



UNIVERSITY OF ABERDEEN

LONG COURSE OPEN 2017

MEET INFORMATION

The University of Aberdeen invites you to the 2017 Long Course Open:

Venue	Aquatics Centre, Aberdeen Sports Village, Regent Walk, Aberdeen, AB24 1SX
Pool	50 metres, 10 lanes, 2 meters deep, deck level, full electronic timing, backstroke ledges. There will be no separate 25 metre swim down facility available
Dates	Saturday 29th & Sunday 30th April 2017
Licence Numbers	Licence No: L1/543/ND/APR17
Sessions	<p>Session 1: Warm up: 0800 – 0900 am Start: 0905 am Finish: 1205 pm (Approx)</p> <p>Session 2: Warm up: 1230 – 1330 pm Start: 1335 pm Finish: 1635 pm (Approx)</p> <p>Session 3: Warm up: 1700 – 1740 pm Start: 1745 pm Finish: 1945 pm (Approx)</p> <p>Session 4: Warm up: 0800 – 0900 am Start: 0905 am Finish: 1205 pm (Approx)</p> <p>Session 5: Warm up: 1230 – 1330 pm Start: 1335 pm Finish: 1635 pm (Approx)</p> <p>Session 6: Warm up: 1700 – 1740 pm Start: 1745 pm Finish: 1945 pm (Approx)</p> <p><i>(Subject to change if necessary)</i></p>
Arrival	Please advise your swimmers that they should not arrive too early as they will not gain entrance to the pool until 0740 am at the very earliest.
Events	<p>Age Group (Heats and Finals) 50m Backstroke, Butterfly, Breaststroke and Freestyle 100m Backstroke, Butterfly, Breaststroke and Freestyle 200m Individual Medley</p> <p>Open (HDW) 200m Backstroke, Butterfly, Breaststroke and Freestyle 400m Freestyle and Individual Medley</p> <p>Team (HDW) 4 x 50m Mixed Freestyle Relay 4 x 50m Mixed Medley Relay Maximum of 2 teams per club/team per event</p>
Ages	<p>All Events will be swum as Age at 30th April 2017</p> <p>Individual Age Groups: 11-13 years, 14-15 years, 16 years and over</p> <p>Team Relays 11-14 years and 15 years and over. It is permissible to swim up an age group but not down Relay teams must comprise of 2 male athletes and 2 female athletes</p>

Accreditation	A licence has been applied for and accreditation will be applied for to the SASA North District
Rules	Meet will be held under FINA and SASA rules.
Eligibility to Enter	Entries will be accepted from competitors registered as members of the SASA, ASA or WASA, or competitors from one of the countries affiliated to FINA. Entries from composite teams are welcome at this meet.
Consideration Times	Consideration times are with the attached Programme of Events. Accredited times are required. Short course converted times are allowed. Entries with no times will not be accepted.
Entries	<p>All entries must be on Hy-Tek Team Manager entry file.</p> <p>Entry files may be obtained by:</p> <ol style="list-style-type: none"> 1. Downloading from North District Website (www.sasanorth.org.uk) 2. Downloading from Swim Scotland Website (www.swimscotland.co.uk) 3. By emailing entries secretary David Downie uoentries@gmail.com <p>In the event that the meet is over-subscribed, entries will be accepted fastest first across age groups as evenly as is practical. In the event that an event or an age group is undersubscribed, any time made available will be allocated to other events or age groups in that session.</p> <p>A draft programme and a list of rejected swimmers, if applicable, will be emailed to each club for checking in advance of the meet.</p> <p>Please email completed entry files to – uoentries@gmail.com</p> <p>Summary sheet and entry fees should be sent to – David Downie, 32 Parkhill Avenue, Dyce, Aberdeen, AB21 7FP uoentries@gmail.com</p> <p>CLOSING DATE FOR ELECTRONIC ENTRIES IS Tuesday 4th April 2017</p> <p>Please note summary sheet and payment must be received by this date. NO LATE ENTRIES WILL BE CONSIDERED</p>
Entry Fees	<p>All individual entries will be £7.00 All relay entries will be £10.00</p> <p>Entry Fees can be paid by BACS or cheque</p> <p>BACS: Club entry fees should be sent to Bank of Scotland Account No: 00581285, Sort Code: 80-12-08, Reference: UOALC17</p> <p>Cheques should be made payable to City of Aberdeen Swim Team and sent along with the Summary sheet to: David Downie, 32 Parkhill Avenue, Dyce, Aberdeen, AB21 7FP</p>
Early Withdrawals	<p>Withdrawals prior to the event may be e-mailed to David Downie uoentries@gmail.com to arrive by 5pm at the latest on Friday 28th April 2017</p> <p>NB: All details must be included on e-mail withdrawals ie Name, Event No, Stroke, Comp No etc. Telephone withdrawals will not be accepted.</p>

