Aberdeen ASC invites you to their 8th Mini-Meet on

**SUNDAY March 5th 2023** at **THE INTERNATIONAL SCHOOL, ABERDEEN**

**Licence number: L3/ND/006/MAR23**

**Swum under FINA & SASA Rules**

**Pool:** 25m, 6 lanes, anti-turbulence ropes, deck-level. Please note there are no turning boards.

**Age Groups:** 8 yrs, 9 yrs, 10 yrs, 11 yrs, 12 yrs. Age on the day.

**Events:** 8 yrs: 25m Butterfly, Backstroke, Breaststroke and Freestyle

9, 10, 11 & 12 years: 50m Butterfly, Backstroke, Breaststroke and Freestyle

4x50 Freestyle Relay: Male, Female 4x50 Medley Relay: Male, Female

Events will be swum combined age groups, but awards will be for each age group.

Girls’ events will be in Session 1 and Boys’ events in Session 2.

**Relay Teams:** For all relays, the team should comprise 1 swimmer from age 12 yrs, 11 yrs, 10 yrs & 8-9 yrs; swimmers cannot swim down an age group but can swim up an age group. Clubs can enter up to 2 relays per relay event. Entry times are not required for relay teams. Team lines must be submitted **at least 45 minutes** before the start of the session.

**Awards:** There will be awards for the top 3 swimmers/teams in each event. There will be an award for the top female and male teams plus top overall team, based on points. Relays teams will score double points. Points will be awarded from 12 for a 1st place down to 1 for a 12th place.

**Entries:** Entry files are available from: [aasc.meetentries@outlook.com](mailto:aasc.meetentries@outlook.com)

The closing date for entries is **Sunday 12th February 2023**. Late entries will only be considered if the meet is not full and priority will be given to entries submitted before the closing date. The Hy-Tek file and all other paperwork should be emailed to the Entries Secretary. Payment should also be made by this date, by BACS to the following account: Sort Code: 80-06-19 Account: 00996374 Name: Aberdeen ASC Reference: 2023 Mini Meet (club name)

**Entry Fees:** £5.00 per individual and £7.00 per relay event.

**Technical Officials:** Technical official help will be appreciated. Technical Officials are requested to wear white polo shirts and black or white bottoms. The form below should be emailed to:

[aasc.meetentries@outlook.com](mailto:aasc.meetentries@outlook.com) by **Sunday 19th February 2023**.

**Withdrawals:** Withdrawals can be made by email before **5pm Saturday 4th March 2023** to: [aasc.meetentries@outlook.com](mailto:aasc.meetentries@outlook.com) Thereafter, they should be submitted to the recorders **at least 45 minutes** before the start of the session. Telephone withdrawals will not be accepted.

**Meet Convenor:** Alison Low **Entries Secretary:** Chris Komar

Email : [alisonjlow@icloud.com](mailto:alisonjlow@icloud.com) Email: [aasc.meetentries@outlook.com](mailto:aasc.meetentries@outlook.com)

**Programme of Events:**

|  |  |
| --- | --- |
| **Session 1**  Warm-up 8.00-8.45am  Start 9.00am  Finish 12.00 noon  Event 101 Girls 4x50 Freestyle Relay  Event 102 Girls 9-12 yrs 50m Freestyle  Event 103 Girls 8 yrs 25m Freestyle  Event 104 Girls 9-12 yrs 50m Backstroke  Event 105 Girls 8 yrs 25m Backstroke  Event 106 Girls 9-12 yrs 50m Butterfly  Event 107 Girls 8 yrs 25m Butterfly  Event 108 Girls 9-12 yrs 50m Breaststroke  Event 109 Girls 8 yrs 25m Breaststroke  Event 110 Girls 4x50 Medley Relay    Presentation for Best Female Club | **Session 2**  Warm-up 12.30pm-1.15pm  Start 1.30pm  Finish 4.30pm  Event 201 Boys 4x50 Freestyle Relay  Event 202 Boys 9-12 yrs 50m Freestyle  Event 203 Boys 8 yrs 25m Freestyle  Event 204 Boys 9-12 yrs 50m Backstroke  Event 205 Boys 8 yrs 25m Backstroke  Event 206 Boys 9-12 yrs 50m Butterfly  Event 207 Boys 8 yrs 25m Butterfly  Event 208 Boys 9-12yrs 50m Breaststroke  Event 209 Boys 8 yrs 25m Breaststroke  Event 210 Boys 4x50 Medley Relay  Presentation for Best Male Club  Presentation for Best Club overall |

**General Information**

1. Competitors must be SASA registered and numbers must be displayed on the entry files.
2. All entries must have an entry time, either an accredited time or training time. Any “no time” (NT) entries will be rejected and no refund will be made, apart for relay events which can be entered with NT.
3. All events are Heat Declared Winner.
4. The Gala Convenor retains the right to change warm-up times if necessary.
5. Manual timekeeping will be used.
6. Swimmers must report to marshalling 4 heats before their heat.
7. There will be no presentations for individual/relay events and swimmers should collect their awards from the medals table. The top club awards will be presented at the end of the session.
8. Any person wishing to take videos or photographs must sign a form at the recorder’s table.
9. Phones must be switched off in the changing rooms and turned to silent in the pool hall.
10. 1 coach per 10 swimmers will be allowed on poolside.
11. Swimmers should wear club kit and pool shoes on the poolside.
12. As of 1st September 2022, new regulations will come into force regarding technical swimsuits.  From this date all swimmers 13 years and younger cannot compete wearing technical suits in Scottish Swimming licensed or registered events.  For further information and FAQ's please see link below.

[Important Documents | Scottish Swimming](https://www.scottishswimming.com/compete/swimming/important-documents.aspx)

1. Unfortunately, there will be no spectating.

**Entries Summary:**

|  |
| --- |
| **Name of Club:**  Contact email address:  Contact telephone number:  Contact address:  \_\_\_ Female Individual Entries @ £5.00 = £ \_\_\_\_\_  \_\_\_ Male Individual Entries @ £5.00 = £ \_\_\_\_\_  \_\_\_ Relay Team Entries @ £7.00 = £ \_\_\_\_\_  **TOTAL ENTRIES**  £ \_\_\_\_\_ |

**Please email a completed copy of this form and the Hy-Tek Team Manager entry file to:**

[aasc.meetentries@outlook.com](mailto:aasc.meetentries@outlook.com)

**By Sunday 12th February 2023**

**Technical Officials:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Name** | **Club** | **STO Qualification**  **(Tk, J1, J2 Etc)** | **Sessions Available**  **(1 and/or 2)** | **Mentoring Required Y/N** |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

**Please email technical officials form to:**

[aasc.meetentries@outlook.com](mailto:aasc.meetentries@outlook.com)

**By Sunday 19th February 2023**

**Mentoring will be at the discretion of the referee.**