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|  | ***AGE GROUP OPEN MEET 2020***  **MEET INFORMATION** |  |

*University of Aberdeen Performance Swimming invites you to the 2020 LC Age Group Open:*

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| **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 a separate 6 x 25 metre swim down facility available |
| **Dates** | **Saturday 25th & Sunday 26th April 2020** |
| **Licence Numbers** | Licence No: L1/652/SS/APR20 |
| **Sessions** | Session 1: Warm up: 0800 – 0900 am Start: 0905 am Finish: 1205 pm (Approx)  Session 2: Warm up: 1230 – 1330 pm Start: 1335 pm Finish: 1635 pm (Approx)  Session 3: Warm up: 1700 – 1740 pm Start: 1745 pm Finish: 1945 pm (Approx)  Session 4: Warm up: 0800 – 0900 am Start: 0905 am Finish: 1205 pm (Approx)  Session 5: Warm up: 1230 – 1330 pm Start: 1335 pm Finish: 1635 pm (Approx) Session 6: Warm up: 1700 – 1740 pm Start: 1745 pm Finish: 1945 pm (Approx)  *(Subject to change if necessary)* |
| **Arrival** | Entry to the Aquatics Centre building is from 0730 with access to the pool deck at 0740 at the very earliest. |
| **Events** | **Age Group (Heats and Finals)**  50m Backstroke, Butterfly, Breaststroke and Freestyle  100m Backstroke, Butterfly, Breaststroke and Freestyle  200m Individual Medley  **Age Group (HDW)**  200m Backstroke, Butterfly, Breaststroke and Freestyle  400m Freestyle and Individual Medley  **Team (HDW)**  4 x 50m Mixed Freestyle Relay  4 x 50m Mixed Medley Relay  Maximum of 2 teams per club/team per event  Home Team reserves the right to enter more than 2 relay teams (space permitted) |
| **Ages** | **All Events** will be swum as **Age at 26th April 2020**  **Individual Age Groups:**  11-13 years, 14-15 years, 16 years and over  **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  Age groups may be swum together, seeding will be based on time |
| **Accreditation** | A licence has been applied for and accreditation will be applied for to Scottish Swimming |
| **Rules** | Meet will be held under FINA technical rules and SASA regulations. |
| **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. |
| **International Entries** | Where international entrants (Non UK team) have qualified for an event but due to over subscription they may be granted a reserve position instead of being scratched. Such decision will be at the discretion of the meet organisation team. |
| **Consideration Times** | Consideration times are with the attached Programme of Events. Accredited times are required. All entry times should be set at accredited competitions since 1 January 2019, and verifiable. Short course converted times are allowed. Entries with no times will not be accepted. |
| **Entries** | All entries must be on Hy-Tek Team Manager entry file.  Entry files may be obtained by:   1. Downloading from North District Website ([www.sasanorth.org.uk](http://www.sasanorth.org.uk)) 2. Downloading from Swim Scotland Website ([www.swimscotland.co.uk](http://www.swimscotland.co.uk)) 3. By emailing entries secretary Sandra Middleton [uoaentries@gmail.com](mailto:uoaentries@gmail.com)   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.  A draft programme and a list of rejected swimmers, if applicable, will be emailed to each club for checking in advance of the meet.  Please email completed entry files to – [uoaentries@gmail.com](mailto:uoaentries@gmail.com)  Summary sheet and entry fees should be sent to – Sandra Middleton, 19 Slains Terrace, Bridge of Don, Aberdeen, AB22 8TU [uoaentries@gmail.com](mailto:uoaentries@gmail.com)  **CLOSING DATE FOR ELECTRONIC ENTRIES IS** Friday 27th March 2020  Please note summary sheet and payment must be received by this date.  **NO LATE ENTRIES WILL BE CONSIDERED** |
| **Entry Fees** | All individual entries will be £7.50  All relay entries will be £10.00  Entry Fees can be paid by BACS or cheque  BACS: Club entry fees should be sent to Bank of Scotland Account No: 00581285, Sort Code: 80-12-08  Reference: UOALC19  For overseas clubs, the following additional bank account information may be required  Swift/BIC code: BOFSGB21024  IBAN code: GB73BOFS80120800581285  Cheques: Should be made payable to University of Aberdeen Performance Swimming and sent along with the Summary sheet to: Sandra Middleton, 19 Slains Terrace, Bridge of Don, Aberdeen, AB22 8TU |
