**NORTH DISTRICT OPEN SWIMMING CHAMPIONSHIPS 2019**

**(UNDER FINA AND SCOTTISH SWIMMING RULES)**

**9 and 10 November 2019**

**Aberdeen Aquatics Centre, Regent Walk, Aberdeen AB24 1SX**

**MEET INFORMATION**

|  |  |  |  |  |  |
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| Pool | | 25 Metres, 10 Lanes, 2m Deep, Electronic Timing, Omega blocks with back-plates and backstroke starting devices | | | |
| **Sessions** | | **Session One**  Warm Up 07.45 Start 09.05 End 11.50  **Session Two**  Warm Up 12.20 Start 13.25 End 16.15  **Session Three** Warm Up 16.45 Start 17.35 End 19.15  **Session Four** Warm Up 07.45 Start 09.05 End 11.50  **Session Five** Warm Up 12.20 Start 13.25 End 16.15  **Session Six** Warm Up 16.45 Start 17.35 End 19.15  (SUBJECT TO CHANGE IF NECESSARY) | | | |
| **Events** | | | Open Events with faster heats in the morning, slower heats in the afternoon and  A & B Finals in the evening for -  50m Backstroke, Butterfly, Breaststroke and Freestyle  100m Backstroke, Butterfly, Breaststroke and Freestyle  Open events with faster heats in the morning, slower heats in the afternoon and  A Finals only in the evening for -  200m Backstroke, Butterfly, Breaststroke, Freestyle, Individual Medley and 400m Freestyle  Heat declared winner events in the appropriate session for –  400m Individual Medley, Men's 800m Freestyle and  Women's 1500m Freestyle  Heat declared winner events with the fastest heat in the Finals session for -  Mens' 1500m Freestyle and Womens' 800m Freestyle  The following team events will be swum –  4 x 50m Mixed Freestyle and Mixed Medley Relays | | |
| **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 these Championships.  Open events can be entered by any swimmer with the consideration time.  Junior swimmers must be under 17 years of age at 31st December 2019. | | |
| **Entries** | | | All entries must be on Hy-tek Team Manager entry file (District Rule SW 4.1).  Entry files may be obtained by downloading from the North District website (www.sasanorth.org.uk) or contact Sandra Middleton on [entries@sasanorth.org.uk](mailto:entries@sasanorth.org.uk).  Entries may have to be limited dependent upon numbers received. In the event that there is an oversubscription, entries will be accepted as evenly across the programme as is reasonably possible with fastest entries accepted first. |
| **Entry fees**  **Consideration**  **Times** | | | Please email completed entry files to the District Entries Secretary – [entries@sasanorth.org.uk](mailto:entries@sasanorth.org.uk)  Summary sheet and entry fees should be sent to –  Sandra Middleton, 19 Slains Terrace, Bridge of Don, Aberdeen, AB22 8TU  (summary sheet may be emailed with entry files)  **CLOSING DATE FOR ELECTRONIC ENTRIES IS FRIDAY 11 OCT 2019**  Please note summary sheet and payment must be received within 3 days of this date and that due to previous late payments and the need to get the programme out timeously there will be zero tolerance of late payment and any entry that is not accompanied by payment in the specified timeframe will be rejected without delay.  £7.00 per individual swim £10.00 per team event  Cheques should be made payable to SASA North District and MUST be received within 3 postal days of the closing date.  Payment can alternatively be paid by BACS. Reference should be OPEN followed by your club code eg OPENNANX. Bank details for BACS payments are on the summary sheet.  Consideration times are with the attached Programme of Events.  The fee for entries received which are outwith the consideration times for any of the District Competitions shall not be refunded under any circumstances. (District Rule SW 4.6 refers). Please note that accredited times are required. |

