



Garioch Amateur Swimming Club

Annual Mini Meet

(UNDER FINA AND SASA RULES)



Sunday 3rd October 2021

MEET INFORMATION

| | |
|-----------------|---|
| Pool | <p>Inverurie Community Campus 25 Metres, 6 Lanes, Anti-turbulence Ropes, Deck Level Pool</p> <p>Please note that there will be no spectator space available in order to maximise the number of swimmers able to take part.</p> <p>Car parking guidance is provided in Appendix 4.</p> <p>Swimmers, coaches and poolside helpers should adhere to the one-way system around the pool which is in place to “give people space”. A map is included within Appendix 2 for guidance.</p> |
| Sessions | <p>Session One – Warm Up 08:30, Start 09:30, End 12:30 Session Two – Warm Up 13:30, Start 14:30, End 17:30 <i>(Subject to change if necessary)</i></p> <p>Entrance to the building will be from 8:00am/1:00pm, managed by the appointed Meet CLO and undertaken by club, with time gaps between groups entering to “give people space”. Entry times/meeting locations will be notified in advance of the meet. Clubs should meet together, as per the map in Appendix 3, before the entry time specified to ensure that everyone is present and they should enter the building as one group only when the Meet CLO has indicated that it is safe to do so. Parents/swimmers should try to not otherwise congregate outside the building before, or after the session. If you are late to arrive, and have missed your entry slot, you should wait until all other clubs have entered before approaching the Meet CLO at the front of the building.</p> <p>The programme of events is displayed in Appendix 1.</p> |
| License | L3/ND licence has been applied for |
| Events | 50m Backstroke, Breaststroke Butterfly, Freestyle 100m Individual Medley |
| Age | <p>Age is as on day of competition i.e. 3rd October 2021</p> <p>Age Groups for 50m events for Girls and Boys will be 9, 10 and 11 years. Heats will be swum with all age groups combined and swimmers seeded by entry times.</p> <p>Age Groups for 100m Individual Medley for Girls and Boys will be: 9 – 11 years. The 100m Individual Medley will be swum as one event per sex and is not split into separate age groups. There will be only one set of medals for this event.</p> <p>Age Group for Relay events will be: 9 – 11 years</p> <p>Relays will be swum with mixed age teams with a maximum of two swimmers aged 11, with two younger swimmers making up the team. Teams must be made up of 2 boys and 2 girls.</p> <p>Medals will be awarded to the first three places in each event. There will be no medal presentation, but medals can be collected from the designated table in the foyer.</p> |



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| Entries | <p>Please return entries and summary sheet within Appendix 5 by email:</p> <p>James Moore - meetsec@gasc.co.uk</p> <p>Please note the entry file and summary sheet must be received by email by the closing date - 12 noon Monday 20th September 2021. Late entries will not be accepted.</p> <p>Entries may have to be limited dependent upon numbers received.</p> <p>All entries must be on Hy-tek Team Manager entry file.</p> <p>Entry files may be obtained for invited clubs only by contacting James Moore at meetsec@gasc.co.uk.</p> <p>Where possible the accepted entries for each age group will be equal, but if an age group is under-subscribed, the organising committee reserves the right to include additional entries in other age groups.</p> <p>Garioch ASC reserves the right to amend the programme at any time and to swim a slower heat for their swimmers if entry numbers allow.</p> <p>Lists of accepted participating swimmers and a draft programme will be emailed to each club.</p> <p>There are no consideration times as clubs are returning to competition, but times must be submitted on entry for seeding purposes. These should be real times, that may come from a Club's own time trials, but do not need to be accredited. Please note that NT times will not be accepted.</p> |
| Entry Fees | <p>£5 per individual event</p> <p>£8 per relay event</p> <p>Entry Fees should be paid by bank transfer to GASC</p> <p>Account Number: 30246563, Sort Code: 82-65-21</p> <p>Please use Club Name/MiniMeet as a reference e.g. "GASC/MiniMeet"</p> |
| Withdrawals | <p>Withdrawals prior to the meet should be emailed to meetsec@gasc.co.uk to arrive no later than 12noon on Thursday 30th September 2021.</p> <p>All details must be included on e-mail withdrawals i.e. Name, Event No, Stroke, SASA No. etc. Telephone withdrawals will not be accepted under any circumstances.</p> <p>Withdrawals on the day should be submitted on the withdrawal forms made available and should be presented to the Recorders table at least 1 hour prior to the start of the appropriate session.</p> <p>Please note that for anyone withdrawing on medical grounds, refunds will only be granted on production of a letter from a suitably qualified professional confirming withdrawal is recommended. The letter must be received within 7 days following the meet and should be dated no earlier than the closing date or later than 3 days from the date of the competition.</p> |



