



**BRIDGE OF DON ASC**  
**5th Spring Time Banded Meet**  
**Bridge of Don Swimming Pool, Aberdeen**  
**Saturday the 22<sup>nd</sup> of April 2017**



**MEET INFORMATION**  
**(UNDER FINA RULES AND SASA SWIMMING REGULATIONS)**

<b>Date</b>	Saturday the 22 <sup>nd</sup> of April 2017		
<b>Venue</b>	Bridge of Don Swimming Pool, Braehead Way, AB22 8RR, 5 lane 25m pool, anti-turbulence ropes. There will be no splashboards at the turn end. This is a Level 2 meet, therefore swimmers must start with a dive.		
<b>Licence Number</b>	<b>L2/ND/020/APR17</b>		
<b>Sessions</b>	<b>Session One:</b>	Warm Up 8.15am	Start 9.20am
	<b>Session Two:</b>	Warm Up 1.15pm	Start 2.20pm
	(Subject to change if necessary)		
<b>Events</b>	Boys/Girls ages 10 – 18 year's old		

<b>100m Individual Medley</b>	<b>Open*</b>
50m Butterfly	Time Bands A, B, C and D
50m Breaststroke	Time Bands A, B, C and D
50m Freestyle	Time Bands A, B, C and D
50m Backstroke	Time Bands A, B, C and D
Mixed 4 x 50m	Medley Relay
Mixed 4 x 50m	Freestyle Relay

**Age on day – 22<sup>nd</sup> April 2017**

Please see the attached sheet for the qualifying times for each time band (A, B, C,D)

The meet will operate using the one-start rule and we reserve the right to use over the top starts as necessary. The organising committee also reserve the right to restrict the number of entries to keep the meet to a manageable size.

**\*Swimmers must have qualified and swam in 1 or more individual events to qualify for the 100 Individual Medley.**

## Relays

Relay teams will be mixed and comprise of 4 swimmers, 2 girls and 2 boys, one swimmer to be from each time band.

There will be a maximum of 2 relay teams permitted for both the freestyle and medley relay events from each participating club.

**Swimmers must have qualified and swam in the freestyle event to qualify for the freestyle relay.**

**Swimmers must have qualified and swam in the event for the stroke they shall swim in the medley relay.**

**NB The ages for this meet are 10 to 18. The Hy-Tek file will have over 18 ages, but this was to allow us to enter the different time band times into Time Standards.**

## Fees

£4.50 per individual event  
£6.50 per Relay Team Entry

**Entry fees should be paid by bank transfer to :-**

**Account: Bridge of Don Amateur Swimming Club**  
**Bank Name: Bank of Scotland**  
**Account No: 00179837**  
**Sort Code: 80-05-11**

**Please use your Club name/BANDED for reference, e.g BOD/BANDED**

## Awards

Medals for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> for individual events and relay events.

## Entries

All entries are to be submitted electronically using Hy-Tek Team Manager format. To obtain the meet entry file either download from the SASA North District website or by emailing [meetsecretary@bodasc.co.uk](mailto:meetsecretary@bodasc.co.uk).

Please email entry files to [meetsecretary@bodasc.co.uk](mailto:meetsecretary@bodasc.co.uk)

**CLOSING DATE FOR ENTRIES IS FRIDAY THE 24<sup>th</sup> OF MARCH 2017**

Please send the associated paperwork and the summary sheet to:

Mark Perry,  
22 Seaview Avenue,  
Bridge of Don,  
Aberdeen,  
AB23 8RJ  
Email: [meetsecretary@bodasc.co.uk](mailto:meetsecretary@bodasc.co.uk)

Clubs will be notified of any rejected swims prior to the meet along with a draft programme.

## Meet Convenor

Nickie Scorgie.  
Email: [president@bodasc.co.uk](mailto:president@bodasc.co.uk)

## Withdrawals

**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 not 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 [meetsecretary@bodasc.co.uk](mailto:meetsecretary@bodasc.co.uk) to arrive by 5.00 pm at the latest on Friday 21<sup>st</sup> April 2017. 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 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.