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| **Early Withdrawals** | | Withdrawals prior to the event may be sent or e-mailed to Sandra Middleton at [entries@sasanorth.org.uk](mailto:entries@sasanorth.org.uk) to arrive by 5pm at the latest on Thursday 7 November 2019.  NB: All details must be included on e-mail withdrawals ie Name, Event No, Stroke, Comp No etc. Telephone withdrawals will not be accepted. |
| **Withdrawals at the Meet** | | 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 1 hour prior to the start of the appropriate session. See Rule SW5.1(b). |
| **Withdrawals from Finals**  **Qualifying for Finals** | | 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. Rule SW 5.1 refers. Withdrawals from finals or in the case of illness should be completed on the old style withdrawal forms available from the recorders.  Any competitor withdrawing from a final in such a manner as to prevent a reserve taking part (except in the case of proven illness or emergency) shall be suspended immediately from all further events at the Meet. Where a reserve is brought in at short notice, the reserve shall occupy the vacant lane; there will be no re-seeding.  Finals will be seeded directly from the results of the heats. The fastest ten swimmers shall qualify for A Finals. Two reserves shall be nominated.  In events with a B Final the fastest ten swimmers who have not qualified for the A Final shall qualify for the B Final. For these events, there shall be no reserves for the A Final, instead, where time allows, swimmers will be drawn from the B Final in the event of withdrawals from the A Final. Four reserves shall be nominated for the B Final. B Finals shall be swum after A Finals.  In the event that a qualifier for a B final is promoted to swim in the A Final the space they vacate shall be filled by a reserve from the B final in turn. |
| **Marshalling**  **Reserves**  **Medals**  **Champions**  **And Awards** | | 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. 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 at the first marshalling area will not be permitted to swim, will be treated as a late withdrawal and may be fined accordingly.  Reserves must marshall unless they have withdrawn.  Medals will be awarded for 1st, 2nd and 3rd places in all events.  **North District Open Champions**  The fastest swimmer in the final of each Open event will be the North District Open Champion. In a Heat Declared Winner event, the North District Open Champion will be the fastest swimmer in the Open event.  **North District Champions**  The North District Champion of all events with the exception of the form stroke 50m events will receive a trophy.  In determining North District Champion for an event, results from the Final(s) shall be considered before results from the Open Heats. The fastest North District swimmer in the Open Final of each event shall be the North District Champion. If no North District swimmer is in either the A or B Final the title shall be awarded to the fastest North District swimmer in the Open Heats. In a heat declared winner event, the North District Champion will be the fastest North District swimmer in the Open event.  **North District Junior Champions**  The North District Junior Champion of all events, with the exception of the form 50m events, will receive a trophy.  The fastest North District Junior swimmer in the Final(s) of each event shall be the North District Junior Champion. If no North District Junior swimmers are in either the A or B Final, the title shall be awarded to the fastest North District Junior swimmer in the Open Heats. In a heat declared winner event, the North District Junior Champion will be the fastest North District Junior swimmer in the Open event.  **Cash Awards**  There will be cash awards available at this meet. A full breakdown of awards will be made available at a later date.  