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| Technical Officials | <p>We would be very grateful for a list of Officials willing to help on the day. A completed technical officials sheet should be sent to our STO Co-Ordinator by email to arrive before 12 noon Wednesday 22nd September 2021 as per Appendix 6.</p> <p>Debbie Mitchell - officials@gasc.co.uk</p> <p>Judges and Timekeepers in training, who are requiring specific signatures, should make this clear in their request. Requests will be accommodated only if the Referee considers it practical. Please note that owing to Covid-19 restrictions mentoring opportunities will be limited at this event. STOs should be aware of the requirement to “give people space” and wear face coverings at all times (unless medical or disability exceptions apply).</p> <p>Please note that there will be no spectator space available in order to maximise the number of swimmers able to take part.</p> <p>Due to Covid restrictions, we will NOT be providing lunch for technical officials this year.</p> <p>Stopwatches, clipboards and pens must be provided by each Technical Official for their own use. Please bring your own water bottle(s) as no refreshments will be provided due to Covid regulations.</p> |
| Starts | Blocks will be used for all starts. Poolside starts may be used for less experienced swimmers. |
| Marshalling | There will be marshalling located on poolside by the training pool, subject to change. All swimmers must attend marshalling before their events and are advised to attend in good time. The start of the race will not be delayed for absent competitors. |
| Photography Mobile Phones | Please note that anyone wishing to use photographic equipment, including video cameras, must register with the Meet Convener on the appropriate form. Garioch ASC may take photographs for use with club publicity. The Garioch WPO will approve all such photographs. Please contact the Meet Convener should you not wish for your swimmer’s photograph to be taken. Mobile phones must not be used in the changing rooms. |
| Meet Regulations | <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 only happen as a result of unforeseen circumstances e.g. COVID-19 outbreak, venue/facility failure or adverse weather. Garioch ASC will have no legal liability to make any refund or to pay any form of consequential or indirect damage such as loss of enjoyment, travel and accommodation costs should the meet be required to be cancelled or changed.</p> <p>This event is run in accordance with Scottish Swimming Competition Management Guidance, codes of conduct and COVID regulations prevailing at the time of the event; requirements for the meet may need to be changed in accordance with any change in regulations/legislation. A risk assessment has been carried out and takes into consideration the information contained within this document.</p> |
| Meet Convener | Kerry Reid – gascmeetconvener@gmail.com |



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| Notes | Venue Access and Management |
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| | <p>All swimmers, poolside helpers and coaches taking part should have a current SASA membership. Registration numbers must be shown on entry files. A License has been applied for, for this meet and accreditation will be applied for to the SASA.</p> <p>Poolside access will be limited to one Coach per 10 swimmers, with a maximum of 3 Coaches at any one time.</p> <p>Hand sanitizer must be used upon arrival and departure from the venue.</p> <p>There are no requirements for under 12s to wear face coverings, but all attendees 12 years of age and over, including Coaches, poolside helpers, STOs etc. must wear a face covering at all times (unless medical or disability exceptions apply).</p> <p>Outdoor shoes will need to be removed before entering the changing rooms and there are shoe racks at the entrance to the changing village to allow this. Belongings should be placed in the lockers provided within the changing village. No bags are allowed on poolside due to minimal space. Each competitor should bring (as a minimum):</p> <ul style="list-style-type: none">• Sufficient water in a plastic water bottle(s) – there will be no access to refill water bottles during the meet;• Shorts & t-shirt to wear over the swimsuit/swim shorts at all times when not swimming;• Poolside shoes (e.g. crocs/clean trainers/flip flops) – these should be changed into prior to entering the changing village;• Hand sanitiser. <p>The meet organisers and the facility management cannot be held responsible for items lost or damaged during the course of the event.</p> <p>Seating areas will be allocated to each team. Teams are responsible for ensuring that their swimmers recognize the importance of “giving people space”, especially when moving through the seating and marshalling areas. Teams are responsible for clearing their seating area of belongings, litter etc. before leaving at the end of the competition day.</p> <p>All participants will be required to exit the building following completion of Session 1, and re-enter again at the start of Session 2.</p> <p>COVID-19 Management</p> <p>As per the COVID procedures and guidelines in place for the event, we require contact details for everyone that is part of the event (to be completed in person at the meet):</p> <ul style="list-style-type: none">• Name• Contact number• Club• Role at the event• Sessions participating <p>This does not apply to swimmers as club contacts will be given. The information will be given to facility management who will store it securely for 21 days and will delete it at that point. The information will only be passed on to the Test & Protect team if required.</p> |



