDER FINA RULES AND SASA SWIMMING REGULATIONS)

Venue Aberdeen Sports Village – Aquatics Centre, Regent Walk, Aberdeen AB24 1SX
50 Metres, 10 Lanes, with full Electronic Timing

Sessions	Saturday 30th April	Sunday 1st May
Session 1	Warm Up 08.00 – Start 09.05	Session 4 Warm Up 08:00 – Start 09:05
Session 2	Warm Up 12.30 – Start 13.35	Session 5 Warm Up 12:30 – Start 13:35
Session 3	Warm Up 17:00 – Start 17:45	Session 6 Warm Up 17:05 – Start 17:45

(SUBJECT TO CHANGE IF NECESSARY)

Age **Individual Age Groups: 11-13 Years, 14-15 Years & 16 Years & Over**
Team Relays : 11-14 Years and 15 Years & Over

Events **Age Group**
50m Butterfly, Backstroke, Breaststroke & Freestyle
100m Butterfly, Backstroke, Breaststroke & Freestyle
200m Individual Medley
200m Butterfly, Backstroke, Breaststroke & Freestyle **(HDW)**
400 Freestyle & 400 Individual Medley **(HDW)**

All events are swum as age at 1st May 2016

Consideration times for individual events are attached - Separate consideration times are included for entry ages 11/12 years, 13 years, 14 years, 15 years and 16 years & over to maximise opportunity.

All Events will be swum combined for all ages in heats. Finals will be swum according to age groupings 11-13 years, 14/15 years, 16 years and over.

Entries may have to be limited dependent upon numbers received in which case entries will be accepted across age groups (entry age) as evenly as is practical.

Team (HDW)
4 x 50m Mixed Freestyle Relay
4 x 50m Mixed Medley Relay
Maximum of 2 teams per club per event

Team events will be open to teams (of two male and two female swimmers) comprising swimmers aged 11-14 and swimmers aged 15 and over. Each event will be run separately OR combined and seeded by time at the discretion of the referee.

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Awards Medals will be awarded for 1st, 2nd and 3rd places in each Age Group.
The COAST Trophy will be awarded annually to the Top Club/Team.

Points will be awarded: 1st place 10pts through to 10th place 1pt.

In the event of a points tie, consideration will be given the most Gold medals accumulated and then Silver medals.

Long Course Consideration Times (converted short course times will also be accepted)

Entry Times must be equal to or faster than: -

GIRLS					Event	BOYS				
16 +	15	14	13	11-12		11-12	13	14	15	16+
00:32.00	00:33.20	00:34.90	00:36.20	00:37.60	50m Freestyle	00:39.20	00:36.30	00:34.30	00:31.90	00:30.00
01:08.40	01:10.70	01:13.60	01:17.90	01:23.00	100m Freestyle	01:25.80	01:18.30	01:13.10	01:08.20	01:04.10
02:28.50	02:32.50	02:38.10	02:47.00	02:57.90	200m Freestyle	03:01.80	02:47.60	02:38.00	02:28.20	02:20.70
05:08.90	05:13.70	05:26.90	05:44.80	06:04.00	400m Freestyle	06:16.00	05:46.40	05:24.10	05:08.10	04:54.40
00:34.80	00:36.20	00:38.00	00:39.60	00:41.90	50m Butterfly	00:44.10	00:40.50	00:37.50	00:34.70	00:32.30
01:16.30	01:19.10	01:23.60	01:30.00	01:37.90	100m Butterfly	01:43.40	01:30.50	01:22.20	01:16.00	01:10.90
02:49.00	02:53.80	03:03.10	03:15.20	03:38.10	200m Butterfly	03:42.40	03:15.10	02:59.20	02:49.50	02:40.00
00:41.40	00:42.80	00:44.80	00:47.60	00:49.80	50 Breaststroke	00:52.20	00:48.10	00:44.70	00:41.40	00:38.50
01:30.80	01:33.40	01:36.50	01:41.90	01:48.30	100m Breaststroke	01:53.80	01:43.40	01:36.70	01:29.80	01:24.70
03:10.10	03:14.50	03:21.90	03:28.80	03:46.40	200m Breaststroke	03:56.40	03:31.20	03:19.60	03:07.60	03:01.30
00:36.20	00:37.50	00:39.20	00:41.40	00:43.70	50m Backstroke	00:44.50	00:41.50	00:38.80	00:35.90	00:34.10
01:16.60	01:18.90	01:22.70	01:27.80	01:33.40	100m Backstroke	01:37.40	01:28.90	01:22.40	01:16.90	01:12.50
02:42.80	02:46.60	02:54.00	03:04.40	03:16.30	200m Backstroke	03:20.10	03:06.10	02:54.00	02:43.30	02:37.40
02:47.50	02:52.20	02:59.50	03:08.70	03:21.20	200m Individual Medley	03:25.80	03:09.20	02:59.00	02:49.20	02:39.40
05:57.00	06:04.40	06:14.10	06:30.50	06:56.70	400m Individual Medley	07:10.00	06:31.40	06:06.80	05:47.00	05:33.40