| **Early Withdrawals** | Withdrawals prior to the event may be e-mailed to Sandra Middleton [uoaentries@gmail.com](mailto:uoaentries@gmail.com) to arrive by 5pm at the latest on Friday 24th April 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 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 45 minutes prior to the start of the appropriate session.  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.  Where a reserve is brought in at short notice, the reserve shall occupy the vacant lane; there will be no re-seeding. |
| **Qualifying for Finals** | 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. |
| **Marshalling** | 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.  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 entering the final call room will not be permitted to swim.  Reserves must marshall unless they have withdrawn.  There will be boxes present for clothing behind the blocks. Competitors are encouraged to use these.  **Please note** there is no marshalling for relays. |
| **Awards** | 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.  A Trophy will be awarded annually to the Top visiting Club  Points will be awarded: 1st place 10 pts through to 10th place 1pt.  In the event of a tie, consideration will be given to the most gold medals accumulated and then silver medals |
| **Technical officials** | A completed technical officials sheet should be sent to Iain Alexander (Meet officials coordinator) by email [uoasto@gmail.com](mailto:uoasto@gmail.com) arriving **no later than** Friday 10th April 2020. Any changes or queries regarding technical officials should also be directed to the meet officials coordinator above.  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.  Mentoring requests will be considered by the Session Referee. Mentoring will only be available during the heats sessions.  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.  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.  Technical officials will be offered a meal after each heats session. |
| **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).  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.  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. |
| **Coaches Pack** | 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.  This will include participant information sheet, withdrawal sheets, relay team lines, warm up information, purchased meal tickets and other relevant information.  Start sheets will be available from the recorders’ desk prior to the start of the session. |
| **Additional Notes** | 1. All swimmers entered must have paid their SASA membership fee or equivalent 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, additional copies may be available.  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. No poolside changing will be permitted.  **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.**  **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.  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 fins, paddles or snorkels will be permitted in the main pool warm up sessions. 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.  12. Poolside access should be limited to club coaches and team managers up to a maximum of one coach/chaperone per 10 swimmers, with a maximum of 3 coaches/chaperones at any one time.  13. Vuvuzelas and air horns are not permitted at this meet.  14. Please note that there will be no access to poolside for spectators. Spectator access will be limited to the spectator gallery.  15. Relevant Results will be posted at the pool during each session and will be distributed to the clubs immediately following the meet. Results will also be available on Meet Mobile.  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.  17. Officials to take their own water bottles – igloos will be provided filled with water for use. Not to be used for swimmers.  18. Over the top starts may be used for all strokes. Relay exchanges will be judged electronically.  19. 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. |
| **Meet Convenor** | Michelle Hall [richmich5@sky.com](mailto:richmich5@sky.com) |