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Everyone attending the meet is recommended to take a self-administered lateral flow test 24 - 48 hours prior to arrival at the venue. The results do not require to be submitted or recorded by the Club or event organising team. There is no requirement to complete Health Screening, self-declaration or opt-in forms.

Meet CLO – James Moore covidlead@gasc.co.uk



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APPENDIX 1

MEET INFORMATION

PROGRAMME OF EVENTS

Session One

Entry Time from 08:00, Warm Up Commences 08:30, Start 09:30, End 12:30

| | | | |
|-----------|--------------|-------|-------------------------|
| Event 101 | 9 – 11 years | Boys | 50m Backstroke |
| Event 102 | 9 – 11 years | Girls | 50m Breaststroke |
| Event 103 | 9 – 11 years | Boys | 50m Butterfly |
| Event 104 | 9 – 11 years | Girls | 50m Freestyle |
| Event 105 | 9 – 11 years | Boys | 100m Individual Medley |
| Event 106 | 9 – 11 years | Mixed | 4 x 50m Freestyle Relay |

Session Two

Entry Time from 13:00, Warm Up Commences 13:30, Start 14:30, End 17:30

| | | | |
|-----------|--------------|-------|------------------------|
| Event 201 | 9 – 11 years | Girls | 50m Backstroke |
| Event 202 | 9 – 11 years | Boys | 50m Breaststroke |
| Event 203 | 9 – 11 years | Girls | 50m Butterfly |
| Event 204 | 9 – 11 years | Boys | 50m Freestyle |
| Event 205 | 9 – 11 years | Girls | 100m Individual Medley |
| Event 206 | 9 – 11 years | Mixed | 4 x 50m Medley Relay |