There are no consideration times for the relay events.

Meet Entries All entries must be on Hy-Tek Team Manager entry file.
Entry files may be obtained by emailing coast.team.manager@gmail.com or downloading from the North District (www.sasanorth.org.uk) or the Swim Scotland (www.swimscotland.co.uk) websites.

Please return entry files along with summary sheet and entry fees to:-

Sue Tootill
31 Keirhill Gardens, Westhill
Aberdeenshire
AB32 6AZ

e-mail: coast.team.manager@gmail.com

Entry Fees £7.00 PER INDIVIDUAL EVENT
£10.00 PER TEAM EVENT

Cheques should be made payable to **THE CITY OF ABERDEEN SWIM TEAM**

CLOSING DATE FOR ENTRIES IS THURSDAY 31ST MARCH 2016

Please note the entry file and summary sheet must be received by email by the closing date.
Paper summary sheet and cheque to cover entry fees must be received by post within three working days of the closing date.

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Meet Regulations No guarantee can be given by the City of Aberdeen Swim Team or associated partners that the event will take place at a particular time or any particular date and we reserves the right to reschedule the event without notice and without liability for doing so. It is expected that this would only happen as a result of unforeseen circumstances, e.g. venue/facility failure or adverse weather.

In the event of postponement, cancellation or abandonment of the event, refunds (if any) will be made at the absolute discretion of the City of Aberdeen Swim Team.

The City of Aberdeen Swim Team 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.

Meet Rules A Licence has been granted for this competition and accreditation will be applied for to the SASA North District. All swimmers entered must be registered with their national federation for the current year. Registration numbers must be shown on entry files. Swimmers without registration numbers will be automatically rejected.

Entries must be submitted using the most up to date personal best times for all swimmers at time of entry, using times from Competition results or a Club Time Trial. Swimmers entered with No Time (NT) will be rejected.

The City of Aberdeen Swim Team reserves the right to restrict entries to facilitate the efficient running of the event in order to comply with the meet licence granted.

The City of Aberdeen Swim Team reserves the right to accommodate empty lanes with their own club swimmers, after all reserve swimmers have been accommodated.

Medical Withdrawals Please note that anyone withdrawing on medical grounds, refunds will only be granted on production of a letter from a suitably qualified professional confirming withdrawal is recommended. The letter must be received within 7 days following the meet and should be dated note earlier than the closing date or later than 3 days from the date of the competition.

Withdrawals prior to the event should be e-mailed to coast.team.manager@gmail.com to arrive by 5.00 pm at the latest on Friday 30 March 2016. No telephone withdrawals will be accepted. NB: All details must be included on e-mail withdrawals i.e. Name, Event No, Stroke, Comp No etc. Withdrawals received prior to the closing date will be refunded in full.

Withdrawals at the Meet should be notified on the relevant withdrawal form. The sheets should be handed in to the recorders at least 1 hour prior to the start of the first session and updated accordingly one hour before session two. Reserves for heats must marshal unless they have also withdrawn as above.

Swimmers are required to report to the Call Room/Marshal 15 minutes prior to their event.

Participants must follow the instructions given to them by the meet officials and behave in a reasonable manner at all times and should adhere to the Scottish Swimming Code of Ethics, and relevant codes of conduct.

Over the top starts will be used, except in Backstroke events.

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**Meet
Notes**

Lockers provided in the changing rooms should be used for clothes and other belongings at all times, to keep cubicles free for other swimmers. The meet organisers and the facility management cannot be held responsible for items lost during the course of the meet.

No glassware should be taken onto poolside or into the changing area.

Coaches and Team Managers can request lunch at a cost of £12 per head per day and requests should be submitted with the summary sheet and payment must be made along with the entry fees.