## Officials

Lists of Technical Officials for the two sessions can be submitted on the officials sheet below by the 7<sup>th</sup> of April and any queries after this date can be directed to the STO Convenor, Richard Hall, [stoconvenor@bodasc.co.uk](mailto:stoconvenor@bodasc.co.uk).

**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 Referees.

Please note that probationary Judges and Timekeepers wishing specific signatures, i.e. Chief timekeeper or stroke, should make this request to the STO Convenor when names are submitted.

Technical officials will be offered lunch.

## Meet Notes

Bridge of Don ASC reserves the right to accommodate empty lanes with their own club swimmers after all reserve swimmers have been accommodated.

Entries must be submitted using the fastest short course time from a competition or club time trial that a swimmer has recorded. Times converted from long course competitions or time trials must not be used.

Swimmers with no entry time (NT) will be rejected.

The meet is licenced and Level 2 accreditation will be applied for.

Swimmers must be registered members of Scottish Swimming. Registration numbers must be shown on the entry files.

There will be no entry to the changing area before 8am.

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 can request lunch at a cost of £5 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 rooms.

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.

There is no café at Bridge of Don Swimming Pool. There will be a tuck shop but it will only offer snacks and juice.

**Photography** Use of mobile phones will not be permitted on poolside or in the changing room in order to prevent any misuse of mobiles with integrated video/camera equipment. **We would greatly appreciate if you could ensure that all your members are aware of this requirement.**

**Bridge of Don ASC  
5<sup>th</sup> Springtime Banded Meet**

**Session 1      Warm up 8.15am    Start 9.20am      Time Band**

<b>Event 101</b>	<b>Girls</b>	<b>100m IM</b>	<b>Open</b>
<b>102</b>	<b>Boys Band D</b>	<b>50m Breaststroke</b>	<b>55.00 &amp; Over</b>
<b>103</b>	<b>Girls Band D</b>	<b>50m Breaststroke</b>	<b>55.00 &amp; Over</b>
<b>104</b>	<b>Boys Band C</b>	<b>50m Breaststroke</b>	<b>50.00 – 54.99</b>
<b>105</b>	<b>Girls Band C</b>	<b>50m Breaststroke</b>	<b>50.00 – 54.99</b>
<b>106</b>	<b>Boys Band B</b>	<b>50m Breaststroke</b>	<b>45.00 – 49.99</b>
<b>107</b>	<b>Girls Band B</b>	<b>50m Breaststroke</b>	<b>45.00 – 49.99</b>
<b>108</b>	<b>Boys Band A</b>	<b>50m Breaststroke</b>	<b>39.00 – 44.99</b>
<b>109</b>	<b>Girls Band A</b>	<b>50m Breaststroke</b>	<b>39.00 – 44.99</b>
<b>110</b>	<b>Boys Band D</b>	<b>50m Freestyle</b>	<b>44.50 &amp; Over</b>
<b>111</b>	<b>Girls Band D</b>	<b>50m Freestyle</b>	<b>44.50 &amp; Over</b>
<b>112</b>	<b>Boys Band C</b>	<b>50m Freestyle</b>	<b>39.50 – 44.49</b>
<b>113</b>	<b>Girls Band C</b>	<b>50m Freestyle</b>	<b>39.50 – 44.49</b>
<b>114</b>	<b>Boys Band B</b>	<b>50m Freestyle</b>	<b>34.50 – 39.49</b>
<b>115</b>	<b>Girls Band B</b>	<b>50m Freestyle</b>	<b>34.50 – 39.49</b>
<b>116</b>	<b>Boys Band A</b>	<b>50m Freestyle</b>	<b>29.50 – 34.49</b>
<b>117</b>	<b>Girls Band A</b>	<b>50m Freestyle</b>	<b>29.50 – 34.49</b>
<b>118</b>	<b>Mixed Medley Relay</b>	<b>4 x 50m Medley Relay</b>	

