



# Garioch Amateur Swimming Club

## Annual Garioch Mix Up Meet

(UNDER FINA AND SASA RULES)



**Saturday 19<sup>th</sup> & Sunday 20<sup>th</sup> January 2019**

### MEET INFORMATION

<b>Pool</b>	Inverurie Swimming Pool 25 Metres, 4 Lanes, Anti-turbulence Ropes
<b>Sessions</b>	<p><b>Saturday Session One</b> Warm Up 8:00 am - Start 9.05am  <b>Session Two</b> Warm Up 1.00 pm - Start 2.05 pm</p> <p><b>Sunday Session Three</b> Warm Up 8:00 am - Start 9.05am  <b>Session Four</b> Warm Up 1.00 pm - Start 2.05 pm  <i>(SUBJECT TO CHANGE IF NECESSARY)</i></p>
<b>License</b>	<b>L2/ND/016/JAN19</b>
<b>Events</b>	<p>50m and 100m events for all strokes, 200m and 400m Individual Medley, 400m freestyle plus mixed 200m medley and mixed 200m freestyle relays. The mixed relay events should comprise of 2 girls and 2 boys.</p> <p>Entries will be accepted on a time basis, however please note this is a club competition and entries from composite teams will not be accepted. Where possible the accepted entries for each age group will be equal but if an age group is under-subscribed then the organising committee reserves the right to include additional entries from other age groups.</p> <p>The meet is a SC meet and thus SC times are given the priority. GASC is happy to accept LC converted times, but please be aware that if an event or the meet becomes oversubscribed then GASC reserve the right to reject the converted time(s).</p> <p>In the event that the meet is over-subscribed and cuts have to be made in order to meet the conditions of the license, swimmers will be accepted on a fastest first basis across the events and age groups in so far as this is practical.</p> <p>If the meet is oversubscribed and cuts have to be made in order to meet the capacity of the building, swimmers with the fewest swims in a session will be rejected first, regardless of where they lie in the seeding.</p> <p>If cuts need to be made for both reasons a combination of the two methods will be used.</p> <p>In the event the meet is under subscribed late entries will be accepted on a case by case basis.</p> <p>All entries will be heat declared winners. The programme of events is attached.</p> <p>Garioch ASC reserves the right to include its own swimmers in slower heats to fill unused lanes.</p>
<b>Age</b>	10-12, 13-14 and 15 and over.
	Age as at last day of meet for all events.



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<b>Starts</b>	As per FINA rules. One start will be implemented throughout. Over the top starts will be used where practicable.
<b>Entries</b>	<p>All entries must be on Hy-tek Team Manager entry file. Entry files may be obtained by downloading from the Garioch ASC Website <a href="http://www.gasc.co.uk/club-info/swimmer-info">www.gasc.co.uk/club-info/swimmer-info</a> or the SASA North District website or email <a href="mailto:meetentries@gasc.co.uk">meetentries@gasc.co.uk</a>.</p> <p>Timecards are not required.</p> <p>Please return entries and summary sheet by email to <a href="mailto:meetentries@gasc.co.uk">meetentries@gasc.co.uk</a></p> <p><b>CLOSING DATE FOR ENTRIES, SUMMARY SHEET AND FEES IS 12 NOON FRIDAY 28<sup>th</sup> DECEMBER 2018</b></p>
<b>Entry Fees</b>	<p>£4.50 per 50m events £6.00 per 100m, 200m and 400m events £8.00 per mixed relay team.</p> <p>Entry fees should be paid by bank transfer to GASC. Account No. 30246563, Sort Code 82-65-21.</p> <p>Please use Club Name/MIX as a reference</p>
<b>Awards</b>	<p>Medals will be awarded to the first three positions in each age group per event.</p> <p>The Garioch 200 Trophy will be awarded to the Top Club/Team.</p> <p>Points will be awarded: 1<sup>st</sup> place - 10 points through to 10<sup>th</sup> Place - 1 point</p> <p>In the event of a tie, consideration will be given to the most gold medals accumulated and then silver medals etc.</p>
<b>Withdrawals</b>	<p>Withdrawals prior to the competition should be emailed to <a href="mailto:meetentries@gasc.co.uk">meetentries@gasc.co.uk</a> to arrive no later than 12:00 noon on Friday 18<sup>th</sup> January 2019.</p> <p>Please include the swimmer's name, event and entry time when notifying withdrawals. No telephone withdrawals will be accepted under any circumstances.</p> <p>Withdrawals on the day should be submitted to the Recorder's Table prior to the start of each warm up (or at least 1 hour prior to start of the appropriate session) or on the withdrawal forms made available in the Coaches Pack.</p>



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<b>Technical Officials</b>	<p>We would be grateful for a list of technical officials willing to help on the day to ensure this meet receives its full accreditation.</p> <p>A completed technical officials sheet should be sent to <a href="mailto:officials@gasc.co.uk">officials@gasc.co.uk</a> no later than 14 days before the start of the meet (Friday 4<sup>th</sup> January 2019).</p> <p>Lunch will be provided for technical officials.</p> <p>Judges and timekeepers in training who are wishing specific signatures e.g. Chief Timekeeper or stroke should make this request but requests will be accommodated only if the meet referee considers it practical.</p>
<b>Marshalling</b>	<p>There will be marshalling. 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.</p>
<b>Photography/ Mobile Phones</b>	<p>Please note that anyone wishing to use photographic equipment, including video cameras, must register with the Meet Convener on the appropriate SASA Health and Safety form.</p> <p>Garioch ASC may take photographs for use with club publicity. The Garioch CPO will approve all such photographs.</p> <p><b><u>Mobile phones must not be used in the pool hall or in the changing rooms.</u></b> Use of mobile phones is limited to the main reception area.</p>
<b>Meet Regulations</b>	<p>No guarantee can be given by GASC that the event will take place at a particular time or any particular date and GASC reserves the right to reschedule or cancel the event without notice and liability for doing so. It is expected that this would happen as a result of unforeseen circumstances e.g. venue/facility failure or adverse weather.</p> <p>In the event of postponement, cancellation or abandonment of the event, refunds if any, will be made at the absolute discretion of Garioch ASC. Garioch ASC 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.</p> <p>For any refunds, please supply Bank Account details, Bank Sort Code and Bank Account Number.</p>



