

ELGIN ASC 'SPRING' MEET
Saturday/Sunday 15th & 16th February 2020
Buckie Leisure Centre, South Pringle Street, Buckie, AB56 1PX
CLOSING DATE FOR ENTRIES, SUMMARY SHEET & FEES:
MIDNIGHT – FRIDAY 24th January 2020

Meet Information

Pool:	5 lanes x 25m Anti-turbulence ropes. No electronic timing.
Sessions:	Session One: Warm Up 08:00 Start 09:05 Session Two: Warm Up 12:45 Start 13:50 Session Three: Warm Up 08:00 Start 09:05 Session Four: Warm Up 12:45 Start 13:50 (Subject to change if necessary)
Events:	<p>50m Freestyle, Backstroke, Breaststroke, Butterfly; 100m Freestyle, Backstroke, Breaststroke, Butterfly; 200m Freestyle, Backstroke, Breaststroke, Butterfly;</p> <p>50m Freestyle (Open 10 years & over); Qualifying Times for this event as follows: Male 00.38.00 Female 0037.00</p> <p>100m Individual Medley (Open 10 years & over) (Qualifying Skins Event). Split into 2 Qualifying Categories: a) 13 & Under b) 14 & Over.</p> <p>All events will be swum with age groups combined. All events will be heat declared winner, other than the 50m Open Freestyle event which will be swum as Heats and Finals. Heats will be in the morning and Finals in the afternoon. Programme of Events on separate sheet.</p> <p>Skins Event – Top 5 swimmers (in each category) will be invited to take part. No reserves if a swimmer declines. Elimination as follows: Round 1 2 Swimmers eliminated, 3 Swimmers left; Round 2 1 Swimmer eliminated, 2 Swimmers left; Round 3 1 Swimmer eliminated.</p> <p>The Swimmers will swim 50m/stroke. The first start will be normal. Thereafter, each round will start with a 10 second verbal warning, then the starting signal. Starting before the signal will result in disqualification. Turnaround will be 1 minute 30 seconds. Stroke for each Round of the skins will be decided by a draw. If Freestyle is drawn, this means any stroke apart from Breaststroke, Butterfly or Backstroke, as per FINA rules for Medley swimming. The draw will be such that all strokes are drawn at least once.</p> <p>Minimum age for (Open) Events is 10 years. No Swimmer under the age of 8 is permitted to swim. Entries will not be accepted from composite teams.</p>
Age:	As at 16 February 2020 (last day of meet) 10 & Under, 11/12, 13/14 & 15 & Over
Eligibility to Enter:	All swimmers entered must have paid their SASA membership fee for the current year. Registration numbers must be shown on entry files.
Consideration Times	No consideration times have been set for this meet. Elgin ASC reserves the right to restrict the number of heats in any event(s), reserves the right to swim a slower heat for their Swimmers and to fill any empty lanes with Elgin ASC Swimmers. Heats will be swum slowest to fastest. Entries to the events

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	will be restricted and will be accepted based on entry times. No NT entries will be accepted. Any entry not accepted will be refunded.
Entry Fees:	£6.50 for 200m events, £6.00 for 100m events. £5.00 for ALL 50m events Cheques should be made payable to Elgin ASC. Payment can alternatively be made by BACS. Account No: TSB Elgin A/C 00030028 Sort Code: 30-25-89. Reference should be ELSPR followed by your club code eg ELSPRNENX. Please contact Elgin ASC Treasurer for details if required t_abbott@hotmail.co.uk
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 Denise Brown at elginascmm@gmail.com 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 practical. Draft Programme will be emailed to all participating clubs, with notice of entries/scratches. After this time no withdrawals for refund will be accepted unless notice of Doctors Note is given within 7 days of last day of meet. Please note Summary Sheet and Payment must be received within 3 postal days of closing date of (MIDNIGHT 24th JANUARY) 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. Please return entry files to – elginascmm@gmail.com Summary sheet can be emailed and entry fees should be sent to:- Denise Brown, 7 Duffus Heights, ELGIN, IV30 5PA
Early Withdrawals:	Withdrawals prior to the event may be sent by email to: elginascmm@gmail.com to arrive by 5pm at the latest on Thursday 13th February 2020. 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 on the Day:	Withdrawals from heats should be notified on the withdrawal form. These will be at the recorders desk. These sheets should be handed back in at least 1 hour prior to the start of the appropriate session.
Marshalling	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 Swimmers who have not presented themselves to the marshals prior to their heat leaving. They will not be permitted to swim.
Awards:	Medals will be awarded to 1 st , 2 nd & 3 rd places in each Age Group. Skins Event Winners only will be awarded with a 'Skins' Cap and a prize of £50 cash for each final winner(s) of Round 3 only . Best club trophy will be presented for highest points achieved.