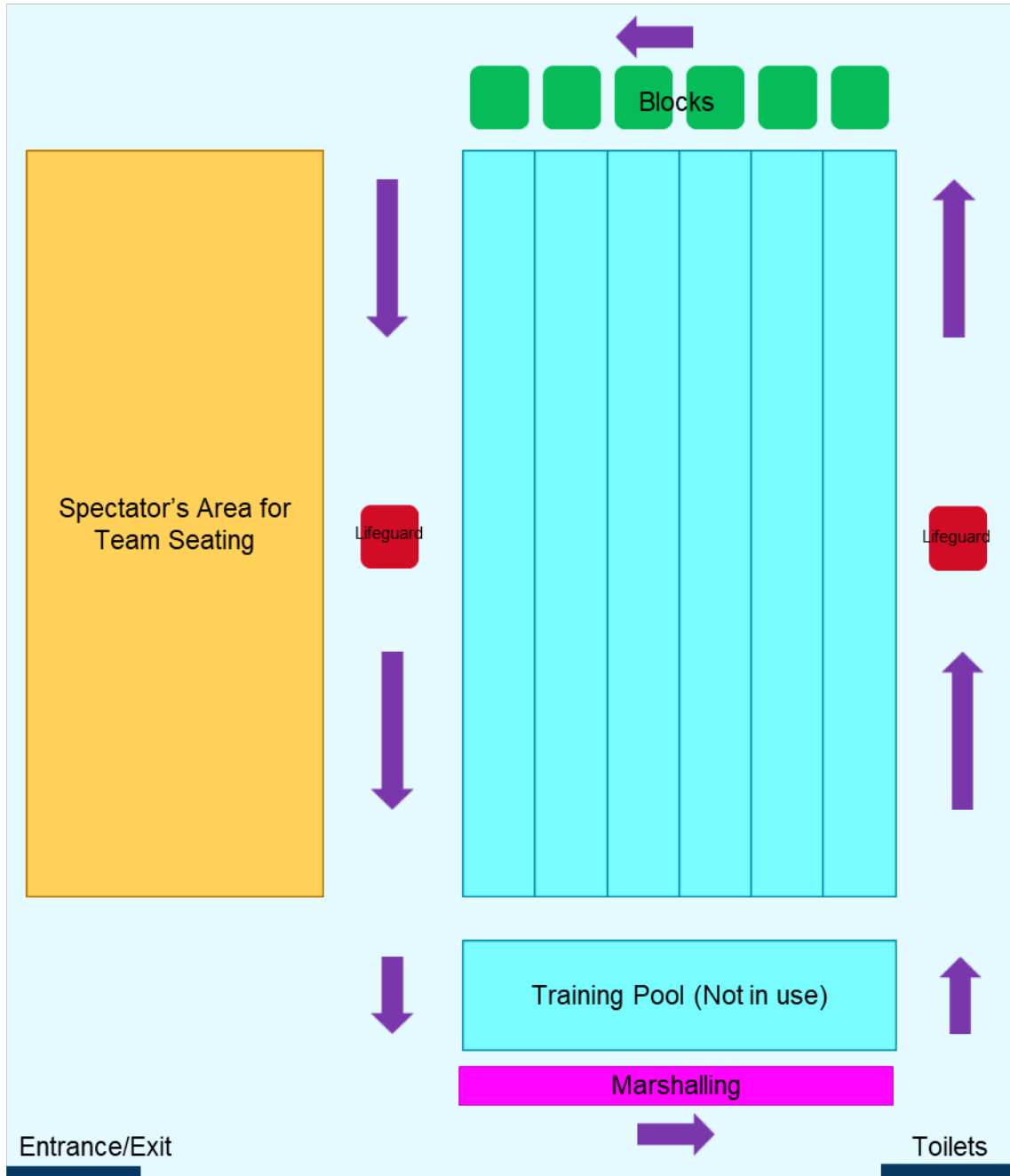
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APPENDIX 2 Venue Layout and One-Way System





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APPENDIX 3 Club Meeting Locations



Swimming Pool
Entrance



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APPENDIX 4 Car Parking

Please note that there are access restrictions into the new swimming pool at the new Inverurie Community Campus during demolition of the old Inverurie Academy and Swimming Pool. This means that part of the road operates as one-way traffic only, with traffic from Inverurie giving way to traffic exiting the new car park.

Please be aware that the new car park is likely to be extremely busy and there will not be space to park for everyone in the new car park.

The map below shows additional overflow car parking (which also operates under a one-way system) – this is only a 2/3 minute walk from the pool. Please use the pedestrian crossing when exiting the car park, follow the footpath past the Scout Hut and use the pedestrian access gate at the side of the school – please do not walk on the road as it will be very busy with traffic entering and exiting the car park.

Please do not park in the Inverurie Family Resource Centre opposite the old pool as the barriers are in action and you will get your car stuck.





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APPENDIX 5 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 Entries @ £5 | | |
| Girls Entries @ £5 | | |
| 4 x 50m Mixed Medley Relay @ £8 | | |
| 4 x 50m Mixed Freestyle Relay @ £8 | | |
| TOTAL | | |

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

CLOSING DATE FOR ENTRIES, SUMMARY SHEET AND FEES

12 noon Monday 20th September 2021



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APPENDIX 6 Officials Sheet

Please complete the ND Meet Officials Proforma in Excel

which can be found on the ND website <https://www.sasanorth.org.uk/sto.html> at
[https://www.sasanorth.org.uk/Meets/2018/Misc/Meet%20Officials%20Pro%20Forma%202018%
20.xlsx](https://www.sasanorth.org.uk/Meets/2018/Misc/Meet%20Officials%20Pro%20Forma%202018%20.xlsx)

and return to the STO Co-ordinator, Debbie Mitchell at officials@gasc.co.uk