Sponsors to date are Scottish Swimming and SASA North District.   |  |  |  | | --- | --- | --- | | https://cdn.evbuc.com/images/12531777/33256282749/2/logo.jpg |  |  |   **Best Performance Trophies**  The Hugh Campbell Memorial Trophy will be awarded for the best male individual swim by a North District swimmer in the Open events based on FINA points.  The Gordon Council Friendship Trophy will be awarded for the best female individual swim by a North District swimmer in the Open events based on FINA points.  **Best Club Trophy**  The North District Club/Team Championship Trophy will be presented to the North District Club/Team that achieves the most points in the Open events based on results (10 - 1). Points will be scored from Finals and Timed Finals only. |
| **Technical Officials**  **Additional Notes** |  | Lists of Technical Officials for all sessions must be emailed to the Meet Officials Convenor, Sean Dawson at sdawson14@hotmail.com no later than 14 days before the first day of the meet (25 October 2019).  Technical Officials must be submitted on the North District form for this purpose and must be emailed (not posted) by the specified date. Failing to submit the form in accordance with these conditions will be considered a failure to submit the form. North District rules SW 6.2 and SW4.1 refer.  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.  Submission on an excel spreadsheet (available from Sean or the North District website) is preferred but submissions can be sent by email using the form below. Please complete one sheet for each session of the meet. Queries or changes to Technical Officials after the closing date should be directed to Sean Dawson at sdawson14@hotmail.com   1. All swimmers entered must have paid their SASA membership fee for the current year. Registration numbers must be shown on entry files. A Licence has been granted for this competition and accreditation will be applied for to the SASA.   All participants should adhere to the Scottish Swimming Code of Ethics, and relevant codes of conduct.   1. **The use of mobile phones or other devices capable of photography is not permitted at any time in the changing village, toilets or shower areas and they must be switched to silent in the pool hall.** 2. 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. |
| **Photos/**  **Videos** |  | 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 Scottish Swimming Health and Safety form and signed by the relevant club official).  **Media & Photography Information**  Throughout this event SASA North District may have authorised media partners taking static photographs and video footage. These images are intended solely for the purposes of promotion and celebration of the activitiesand may include live streaming on the internet**.** Images will be uploaded to our website and our social network sites.  Should any competitor wish not to be photographed please complete the Media/Photography Refusal of Consent Form which is available on our website. If at any time a competitor wishes a static image to be removed from our website, 7 days’ notice must be given to SASA North District after which the data will be removed.  **Data Protection Statement**  In order to operate this meet, we have a legitimate interest to collect and process some basic personal data from all competitors, specifically name, gender, date of birth.  This data will be held securely and only used for the purposes of managing the meet and reporting results. Dates of birth will only be shared with -  Scottish Swimming for the purpose of maintaining the National Database which is used for Squad Selection and  Swim England for inclusion on Rankings  Names, gender and age (but not date of birth) will be retained and will be shared with attending clubs and may be published for the purpose of reporting and keeping records. |
| **MeetDirector** | | Nickie Scorgie e-mail: nscorgie@sportaberdeen.co.uk |