Footwear must be used outside the pool area.

The use of mobile phones is not permitted in the pool hall or the changing village.

Seating areas may be allocated to each team. Teams are responsible for clearing their seating area of belongings, litter, etc. before leaving at the end of the competition day. Glass bottles or containers are not permitted in the pool hall – this includes the spectator areas.

Participating clubs will receive one copy of start sheets for each session.

Photography Please note that anyone wishing to use any photographic equipment, including video cameras must register with the Meet Convenor (application should be made on the appropriate SASA Health and Safety form and signed by the relevant club official). Video and Photographs should not be posted on unsecure social websites but may be posted on secure sections of club websites.

**Technical
Officials**

Lists of Technical Officials for all sessions must be forwarded to the Meet Officials Convenor, Kevin Paterson, or emailed to coast.meet.sto@gmail.com **no later than Friday 9 APRIL 2016**. Any queries or changes to Technical Officials after the closing date should also be directed to the Meet Officials Convenor above.

All clubs are respectfully requested to provide a minimum of 1 official per session when 6 or more swimmers are accepted. Clubs that have 10 swimmers or more accepted should provide a minimum of 2 technical officials per session, at least one of which should hold a minimum qualification of Judge 1.

Mentoring requests will be considered by the Meet Referee. It may be more likely for mentoring requests to be honoured if the clubs attending the meet provide a supply of qualified officials (Judge & above), however we cannot guarantee all requests to be granted.

Please note that probationary Judges and Timekeepers wishing specific signatures, i.e. Chief timekeeper or stroke, should make this request to the Meet Officials Convenor when names are submitted. For Trainee Judge 1 or Judge 2S, please see the Officials Sheet.

Technical officials will be offered lunch.

Meet

Convenor Keith Thomson

Email: coast.gala.convenor@gmail.com

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Programme of Events

(Qualification Times shown on next page)

Session 1				Session 4			
Event 101	Boys 11+	200m	Individual Medley	Event 401	Girls 11+	200m	Individual Medley
Event 102	Girls 11+	200m	Backstroke	Event 402	Boys 11+	200m	Backstroke
Event 103	Boys 11+	200m	Freestyle	Event 403	Girls 11+	200m	Freestyle
Event 104	Girls 11+	50m	Breaststroke	Event 404	Boys 11+	50m	Breaststroke
Event 105	Boys 11+	50m	Butterfly	Event 405	Girls 11+	50m	Butterfly
Event 106	Girls 11+	100m	Butterfly	Event 406	Boys 11+	100m	Butterfly
Event 107	Boys 11+	100m	Backstroke	Event 407	Girls 11+	100m	Backstroke
Event 108	Girls 11+	400m	Freestyle	Event 408	Boys 11+	400m	Freestyle

Session 2				Session 5			
Event 201	Girls 11+	200m	Breaststroke	Event 501	Boys 11+	200m	Breaststroke
Event 202	Boys 11+	200m	Butterfly	Event 502	Girls 11+	200m	Butterfly
Event 203	Girls 11+	50m	Backstroke	Event 503	Boys 11+	50m	Backstroke
Event 204	Boys 11+	50m	Freestyle	Event 504	Girls 11+	50m	Freestyle
Event 205	Girls 11+	100m	Freestyle	Event 505	Boys 11+	100m	Freestyle
Event 206	Boys 11+	100m	Breaststroke	Event 506	Girls 11+	100m	Breaststroke
Event 207	Girls 11+	400m	Individual Medley	Event 507	Boys 11+	400m	Individual Medley