**Session 2      Warm up 1.15pm    Start 2.20pm      Time Band**

<b>Event 201</b>	<b>Boys</b>	<b>100m IM</b>	<b>Open</b>
<b>202</b>	<b>Girls Band D</b>	<b>50m Butterfly</b>	<b>48.00 &amp; Over</b>
<b>203</b>	<b>Boys Band D</b>	<b>50m Butterfly</b>	<b>48.00 &amp; Over</b>
<b>204</b>	<b>Girls Band C</b>	<b>50m Butterfly</b>	<b>43.00 – 47.99</b>
<b>205</b>	<b>Boys Band C</b>	<b>50m Butterfly</b>	<b>43.00 – 47.99</b>
<b>206</b>	<b>Girls Band B</b>	<b>50m Butterfly</b>	<b>38.00 – 42.99</b>
<b>207</b>	<b>Boys Band B</b>	<b>50m Butterfly</b>	<b>38.00 – 42.99</b>
<b>208</b>	<b>Girls Band A</b>	<b>50m Butterfly</b>	<b>33.00 – 37.99</b>
<b>209</b>	<b>Boys Band A</b>	<b>50m Butterfly</b>	<b>33.00 – 37.99</b>
<b>210</b>	<b>Girls Band D</b>	<b>50m Backstroke</b>	<b>49.00 &amp; Over</b>
<b>211</b>	<b>Boys Band D</b>	<b>50m Backstroke</b>	<b>49.00 &amp; Over</b>
<b>212</b>	<b>Girls Band C</b>	<b>50m Backstroke</b>	<b>44.00 – 48.99</b>
<b>213</b>	<b>Boys Band C</b>	<b>50m Backstroke</b>	<b>44.00 – 48.99</b>
<b>214</b>	<b>Girls Band B</b>	<b>50m Backstroke</b>	<b>39.00 – 43.99</b>
<b>215</b>	<b>Boys Band B</b>	<b>50m Backstroke</b>	<b>39.00 – 43.99</b>
<b>216</b>	<b>Girls Band A</b>	<b>50m Backstroke</b>	<b>34.00 – 38.99</b>
<b>217</b>	<b>Boys Band A</b>	<b>50m Backstroke</b>	<b>34.00 – 38.99</b>
<b>218</b>	<b>Mixed Freestyle Relay</b>	<b>4 x 50m Freestyle Relay</b>	



# Bridge of Don ASC 5<sup>th</sup> Spring Time Banded Meet 2017



Meet Officials Convenor : Richard Hall, email : stoconvenor@bodasc.co.uk

CLUB \_\_\_\_\_

STO Contact \_\_\_\_\_

Telephone No \_\_\_\_\_

Email Address \_\_\_\_\_

### OFFICIALS SHEET

Name	Judge	Timekeeper	Mentor	Session 1	Session 2	Signature Required
Mr Example		X	J1	y	y	Yes CIT

**OFFICIALS SHEET - Please Note: This sheet is to be emailed to the STO Convenor NOT the Meet Entry Secretary by Friday the 7<sup>th</sup> of April 2017**

**BRIDGE OF DON ASC**  
**5<sup>th</sup> SPRING TIME BANDED MEET**

Club Name / Abbr \_\_\_\_\_

Match Secretary \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Tel No \_\_\_\_\_

Email \_\_\_\_\_

**ENTRIES SUMMARY**

Female Individual Entries \_\_\_\_\_ @ £4.50 £ \_\_\_\_\_

Male Individual Entries \_\_\_\_\_ @ £4.50 £ \_\_\_\_\_

Relays Entries \_\_\_\_\_ @ £6.50 £ \_\_\_\_\_

Coaches Pass \_\_\_\_\_ @ £5.00 £ \_\_\_\_\_

£ \_\_\_\_\_

**THE CLOSING DATE IS FRIDAY THE 24<sup>TH</sup> OF MARCH 2017**

**Entry fees should be paid by bank transfer to Bridge of Don ASC, Account no 00179837, Sort Code 80-05-11**

**Please use your Club name/BANDED for reference, e.g BOD/BANDED**

**Declaration** I confirm that all swimmers entered in this competition have paid their current SASA membership fee

Signed \_\_\_\_\_ Position in Club \_\_\_\_\_ Date \_\_\_\_\_

(This declaration must be completed by all competing clubs)