**OPEN SWIMMING CHAMPIONSHIPS 2019 – 9 and 10 NOVEMBER – ABERDEEN AQUATICS CENTRE**

**PROGRAMME OF EVENTS**

|  |  |
| --- | --- |
| **Saturday 9 November - Morning Session - Open**  101 Men's 100m Freestyle  102 Women's 200m Backstroke  103 Men's 50m Breaststroke  104 Women's 100m Breaststroke  105 Men's 100m Backstroke  106 Women's 100m Butterfly  107 Men's 200m Butterfly  108 Women's 50m Backstroke  109 Men's 400m Freestyle  110 Women's 200m Individual Medley  111 Men's 200m Breaststroke  112 Women's 200m Freestyle  113 Men's 50m Butterfly  114 Women's 50m Freestyle  115 Men's 400m Individual Medley (hdw) | **Sunday 10 November - Morning Session - Open**  401 Women's 100m Freestyle  402 Men’s 200m Backstroke  403 Women's 50m Breaststroke  404 Men’s 100m Breaststroke  405 Women's 100m Backstroke  406 Men’s 100m Butterfly  407 Women's 200m Butterfly  408 Men’s 50m Backstroke  409 Women's 400m Freestyle  410 Men’s 200m Individual Medley  411 Women's 200m Breaststroke  412 Men’s 200m Freestyle  413 Women's 50m Butterfly  414 Men’s 50m Freestyle  415 Women's 400m Individual Medley (hdw) |
| **Afternoon Session**  201 Women's 1500m Freestyle (hdw)  202 Men's 1500m Freestyle slower heat(s)  The 4 fastest heats of Events 101, 102, 104, 105, 106, 107, 110, 111 and 112 will take place in the Morning session, the slower heats will take place in the afternoon as time allows. These events will be split after the draft programme has been confirmed and swimmers will be advised when their swims will take place in good time prior to the competition. | **Afternoon Session**  501 Men’s 800m Freestyle (hdw)  502 Women's 800m Freestyle slower heat(s)  The 4 fastest heats of Events 401, 402, 404, 405, 406, 407, 410, 411 and 412 will take place in the Morning session, the slower heats will take place in the afternoon as time allows. These events will be split after the draft programme has been confirmed and swimmers will be advised when their swims will take place in good time prior to the competition |
| **Evening Finals Session – Open**  202 Men's 1500m Freestyle Fastest Heat  101 Men's 100m Freestyle A & B Final  102 Women's 200m Backstroke Final  103 Men's 50m Breaststroke A & B Final  104 Women's 100m Breaststroke A & B Final  105 Men's 100m Backstroke A & B Final  106 Women's 100m Butterfly A & B Final  107 Men's 200m Butterfly Final  108 Women's 50m Backstroke A & B Final  109 Men's 400m Freestyle Final  110 Women's 200m Individual Medley Final  111 Men's 200m Breaststroke Final  112 Women's 200m Freestyle Final  113 Men's 50m Butterfly A & B Final  114 Women's 50m Freestyle A & B Final  301 Mixed 4 x 50m Freestyle Relay | **Evening Finals Session – Open**  502 Women's 800m Freestyle Fastest Heat  401 Women's 100m Freestyle A & B Final  402 Men's 200m Backstroke Final  403 Women's 50m Breaststroke A & B Final  404 Men's 100m Breaststroke A & B Final  405 Women's 100m Backstroke A & B Final  406 Men's 100m Butterfly A & B Final  407 Women's 200m Butterfly Final  408 Men's 50m Backstroke A & B Final  409 Women's 400m Freestyle Final  410 Men's 200m Individual Medley Final  411 Women's 200m Breaststroke Final  412 Men's 200m Freestyle Final  413 Women's 50m Butterfly A & B Final  414 Men's 50m Freestyle A & B Final  601 Mixed 4 x 50m Medley Relay |

**NORTH DISTRICT OPEN SWIMMING CHAMPIONSHIPS 2019**

**9 and 10 NOVEMBER – ABERDEEN AQUATICS CENTRE**

**Consideration Times:**

Please note Accredited Times are required for this meet. These times must have been achieved since 11 October 2018.

Only Junior\* swimmers may enter these Championships with times slower than the Open consideration times. Entries made by Juniors will be combined with entries from Open swimmers at the time of entry, thereafter there will be no differentiation between Open swimmers and Junior swimmers.

You must submit a proof of times report with your entries. Should you receive any additional request to verify a time or times, you will also be advised of the deadline for verification. Where no satisfactory proof can be provided the competitor shall withdraw, forfeit their entry fee and pay without any excuse such sum as is agreed by the AGM for late withdrawals. Swimming Rule SW 2.2

**Times below are short course times.** Times converted from long course accredited competitions using Hy-Tek factors or ASA tables will also be accepted.