Session 3 - Finals				Session 6 - Finals			
Event 101	Boys 11-13	200m	Individual Medley	Event 401	Girls 11-13	200m	Individual Medley
Event 101	Boys 14-15	200m	Individual Medley	Event 401	Girls 14-15	200m	Individual Medley
Event 101	Boys 16+	200m	Individual Medley	Event 401	Girls 16+	200m	Individual Medley
Event 104	Girls 11-13	50m	Breaststroke	Event 404	Boys 11-13	50m	Breaststroke
Event 104	Girls 14-15	50m	Breaststroke	Event 404	Boys 14-15	50m	Breaststroke
Event 104	Girls 16+	50m	Breaststroke	Event 404	Boys 16+	50m	Breaststroke
Event 105	Boys 11-13	50m	Butterfly	Event 405	Girls 11-13	50m	Butterfly
Event 105	Boys 14-15	50m	Butterfly	Event 405	Girls 14-15	50m	Butterfly
Event 105	Boys 16+	50m	Butterfly	Event 405	Girls 16+	50m	Butterfly
Event 106	Girls 11-13	100m	Butterfly	Event 406	Boys 11-13	100m	Butterfly
Event 106	Girls 14-15	100m	Butterfly	Event 406	Boys 14-15	100m	Butterfly
Event 106	Girls 16+	100m	Butterfly	Event 406	Boys 16+	100m	Butterfly
Event 107	Boys 11-13	100m	Backstroke	Event 407	Girls 11-13	100m	Backstroke
Event 107	Boys 14-15	100m	Backstroke	Event 407	Girls 14-15	100m	Backstroke
Event 107	Boys 16+	100m	Backstroke	Event 407	Girls 16+	100m	Backstroke
Event 203	Girls 11-13	50m	Backstroke	Event 503	Boys 11-13	50m	Backstroke
Event 203	Girls 14-15	50m	Backstroke	Event 503	Boys 14-15	50m	Backstroke
Event 203	Girls 16+	50m	Backstroke	Event 503	Boys 16+	50m	Backstroke
Event 204	Boys 11-13	50m	Freestyle	Event 504	Girls 11-13	50m	Freestyle
Event 204	Boys 14-15	50m	Freestyle	Event 504	Girls 14-15	50m	Freestyle
Event 204	Boys 16+	50m	Freestyle	Event 504	Girls 16+	50m	Freestyle
Event 205	Girls 11-13	100m	Freestyle	Event 505	Boys 11-13	100m	Freestyle
Event 205	Girls 14-15	100m	Freestyle	Event 505	Boys 14-15	100m	Freestyle
Event 205	Girls 16+	100m	Freestyle	Event 505	Boys 16+	100m	Freestyle
Event 206	Boys 11-13	100m	Breaststroke	Event 506	Girls 11-13	100m	Breaststroke
Event 206	Boys 14-15	100m	Breaststroke	Event 506	Girls 14-15	100m	Breaststroke
Event 206	Boys 16+	100m	Breaststroke	Event 506	Girls 16+	100m	Breaststroke
Event 301A	Mixed 11-14	4x50	Medley Relay	Event 601A	Mixed 11-14	4x50	Freestyle Relay
Event 301B	Mixed 15&Over	4x50	Medley Relay	Event 601B	Mixed 15&Over	4x50	Freestyle Relay

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**CITY OF ABERDEEN SWIM TEAM
30 APRIL & 1 MAY 2016 – Aberdeen Aquatics Centre**

Summary Sheet

Club Name/Abbr: _____

Club Contact: _____

Address: _____

Post Code: _____ Telephone No: _____

E-mail address _____

Total INDIVIDUAL Entries		@ £7.00	=	£
Total Relay Entries		@ £10.00	=	£
Total Coaches Meals (Day 1)		@ £12.00	=	£
Total Coaches Meals (Day 2)		@ £12.00	=	£
Total Value of Cheque Enclosed			=	£

Closing Date for Entries is THURSDAY 31ST MARCH 2016

Entry files and summary sheet must be received by this date by email. Paper summary sheet and cheque to cover entry fees must be received by post within three days of this date.

Cheques should be made payable to THE CITY OF ABERDEEN SWIM TEAM.

Declaration

I confirm that all swimmers entered in this competition have registered with their national federation for the current year.

Signed..... Position in Club.....

Date.....

(This declaration must be completed by all competing clubs)

Licence No: **L1/489/ND/APR16**





30 APRIL & 1 MAY 2016 – Aberdeen Aquatics Centre

OFFICIALS SHEET

CLUB Name _____ **Email Address** _____

STO Contact _____ **Tel. Number** _____

Name & Current Qualification		Mentoring (Please indicate details)			Timekeeper Signatures Required?		Sessions Available (Please Tick)					
Officials Name	Current Qualified Level	Required (Y/N)	Trainee Level (Ref, J2S J1 or J2)	Any Specific Duties Required (e.g. CIT, Finish Order)	TK (Y/N)	Chief TK (Y/N)	1	2	3	4	5	6

Please return this form with your entries or return it by 9 APRIL 2016 coast.meet.sto@gmail.com
 Please ensure that our Technical Official Convenor is updated if mentor signatures are no longer required.

Licence No: **L1/489/ND/APR16**