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Technical Officials:	<p>Lists of Technical Officials for all sessions can be entered on the attached sheet and must be emailed to Anne Heald at anne_heald@hotmail.com no later than (Thursday 7th February 2020).</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, Judge 2 or Judge 2S, please see the Officials Sheet.</p> <p>Lunch will be provided for Officials in Sessions 1&3. We are adopting a plastic free policy to help the environment. Could all Officials bring their own water bottle? Water and juice will be available throughout the weekend for top ups.</p> <p>An Officials only prize draw ticket will be issued to officials for each session they attend. The draws will be held during Sessions 2&4.</p> <p>Any queries or changes to Technical Officials after the closing date should be directed to Anne Heald at anne_heald@hotmail.com</p>
Photography:	<p>No photographic or video equipment will be allowed in any area without the prior approval of the Gala Convenor. Forms can be requested at the Elgin ASC desk in reception at Buckie Leisure Centre. Completed forms signed by a Club representative must be handed back to the Elgin ASC desk and a band/sticker will be issued.</p> <p>Use of mobile phones is not permitted at any time in the changing area, showers or toilets. They must be switched to silent on the pool deck.</p>
Meet Convenor:	<p>Sharon Wood Email: elginascgc18@gmail.com</p>
Notes:	<ol style="list-style-type: none"> 1. All participants are required to adhere to the Scottish Swimming Code of Ethics, and relevant codes of conduct. 2. A Licence has been granted for this competition and accreditation will be applied for through SASA North District. 3. Poolside/changing room access will 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. 4. 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. Glass bottles or containers and hot drinks are not permitted in the pool area – this does <u>not</u> include the spectator areas. 5. Coaches should ensure that their swimmers enter and exit the warm ups at the allotted times. Swimmers must not enter the pool until their warm-up start is announced and must follow all instructions. Full warm up details will be issued prior to the meet. 6. Over the top starts will be issued at the discretion of the Meet Referee. 7. Participating clubs will receive one copy of start sheets for each session. 8. Please note there will be no access to poolside for spectators, spectators may only use the viewing gallery, although this may be used for swimmers depending on numbers.
Refreshments:	<p>Teas, Coffees and Snacks will be available to purchase on both days.</p>

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Programme of Events

Saturday

Session One

Event 101	Boys (13&U)	100m IM (Skins)
Event 101A	Boys (14&O)	100m IM (Skins)
Event 102	Girls (Open)	50m Freestyle
Event 103	Boys	50m Backstroke
Event 104	Girls	100m Backstroke
Event 105	Boys	200m Butterfly
Event 106	Girls	200m Freestyle
Event 107	Boys	100m Breaststroke
Event 102	Girls (Open)	50m Freestyle (Finals)

Session Two

Event 201	Girls	200m Backstroke
Event 202	Boys (Age group)	50m Freestyle
Event 203	Girls	50m Butterfly
Event 204	Boys	200m Breaststroke
Event 205	Girls	100m Butterfly
Event 206	Boys	50m Breaststroke
Event 207	Girls	100m Freestyle
Event 101	Boys (Skins)	13&U (Finals)
Event 101A	Boys (Skins)	14&O (Finals)

Sunday

Session Three

Event 301	Girls (13&U)	100m IM (Skins)
Event 301A	Girls (14&O)	100m IM (Skins)
Event 302	Boys (Open)	50m Freestyle
Event 303	Girls	50m Backstroke
Event 304	Boys	100m Backstroke
Event 305	Girls	200m Butterfly
Event 306	Boys	200m Freestyle
Event 307	Girls	100m Breaststroke
Event 302	Boys (Open)	50m Freestyle (Finals)