Times must be faster than or equal to the following –

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **MALE** | | **EVENT** | **FEMALE** | |
| **Junior** | **Open** | **Open** | **Junior** |
|  | 00:27.50 | 50 Freestyle | 00:29.20 |  |
| 01:00.50 | 00:57.20 | 100 Freestyle | 01:03.50 | 01:06.00 |
| 02:15.90 | 02:06.40 | 200 Freestyle | 02:18.70 | 02:23.00 |
| 04:53.70 | 04:29.50 | 400 Freestyle | 04:52.00 | 05:03.90 |
| 09:57.00 | 09:17.00 | 800 Freestyle | 09:21.00 | 09:51.40 |
| 19:05.00 | 18:29.00 | 1500 Freestyle | 18:51.00 | 19:37.00 |
|  | 00:32.40 | 50 Backstroke | 00:34.20 |  |
| 01:13.50 | 01:07.60 | 100 Backstroke | 01:12.10 | 01:16.50 |
| 02:37.70 | 02:26.10 | 200 Backstroke | 02:36.40 | 02:44.10 |
|  | 00:29.20 | 50 Butterfly | 00:32.70 |  |
| 01:13.90 | 01:05.60 | 100 Butterfly | 01:12.30 | 01:16.00 |
| 02:53.60 | 02:31.60 | 200 Butterfly | 02:41.70 | 03:00.10 |
|  | 00:35.80 | 50 Breaststroke | 00:38.90 |  |
| 01:24.90 | 01:17.30 | 100 Breaststroke | 01:23.00 | 01:27.00 |
| 03:03.50 | 02:49.60 | 200 Breaststroke | 02:59.10 | 03:07.30 |
| 02:34.50 | 02:22.30 | 200 Individual Medley | 02:33.80 | 02:42.40 |
| 05:40.00 | 05:12.70 | 400 Individual Medley | 05:31.60 | 05:47.30 |

\*As Scottish Swimming definition of ‘Junior’: A swimmer who is under 17 at 31 December 2019. Entries will be sorted solely on entry time with no differentiation between Open and Junior entries.

**NORTH DISTRICT OPEN SWIMMING CHAMPIONSHIPS 2019**

9 and 10 NOVEMBER – ABERDEEN AQUATICS CENTRE

**SUMMARY SHEET Match Secretary \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Club Name/Abbr \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Tel. No \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**E-mail address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |  |
| --- | --- | --- | --- |
| …... Individual Male Entries @£7.00  …... Individual Female Entries @ £7.00  …... Team Mixed Entries @ £10.00  …... Coach Meal Passes(2 days)@ £24.00 | | £ …........  £ …........  £ ………...  £ ………... | **CLOSING DATE FOR ELECTRONIC ENTRIES – 11 OCTOBER 2019**  **Paperwork and payment to be received by the District Entries Secretary within 3 postal days of closing date**  **Cheques should be made payable to:**  **SASA NORTH DISTRICT**  **BACS Payment Reference OPEN followed by Club Code eg OPENNANX Sort Code: 80-05-16 A/C No 00882011** |
|  | TOTAL | £ …....... | **Have you enclosed or sent: Cheque or BACS payment**  **Hy-tek Team Manager Entry File**  **Declaration and Summary Sheet** |
|  |  |  | **Proof of Times Report**  **Late payment will result in electronic entries being rejected** |

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

I confirm that all coaches and/or team staff from our club who will be on poolside are members of Scottish

Swimming and have current PVG disclosure.

Signed …...................................... Position in Club …..................................... Date …........................... (This declaration **must** be completed by all competing clubs)

**NORTH DISTRICT OPEN SWIMMING CHAMPIONSHIPS – 9/10 NOVEMBER 2019**

**OFFICIALS SHEET - Please Use the Excel Spreadsheet available and email to Meet Officials Convenor NOT the Entries Secretary**

**Club** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Meet Officials Convenor:** Sean Dawson

STO Contact Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Tel: 07961751652

Tel No: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ E-mail: sdawson14@hotmail.com

E-mail address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**No of swimmers entered……………**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Session 1** | | | | | | | | | | |
|  | **Judges** | **Judge Level** | **Club Code** |  | **Timekeepers** | **Club Code** | **SASA Number** |  | **Judge Mentoring** | **Training Level** |
| **Name** | **Name** | **Name** |
| 1 |  |  |  | 1 |  |  |  | 1 |  |  |
| 2 |  |  |  | 2 |  |  |  | 2 |  |  |
| 3 |  |  |  | 3 |  |  |  | 3 |  |  |
| 4 |  |  |  | 4 |  |  |  | 4 |  |  |
| 5 |  |  |  | 5 |  |  |  | 5 |  |  |
| 6 |  |  |  | 6 |  |  |  | 6 |  |  |
| 7 |  |  |  | 7 |  |  |  | 7 |  |  |
| 8 |  |  |  | 8 |  |  |  | 8 |  |  |
| 9 |  |  |  | 9 |  |  |  | 9 |  |  |
| 10 |  |  |  | 10 |  |  |  | 10 |  |  |
| 11 |  |  |  | 11 |  |  |  | 11 |  |  |

