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|  | ***Aberdeen Distance Time Trial 2020*****MEET INFORMATION** |  |

*University of Aberdeen Performance Swimming*

*invites you to the 2020 Aberdeen Distance Time Trial:*

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| **Venue** | Aquatics Centre, Aberdeen Sports Village, Regent Walk, Aberdeen, AB24 1SX |
| **Pool** | 25 metres, 10 lanes, deck level, full electronic timing, anti-turbulence ropesThere will be no separate 25 metre swim down facility available |
| **Dates** | 22nd to 23rd February 2020 |
| **Licence Number** | Licence No: L2/ND/014/FEB20  |
| **Sessions** | Session 1 Warm up: 1400 pm Start: 1505 pm Finish: 1805 pm (Approx)Session 2 Warm up: 0900 am Start: 1005 am Finish: 1305 pm (Approx)*(Subject to change if necessary)* |
| **Arrival** | Entry to the pool hall will be granted 15 minutes prior to the warm up of each session |
| **Meet Purpose** | To provide an opportunity for athletes to update 800m and 1500m times. |
| **Events** | 800m Freestyle, 1500m FreestyleAll events will be seeded as Heat Declared Winner |
| **Ages** | Events will be swum **age on last day** of competition (**23rd February 2020**).Eligible ages: 12 & Over |
| **Accreditation** | A licence has been granted and accreditation will be applied for to the SASA North District |
| **Rules** | Meet will be held under FINA rules and SASA regulations. |
| **Club eligibility** | Open to both clubs and composite teams within the North District |
| **Lap Cards** | **Judges may not be turning lap cards at this meet. Each swimmer must be provided with a suitable person to turn lap cards.** No qualification is necessary, nor are whites required to be worn but the person must be a member of the SASA and must wear appropriate poolside shoes. Suitable people might be other swimmers, parents, coaches or chaperones. The responsibility for providing someone to turn lap cards and for them to do so correctly lies entirely with the club. |
| **Entries** | There are consideration times for this meet, which are detailed below. Entry times must be submitted on entry for seeding purposes. These should be real times but do not need to be accredited. Training times can be used. Entries with no times will not be accepted. Entries out with the consideration times will be rejected.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.All entries must be on Hy-Tek Team Manager entry file.Entry files will be available on the SASA North District websitePlease email entry files and summary sheet to: Sean Dawson sdawson14@hotmail.com **NO POSTAL returns will be accepted**A draft programme and a list of scratched swimmers, if applicable, will be emailed to each club for checking in advance of the meet. **CLOSING DATE** for entries, summary sheet and fees: **31st January 2020****NO LATE ENTRIES WILL BE CONSIDERED** |
| **Entry Fees** | **£10.00 per event**Entry fees should be sent to: Bank of Scotland Account Name: University of Aberdeen Performance Swimming, Account Number: **00581285** Sort code: **80-12-08** and reference **UOADIST** |
| **Consideration Times** |

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| Boys |  | Girls |
| 12-14 | 15-16 | 17+ | Events | 17+ | 15-16 | 12-14 |
| 12:00.00 | 11:30.00 | 11:00.00 | 800 Free | 11:30.00 | 12:00.00 | 12:30.00 |
| 23:15.00 | 21:30.00 | 20:30.00 | 1500 Free | 21:30.00 | 22:30.00 | 24:00.00 |