Session Four

Event 401	Boys	200m Backstroke
Event 402	Girls (Age group)	50m Freestyle
Event 403	Boys	50m Butterfly
Event 404	Girls	200m Breaststroke
Event 405	Boys	100m Butterfly
Event 406	Girls	50m Breaststroke
Event 407	Boys	100m Freestyle
Event 301	Girls (Skins)	13&U (Finals)
Event 301A	Girls (Skins)	14&O (Finals)

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Summary Sheet

Club Name/Abbr:	Meet Secretary:
	Address:
	Tel No:
	Email:

<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 40%;">_____ Ind 200m Male Entries</td> <td style="width: 10%;">@ £6.50</td> <td style="width: 10%;">£</td> <td style="width: 40%;"></td> </tr> <tr> <td>_____ Ind 100m Male Entries</td> <td>@ £6.00</td> <td>£</td> <td></td> </tr> <tr> <td>_____ Ind 200m Female Entries</td> <td>@ £6.50</td> <td>£</td> <td></td> </tr> <tr> <td>_____ Ind 100m Female Entries</td> <td>@ £6.00</td> <td>£</td> <td></td> </tr> <tr> <td>_____ Individual 50m Male Entries</td> <td>@ £5.00</td> <td>£</td> <td></td> </tr> <tr> <td>_____ Individual 50m Female Entries</td> <td>@ £5.00</td> <td>£</td> <td></td> </tr> <tr> <td>_____ Coaches' Meal Pass (each day)</td> <td>@ £5.00</td> <td>£</td> <td></td> </tr> <tr> <td></td> <td style="text-align: right;">Total:</td> <td>£</td> <td></td> </tr> </table>	_____ Ind 200m Male Entries	@ £6.50	£		_____ Ind 100m Male Entries	@ £6.00	£		_____ Ind 200m Female Entries	@ £6.50	£		_____ Ind 100m Female Entries	@ £6.00	£		_____ Individual 50m Male Entries	@ £5.00	£		_____ Individual 50m Female Entries	@ £5.00	£		_____ Coaches' Meal Pass (each day)	@ £5.00	£			Total:	£		<p>Paperwork and Payment must be received within 3 postal days of closing date.</p> <p>Have you enclosed or sent:</p> <p>Cheque or BACS</p> <p>Hy-tek TM Entry Zip File</p> <p>Summary Sheet</p>
_____ Ind 200m Male Entries	@ £6.50	£																															
_____ Ind 100m Male Entries	@ £6.00	£																															
_____ Ind 200m Female Entries	@ £6.50	£																															
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_____ Individual 50m Female Entries	@ £5.00	£																															
_____ Coaches' Meal Pass (each day)	@ £5.00	£																															
	Total:	£																															

CHEQUES SHOULD BE MADE PAYABLE TO:
Elgin ASC or BACS Account No: TSB Elgin A/C 00030028 Sort Code: 30-25-89.
Payment Reference ELSPR followed by Club Code eg ELSPRNENX.

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)

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Officials Sheet - Please Note: This sheet to be emailed to Anne Heald

Club: _____

Meet STO: Anne Heald

STO Contact Name: _____

Tel No: _____

E-mail: anne_heald@hotmail.com

E-mail address: _____

SESSION 1						
	Club Code	Name	TK/Judge	Level J1/J2/J2S		Mentoring Request
						J1/J2/J2S
1	NENX	EXAMPLE NAME	JUDGE	J1		J2
2						
3						
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10						

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SESSION 2						
	Club Code	Name	TK/Judge	Level J1/J2/J2S		Mentoring Request
						J1/J2/J2S
1						
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SESSION 3						
	Club Code	Name	TK/Judge	Level J1/J2/J2S		Mentoring Request
						J1/J2/J2S
1						
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SESSION 4						
	Club Code	Name	TK/Judge	Level J1/J2/J2S		Mentoring Request
						J1/J2/J2S
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