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<b>Meet Convener</b>	Kerry Reid – <a href="mailto:gascmeetconvener@gmail.com">gascmeetconvener@gmail.com</a>
<b>Notes</b>	<ol style="list-style-type: none"><li>1) All swimmers entered must have paid their SASA membership fee for the current year and the appropriate declaration shown on the summary sheet. Registration numbers <b>MUST</b> be shown on the entry sheets.</li><li>2) This is a Level 2 meet. All swimmers must be capable of starting the race from a dive.</li><li>3) Due to lack of poolside space access will be limited to one Coach per 10 swimmers.</li><li>4) Seating areas will be allocated to each team. <b><u>Teams are responsible for clearing their seating area of belongings, litter etc. before leaving at the end of the competition day.</u></b></li><li>5) Lockers provided in the changing rooms should be used to store all belongings. The meet organisers and the facility management cannot be held responsible for items lost or damaged during the course of the event.</li><li>6) Participating clubs will receive one copy of the start sheets and results sheets for each session</li><li>7) Lunch will be provided for Technical Officials. Coaches can purchase a lunch pass at a cost of <b>£10 per coach per day</b>, and this should be submitted with the summary sheet and payment included with entries.</li><li>8) Refunds for swimmers who are withdrawing through illness or injury will be granted only if the swimmer has been withdrawn in time according to the meet information and when the swimmer can provide medical evidence confirming that they are unfit to swim to the Meet Convener within 7 days following the meet. The letter should be dated not more than 4 weeks before the Meet and not more than 2 days after the meet.</li><li>9) All swimmers should be sitting poolside during the meet unless changing/showering etc; swimmers should not be congregating in the changing room area during races. All swimmers are reminded that if they are in the changing rooms they should keep noise to a minimum, especially during race starts as noise travels into the pool hall and can be off-putting to swimmers about to commence racing. Swimmers are also reminded that the use of mobile phones and taking of photographs is not permitted within the changing rooms.</li></ol>



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**MEET INFORMATION**

**PROGRAMME OF EVENTS**

**Session 1**

Event 101	10 & Over	Girls	100 Breaststroke
Event 102	10 & Over	Boys	50 Breaststroke
Event 103	10 & Over	Girls	50 Freestyle
Event 104	10 & Over	Boys	100 IM
Event 105	10 & Over	Girls	200 IM
Event 106	10 & Over	Boys	400 Freestyle

**Session 2**

Event 201	10 & Over	Boys	50 Butterfly
Event 202	10 & Over	Girls	100 IM
Event 203	10 & Over	Boys	100 Breaststroke
Event 204	10 & Over	Girls	50 Backstroke
Event 205	10 & Over	Boys	50 Freestyle
Event 206	10 & Over	Girls	400 Freestyle
Event 207	10 & Over	Mixed	200 Medley Relay

**Session 3**

Event 301	10 & Over	Boys	100 Freestyle
Event 302	10 & Over	Girls	50 Butterfly
Event 303	10 & Over	Boys	50 Backstroke
Event 304	10 & Over	Girls	100 Freestyle
Event 305	10 & Over	Boys	400 IM
Event 306	10 & Over	Girls	400 IM

**Session 4**

Event 401	10 & Over	Girls	100 Backstroke
Event 402	10 & Over	Boys	100 Backstroke
Event 403	10 & Over	Girls	100 Butterfly
Event 404	10 & Over	Boys	100 Butterfly
Event 405	10 & Over	Girls	50 Breaststroke
Event 406	10 & Over	Boys	200 IM
Event 407	10 & Over	Mixed	200 Freestyle Relay



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**MEET INFORMATION**

**SUMMARY SHEET**

Club	
Contact Name	
Address	
Post Code	
Tel. No	
E-mail	

(Must be reliable for distribution of returns and all future information)

	Number of Entries	Total Cost
Boys 50m Entries @ £4.50		
Boys Entries @ £6		
Girls 50m Entries @ £4.50		
Girls Entries @ £6		
200m Mixed Medley Relay @ £8		
200m Mixed Freestyle Relay @ £8		
Coaches Lunch Passes @ £10 per coach per day		
<b>TOTAL</b>		

**In Case of Refunds** – please supply the following information:

Bank Account Number: .....  
 Sort Code: .....  
 Bank Account Name: .....

**DECLARATION:** I confirm that all swimmers entered have paid their current SASA membership fee.

Signed: .....

Position in Club: ..... Date: .....

Form to be returned with entries file to: Meet Entry Secretary at [meetentries@gasc.co.uk](mailto:meetentries@gasc.co.uk)  
**CLOSING DATE FOR ENTRIES, SUMMARY SHEET AND FEES**  
**IS 12 NOON FRIDAY 28<sup>th</sup> DECEMBER 2018**