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| **Early Withdrawals** | Withdrawals prior to the event should be e-mailed to: Sean Dawson sdawson14@hotmail.comTo arrive by 5pm at the latest on: 21st February 2020 NB: All details must be included on e-mail withdrawals i.e. Name, Event No, Stroke, Time etc. Telephone withdrawals will not be accepted. |
| **Withdrawals at the meet** | Withdrawals at the meet should be notified on the withdrawal form issued. The sheets should be handed in to the recorders table at least 30 minutes prior to the start of the session.  |
| **Marshalling** | There will be no marshalling for any events. All swimmers must arrive at the blocks in good time for their events. The start of a race will not be delayed for absent competitors.Reserves should report to referee in advance of the race to fill available slots in their respective events |
| **Awards** | This is a time trial so no medals, points or any other awards will be available |
| **Technical officials** | Clubs will be required to provide officials. Without sufficient officials the meet will not be able to gain accreditation.A completed technical officials sheet should be sent by email to Iain Alexander uoasto@gmail.com before: Monday 10th February 2020There will be no opportunity for judge mentoring at this meet due to the limited selection of events |
| **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 SASA Health and Safety form). The use of mobile phones will not be permitted in the showers, in the toilets or in the changing areas in order to prevent any misuse of mobiles with integrated digital camera/video equipment. Mobile phones should be turned to silent in the pool hall.We would be grateful if you could ensure that all members of your club are aware of this requirement. |
| **Meet Viability** | In the event of postponement, cancellation, abandonment or insufficient entries (60% Capacity or less), refunds, if any, will be made at the absolute discretion of the meet organiser. The Team will have no legal liability to make a refund or pay any form of consequential or indirect damage such as loss of enjoyment, travel and accommodation costs.  |
| **Additional Notes** | 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. Start sheets will be available for all clubs on the day 4. Swimmers must follow the instructions given to them by the meet officials and behave in a reasonable manner at all times.5. **Clubs must provide individuals to facilitate the turning of lap cards for their swimmers.** 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. No poolside changing is allowed.7. No glassware should be taken onto poolside or into the changing area. 8. Swimmers should be supervised by coaches during the warm up 9. Poolside access should be limited to team coaches, chaperones and support staff only. Please note that there will be no access to poolside for spectators.10. Refunds for swimmers who are withdrawn 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 convenor within 7 days following the meet. The letter should be dated not more than 4 weeks before the meet and not more than 10 days after the meet.12. Results will be posted on meet mobile and will be distributed to the clubs immediately following the meet.  |
| **Meet Director:** | Mark Perry uoaassistantmeetsec@gmail.com  |

*Version 10, 01/12/19*

**Programme of Events**

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| **Saturday:** | 22nd February  |  |  |
| Event 101 | Female | 12 & Over | 800m Freestyle |
| Event 102 | Male | 12 & Over | 800m Freestyle |
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| **Sunday:** | 23rd February  |  |  |
| Event 201 | Female | 12 & Over | 1500m Freestyle |
| Event 202 | Male | 12 & Over | 1500m Freestyle |

**Aberdeen Distance Time Trial 2020**

***SUMMARY SHEET***

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| ***Club Name*** |  |
| ***Meet Secretary Name*** |  |
| ***Address*** |  |
| ***Contact Number*** |  |
| ***Contact Email address*** |  |

**ENTRIES SUMMARY**

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| --- | --- | --- | --- |
| Number of Individual Female Entries = |  | @ £10.00 per event = | **£** |
| Number of Individual Male Entries = |  | @ £10.00 per event = | **£** |
| Total Number of Individual Entries = |  | Total | **£** |

**Closing Dates:**

**31st January 2020**

Entry fees should be sent to: Bank of Scotland, Account Name: University of Aberdeen Performance Swimming, Account Number: **00581285** Sort code: **80-12-08** and reference **UOADIST**

**Declaration** *I confirm that all swimmers entered in this competition have paid their*

*current SASA membership fee 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

and sent to Sean Dawson sdawson14@hotmail.com)

**Aberdeen Distance Time Trial 2020**

**OFFICIALS SHEET**

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| **Name of Club** |  |
| **STO Contact** |  |
| **Email address** |  |
| **Contact Number** |  |

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| **Officials Name** | **Timekeeper** | **Judge (J1)** | **Judge (J2)** | **Starter (J2S)** |
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Please return form to: **Iain Alexander** **uoasto@gmail.com**by: Monday 10th February 2020