**COMPLETION AND OTHER NOTES**

1. An Officials Sheet MUST be completed and emailed to the Meet Officials Convenor, Sean Dawson at sdawson14@hotmail.com **no later than 14 days before the first day of the meet**.
2. Each Club’s submission for ALL sessions should comply with North District **Swimming Regulation 6.3.1** as follows:-

4 swimmers or fewer No Technical Officials required, but please return the form duly marked

5 – 8 swimmers 1 Technical Official for every session of the Meet

9 – 12 swimmers 1 Technical Official for every session, at least Judge 1 or above

13 – 16 swimmers 2 Technical Officials for every session, at least 1 of which must be a Judge 1 or above

17 – 20 swimmers 3 Technical Officials for every session, at least 1 of which must be a Judge 1 or above and 1 more must be a Judge 2 or above

21 – 24 swimmers 4 Technical Officials for every session, at least 1 of which must be a Judge 1 or above and 1 more must be a Judge 2 or above

25 – 49 swimmers 5 Technical Officials for every session, at least 2 of which must be a Judge 1 or above and 1 more must be a Judge 2 or above

50+ swimmers 7 Technical Officials for every session, at least 2 of which must be a Judge 1 or above and 2 more must be a Judge 2 or above

Please note that the number of swimmers is the number entered into the meet not the number in a session and that these are the minimum requirements, extra officials are always welcome.

1. For the purposes of Rule SW6.2 Trainee Judge 1 will count as Timekeeper, and Trainee Judge 2 & 2S count as Judge, however Trainees being mentored on the day will not count towards their club’s provision of officials for the purposes of Rule SW6.5

*SW6.6 Where the Referees in charge agree that there were sufficient Swimming Technical Officials present to ensure adequate cover in any session, an official might be mentored at the next level for which they were training without incurring a penalty for that session, even although this may technically leave their Club short of the numbers required to meet SW6.2. Officials carrying out scheduled Final Assessments will count at their existing level.*

1. For the purpose of determining how many swimmers a Club has entered into a North District Meet or Championships, only swimmers entered into individual events shall be counted in accordance with SW 6.4

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | Only enter information in the green highlighted sections (the others are locked). Capital first letter then lower case. | | | | | | | |
| 2 | Please complete ALL the programmed sessions for the meet | | | | | | | |
|  |  | **Judges** | | |  |  |  |  |
| 3 | Please complete each Column with the available judges for each session | | | | | | | |
|  | **Name** | **Club** | **Level** |  |  |  |  |  |
|  | Full name of Judge | Your club Initials | Current qualification |  |  |  |  |  |
|  |  | **Time Keepers** | | |  |  |  |  |
| 4 | Please complete each Column with available Time Keepers for each session | | | | | | | |
|  | **Name** | **Club** |  |  |  |  |  |  |
|  | Full name of time keeper | Your club Initials |  |  |  |  |  |  |
| 5 | Mentoring - It is not always possible to facilitate mentoring due to lack of officials. Please enter those who require mentoring under their current qualification AND in the mentoring section. e.g. - If a time keeper is requesting a J1 mentoring session then please include the name in the Time keepers Column and in mentoring Column. | | | | | | | |
|  |  | **Mentoring Requests** | | |  |  |  |  |
|  | Name | Club | Level | |  |  |  |  |
|  | Full name of Trainee | Your club Initials | Level at which mentoring is required. | |  |  |  |  |