<p>Withdrawals at the Meet</p>	<p>Withdrawals from heats at the meet should be notified on the withdrawal form issued. The sheets should be handed in to the recorders table at least 45 minutes prior to the start of the appropriate session.</p> <p>Swimmers who wish to withdraw from a final must inform the recorder and complete the withdrawal form no later than 30 minutes after finalists lists have been published or announced. This will ensure that a reserve can be given the opportunity to compete and the final seeded accordingly. Withdrawals from finals or in the case of illness should be completed on the old style withdrawal forms available from the recorders.</p> <p>Where a reserve is brought in at short notice, the reserve shall occupy the vacant lane; there will be no re-seeding.</p>
<p>Qualifying for Finals</p>	<p>Finals will be seeded directly from the results of the corresponding heats. The fastest ten swimmers in each age group shall qualify for the relevant Final. Two reserves shall be nominated.</p>
<p>Marshalling</p>	<p>There will be marshalling for heats and for finals. All swimmers must attend marshalling before their events and are advised to attend in good time, as per the call times sheet.</p> <p>The start of a race will not be delayed for absent competitors and swimmers who have not presented themselves to the marshals prior to their heat leaving the <u>final</u> marshalling area will not be permitted to swim.</p> <p>Reserves must marshal unless they have withdrawn.</p> <p>There will be boxes present for clothing behind the blocks. Competitors are encouraged to use these.</p>
<p>Awards</p>	<p>Medals will be awarded for 1st, 2nd & 3rd places. There will be NO medal presentations. Instead medals can be collected from the designated medal desk by the swimmer or team manager.</p> <p>The ASV Trophy will be awarded annually to the Top Club/Team</p> <p>Points will be awarded: 1st place 10 pts through to 10th place 1pt.</p> <p>In the event of a tie, consideration will be given to the most gold medals accumulated and then silver medals</p>
<p>Technical officials</p>	<p>A completed technical officials sheet should be sent to Kevin Paterson (Meet officials coordinator) by email uoasto@gmail.com arriving no later than Friday 14th April 2017. Any changes or queries regarding technical officials should also be directed to the meet officials coordinator above.</p> <p>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 officials per session, one of which should be a qualified Judge 1 or above. Without sufficient officials the meet will not be able to gain accreditation.</p> <p>Mentoring requests will be considered by the Session Referee. Mentoring will only be available during the heats sessions.</p>

	<p>It may be more likely for officials mentoring requests to be honoured if the clubs attending the meet provide a supply of qualified officials (Judge 1 & above), however we cannot guarantee all requests to be granted.</p> <p>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.</p> <p>Technical officials will be offered a meal after each heats session.</p>
Photos/Videos	<p>Please note that anyone wishing to use photographic equipment, including video cameras must register with the Meet Convenor (application should be made on the appropriate SASA Health and Safety form).</p> <p>In line with Child Protection guidelines, the use of mobile phones will not be permitted either in the toilets, shower areas or in the changing areas in order to prevent any misuse of mobiles with integrated digital camera/video equipment.</p> <p>Videos and photographs should only be posted on secure social media pages & club websites. We would be grateful if you could ensure that all members of your club are aware of this requirement.</p>
Coaches Pack	<p>A Coaches pack will be available for coaches or team managers to collect from the recorders desk outside the timing room on the pool deck.</p> <p>This will include coaches' information sheet, withdrawal sheets, call room times, relay team lines, warm up information, purchased meal tickets and other relevant information.</p> <p>Start sheets will be available from the recorders desk prior to the start of the session.</p>
Additional Notes	<ol style="list-style-type: none"> 1. All swimmers entered must have paid their SASA membership fee for the current year. Registration numbers must be shown on entry files. 2. All participants are required to adhere to the Scottish Swimming Code of Ethics, and relevant codes of conduct. 3. Participating clubs will receive one copy of the start sheets for each session. 4. Swimmers must follow the instructions given to them by the meet officials and behave in a reasonable manner at all times. 5. Programmes will be available for purchase at the entry to the spectator gallery. 6. 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 cannot be held responsible for items lost during the course of the meet. Pool staff will remove any items left in cubicles and place them in lost property. 7. No hot drinks or glass items should be taken onto poolside or into the changing area. 8. To comply with child protection policies please ensure that swimmers wear clothing and pool shoes when leaving poolside.

	<p>9. The use of mobile phones is not permitted at any time in the changing area, toilets or shower areas and they must be switched to silent in the pool hall.</p> <p>10. Clubs are responsible for clearing their seating area of belongings, litter, etc. before leaving at the end of the competition day. Bin liners for plastic bottles/recyclable items and for general waste will be distributed around the pool - please use them.</p> <p>11. Warm-up Supervisors are appointed at this meet in the competition pool to ensure safe conduct during the warm-up and that swimmers enter and exit the warm up at the allotted times. Swimmers must not enter the pool until their warm-up start is announced and must follow any instruction of the Warm-up Supervisors. Swimmers must leave the pool when the end of their warm up is announced. No diving into the pool during warm-up except in the designated lanes during the one-way sprints. Full warm up details will be issued prior to the meet.</p> <p>12. Poolside access should be limited to team coaches and chaperones up to a maximum of one coach/chaperone per 10 swimmers, with a maximum of 3 coaches/chaperones at any one time.</p> <p>13. Vuvuzelas and air horns are not permitted at this meet.</p> <p>14. Please note that there will be no access to poolside for spectators. Spectator access will be limited to the spectator gallery.</p> <p>15. Relevant Results will be posted at the pool during each session and will be distributed to the clubs immediately following the meet.</p> <p>16. Coaches and Team Managers can request meals (Lunch and light tea) 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.</p> <p>17. Over the top starts may be used, except in backstroke events. Relay exchanges will be judged electronically.</p> <p>18. Different persons have authority and overall responsibility for the running of the meet at different stages. A list will be issued prior to the competition detailing whom you should approach with any queries, concerns or complaints during the various stages of the meet.</p>
<p>Meet Convenor</p>	<p>Sandra Middleton Email: sandra@the-middletons.co.uk</p>