**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:

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| Female | | | | |  | Male | | | | |
| 16/Over | **15** | **14** | **13** | **11 to 12** | **Event** | **11 to 12** | **13** | **14** | **15** | **16/over** |
| 00:30:12 | 00:31:21 | 00:32:50 | 00:34:19 | 00:35:37 | 50m Freestyle | 00:37:45 | 00:33:59 | 00:32:30 | 00:30:12 | 00:28:24 |
| 01:04:21 | 01:06:40 | 01:09:48 | 01:13:16 | 01:18:42 | 100m Freestyle | 01:21:01 | 01:12:07 | 01:09:08 | 01:04:41 | 01:00:53 |
| 02:20:38 | 02:25:48 | 02:29:35 | 02:38:22 | 02:48:09 | 200m Freestyle | 02:52:18 | 02:38:32 | 02:29:25 | 02:20:38 | 02:13:30 |
| 04:52:22 | 04:56:31 | 05:09:27 | 05:26:22 | 05:44:36 | 400m Freestyle | 05:55:33 | 05:27:21 | 05:06:57 | 04:51:42 | 04:38:46 |
| 00:32:40 | 00:34:09 | 00:35:37 | 00:37:26 | 00:39:44 | 50m Butterfly | 00:41:52 | 00:38:15 | 00:35:37 | 00:32:30 | 00:30:42 |
| 01:12:06 | 01:14:35 | 01:18:52 | 01:24:59 | 01:32:04 | 100m Butterfly | 01:37:21 | 01:25:08 | 01:17:23 | 01:11:37 | 01:06:59 |
| 02:40:12 | 02:44:20 | 02:53:38 | 03:04:44 | 03:26:18 | 200m Butterfly | 03:30:27 | 03:04:44 | 02:49:39 | 02:40:12 | 02:31:14 |
| 00:39:04 | 00:40:33 | 00:42:21 | 00:44:39 | 00:46:47 | 50m Breaststroke | 00:49:15 | 00:45:28 | 00:42:11 | 00:38:54 | 00:36:27 |
| 01:25:38 | 01:32:54 | 01:31:15 | 01:36:31 | 01:42:28 | 100m Breaststroke | 01:47:05 | 01:37:31 | 01:31:34 | 01:24:39 | 01:20:02 |
| 03:00:06 | 03:04:24 | 03:11:22 | 03:17:40 | 03:34:05 | 200m Breaststroke | 03:43:52 | 03:20:00 | 03:09:03 | 02:57:27 | 02:51:38 |
| 00:34:09 | 00:35:28 | 00:36:46 | 00:39:04 | 00:41:12 | 50m Backstroke | 00:41:52 | 00:39:14 | 00:36:56 | 00:33:39 | 00:32:11 |
| 01:12:36 | 01:14:15 | 01:18:13 | 01:22:50 | 01:28:17 | 100m Backstroke | 01:31:54 | 01:23:59 | 01:17:53 | 01:12:16 | 01:08:48 |
| 02:34:23 | 02:37:42 | 02:44:40 | 02:54:27 | 03:05:54 | 200m Backstroke | 03:09:13 | 02:56:27 | 02:44:40 | 02:34:33 | 02:29:05 |
| 02:38:32 | 02:43:11 | 02:49:59 | 02:58:36 | 03:10:23 | 200m IM | 03:14:51 | 02:59:26 | 02:49:09 | 02:35:13 | 02:30:54 |
| 05:37:38 | 05:44:36 | 05:53:53 | 06:09:09 | 06:34:31 | 400m IM | 06:46:47 | 06:10:28 | 05:47:05 | 05:28:31 | 05:15:35 |



***AGE GROUP OPEN 2020***

**Programme of events**

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| 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 |

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| 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 |

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| 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 |



**AGE GROUP OPEN 2020**

***SUMMARY SHEET***

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

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| Total Individual Entries |  | @ £7.50 per event = | £ |
| Total Relay Entries |  | @ £10.00 per event = | £ |
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| 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: Friday 27th March 2020**

Entry files and summary sheet must be received by this date. Cheques should be made payable to University of Aberdeen Performance Swimming

Online payment should be made to: Bank of Scotland Account: University of Aberdeen Performance Swimming Account No: 00581285, Sort Code: 80-12-08, Reference: UOALC20

**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)

**AGE GROUP OPEN 2020**

**OFFICIALS SHEET**

**CLUB \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ STO Contact \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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

**Tel. Number \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| **Officials Name** | **Mentoring**  **Signature**  **Required**  **(Yes/No)\*** | **Sessions** | **Timekeeper** | **Judge (J1)** | **Judge (J2)** | **Starter (J2S)** | **Referee** |
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\*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: Iain Alexander [uoasto@gmail.com](mailto:uoasto@gmail.com) by: Friday 10th April 2020.