Consideration times

The consideration times in the table below are long course times. Converted short course times will also be accepted. Times entered must be accredited times. Times must be equal to or faster than:

Female					Event	Male				
16/Over	15	14	13	11 to 12		11 to 12	13	14	15	16/over
00.30.40	00.31.50	00.33.20	00.34.50	00.35.70	50m Freestyle	00.38.20	00.34.30	00.32.60	00.30.40	00.28.50
01.05.00	01.07.20	01.09.90	01.14.00	01.18.90	100m Freestyle	01.21.50	01.14.40	01.09.50	01.04.80	01.00.90
02.19.00	02.24.60	02.30.20	02.38.70	02.49.00	200m Freestyle	02.52.70	02.39.20	02.30.10	02.20.80	02.13.70
04.53.50	04.58.00	05.10.60	05.27.60	05.45.80	400m Freestyle	05.57.20	05.29.00	05.07.90	04.52.70	04.39.70
00.33.10	00.34.40	00.36.10	00.37.60	00.39.80	50m Butterfly	00.41.90	00.38.50	00.35.70	00.33.00	00.30.70
01.12.50	01.15.20	01.19.40	01.25.50	01.33.00	100m Butterfly	01.38.20	01.26.00	01.18.10	01.12.20	01.07.40
02.40.60	02.45.10	02.53.90	03.05.40	03.27.20	200m Butterfly	03.31.30	03.05.40	02.50.30	02.41.00	02.32.00
00.39.40	00.40.70	00.42.60	00.45.20	00.47.30	50m Breaststroke	00.49.60	00.45.70	00.42.50	00.39.30	00.36.60
01.26.30	01.33.50	01.31.70	01.36.90	01.42.90	100m Breaststroke	01.48.10	01.38.30	01.31.90	01.25.30	01.20.50
03.00.60	03.04.80	03.11.80	03.18.40	03.35.10	200m Breaststroke	03.44.60	03.20.60	03.09.60	02.58.20	02.52.30
00.34.40	00.35.60	00.37.20	00.39.40	00.41.50	50m Backstroke	00.42.30	00.39.50	00.36.90	00.34.10	00.32.40
01.12.80	01.15.00	01.18.60	01.23.40	01.28.70	100m Backstroke	01.32.50	01.24.50	01.18.40	01.13.00	01.08.90
02.34.70	02.38.30	02.45.30	02.55.20	03.06.50	200m Backstroke	03.10.10	02.56.80	02.45.30	02.35.20	02.29.50
02.39.20	02.43.60	02.50.50	02.59.30	03.11.20	200m IM	03.15.50	02.59.80	02.50.00	02.36.00	02.31.40
05.39.20	05.46.20	05.55.40	06.11.00	06.35.90	400m IM	06.48.50	06.11.80	05.48.50	05.29.70	05.16.70

LC OPEN 2017 Programme of events

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 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 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 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 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 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 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 301	Mixed 11-14	4x50	Medley Relay	Event 601	Mixed 11-14	4x50	Freestyle Relay
Event 302	Mixed 15&O	4x50	Medley Relay	Event 602	Mixed 15&O	4x50	Freestyle Relay

LC OPEN 2017

SUMMARY SHEET

Club Name/Abbr	
Club Contact	
Address	
Post Code	
Telephone Number	
E-mail address	

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

Closing Date for Entries: Tuesday 4th April 2017

Entry files and summary sheet must be received by this date. Cheques should be made payable to City of Aberdeen Swim Team

Online payment should be made to: Bank of Scotland Account: City of Aberdeen Swim Team. Account No: 00581285, Sort Code: 80-12-08, Reference: UOALC17

Declaration

I confirm that all swimmers entered in this competition have registered with their national federation for the current year and swimmers and parents have been made aware of photographic restrictions at the venue.

Signed:

Position in Club

Date:

(This declaration **must** be completed by all competing clubs)

LC OPEN 2017
OFFICIALS SHEET



CLUB _____

STO Contact _____

Email Address _____

Tel. Number _____

Officials Name	Mentoring Signature Required (Yes/No)*	Sessions	Timekeeper	Judge (J1)	Judge (J2)	Starter (J2S)	Referee

*Note: Please ensure that our Technical Official Convenor is updated if mentor signatures are no longer required.

This will help the referees allocate mentor sessions more efficiently. **Mentoring will be at the discretion of the Referee(s)**

Please return form to: Kevin Paterson uoasto@gmail.com by: Friday 14th April 2017.