

LICENCE: L2/ND/024/MAR23

Orkney Meet 2023

Saturday 20 / Sunday 21 May 2023

Pickaquoy Centre Pool, Kirkwall

Pool	25 metres, 6 lanes, Anti-turbulence ropes, Electronic timing equipment
Sessions	Session 1 : Warm up 1330 Start 1430 Session 2 : Warm up 1700 Start 1800 Session 3 : Warm up 0800 Start 0900 Session 4: Warm up 1200 Start 1300 <i>Subject to change if necessary</i>
Events	Individual: 50m/100m/200m all strokes, 200m individual medley
Age Groups	Age as on last day of meet (21 May 2023) for all events. 8/9 years, 10/11 years, 12/13 years, 14/15 years, 16+ years
Consideration Times	For this inaugural meet, no consideration time standards have been set.
Start Rule	One start will be implemented throughout the competition. Over the top starts will be used where practicable.
Entries	All swimmers entered must be registered with SASA and have paid their SASA membership fee for the current year. Registration numbers must be included in entry file. Times do not require to be accredited but should be real times achieved at accredited or non-accredited meets or club time trials. An entry time must be submitted for each entry. Orkney 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 reserves the right to fill any empty lanes with Orkney ASC swimmers. All entries must be on Hy-tek Team Manager entry file. Entry file may be obtained by contacting Pauline Duncan paulineduncan724@gmail.com Please e-mail entry files to paulineduncan724@gmail.com and post summary sheet and entry fees to: Pauline Duncan, 7 Garrioch Street, Kirkwall, Orkney, KW15 1PL; Tel. 01856 876435 / 07748581212 CLOSING DATE FOR ENTRY FILES IS FRIDAY 5 MAY 2023 All paperwork and fees to be received by Tuesday 9 May 2023
Entry Fees	£7.00 per event Cheques should be made payable to Orkney Amateur Swimming Club (in full) Online payments to Orkney ASC, sort code 80-08-66, account no. 00609522 Ref. ORKMEET23 Entries may have to be limited dependent upon numbers received.
Awards	Medals will be awarded for 1st, 2nd and 3rd places
Technical Officials	We would be very grateful for help from your officials. Please send your officials sheet to Derek Allan at clynelish50@btinternet.com by Friday 12 May 2023 to ensure the meet can go ahead as planned
Withdrawals	Withdrawals prior to the competition should be e-mailed to Pauline Duncan paulineduncan724@gmail.com

Notes	<p>1 Registration must be shown on entry files. A licence has been granted for this competition and accreditation will be applied for to SASA North District</p> <p>2 All swimmers will be required to marshal prior to their event</p> <p>3 Warm ups must be supervised</p> <p>4 Food must not be eaten poolside. No glassware should be taken into the changing rooms or poolside.</p> <p>5 Shoes, t-shirts and shorts must be worn by swimmers in spectator gallery.</p> <p>6 Technical officials and coaches will be provided with tea/coffee and a buffet lunch between sessions 1 and 2, and between sessions 3 and 4</p> <p>7 All participants must adhere to SASA's Acceptable use of mobile phone policy. The following areas are mobile phone free & there is a zero-tolerance policy with regards to use of mobile phones by any individual in these areas</p> <ul style="list-style-type: none"> - Changing rooms - Toilets - Showers
Photography	Please note that anyone wishing to use photographic equipment, including video cameras must register with meet management at the recorders table.
Meet Convenor	Helen Rothnie 01856 851049/ 07901848554 helenrothnie@gmail.com

EVENTS

Session 1 – Saturday afternoon

- 101 Girls 50m butterfly
- 102 Boys 50m butterfly
- 103 Girls 200m backstroke
- 104 Boys 200m backstroke
- 105 Girls 100m breaststroke
- 106 Boys 100m breaststroke

Session 2 – Saturday evening

- 201 Girls 50m breaststroke
- 202 Boys 50m breaststroke
- 203 Girls 200m freestyle
- 204 Boys 200m freestyle
- 205 Girls 100m backstroke
- 206 Boys 100m backstroke

Session 3 – Sunday morning

- 301 Girls 50m freestyle
- 302 Boys 50m freestyle
- 303 Girls 200m breaststroke
- 304 Boys 200m breaststroke
- 305 Girls 100m butterfly
- 306 Boys 100m butterfly
- 307 Girls 200m individual medley

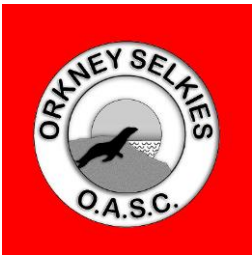
Session 4 – Sunday afternoon

- 401 Boys 50m backstroke
- 402 Girls 50m backstroke
- 403 Boys 200m butterfly
- 404 Girls 200m butterfly
- 405 Boys 100m freestyle
- 406 Girls 100m freestyle
- 407 Boys 200m individual medley

All events will be swum with age groups combined but medals will be awarded to each age group (8/9 years, 10/11 years, 12/13 years, 14/15 years, 16+ years). All heat declared winners.

COMPETITION DISCLAIMER

In the event of cancellation or abandonment of the event, refunds, if any, will be made at the absolute discretion of Orkney ASC. Orkney ASC will have no legal liability to make a refund or to pay any form of consequential or indirect damage such as loss of enjoyment, travel, catering and accommodation.



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Technical Officials

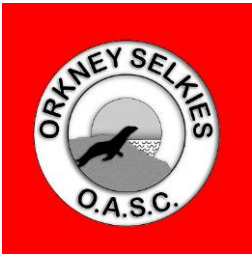
Please provide as many technical officials per session per club as possible. Refreshments will be provided for officials and coaches on Saturday and Sunday.
Please return this sheet with your entry.

Name	Duty (e.g. T/K, J1 etc.)	Signature Required? <i><u>Please indicate IT/CIT/etc.</u></i>	Session 1	Session 2	Session 3	Session 4

Club Name & Code _____

STO Contact Name & Tel No: _____

Email: _____



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Summary sheet

Contact Details

Club: _____

Meet Secretary: _____

Address: _____

Tel. No.: _____

Email address: _____

Declaration

I confirm that all swimmers entered in this competition have paid their current SASA membership fee.

Signed: _____

Position in club: _____

Date: _____

Entry summary

Individual entries _____ @ £7.00 = £ _____

TOTAL = £ _____

CLOSING DATE: Friday 5 May 2023

Cheques payable to Orkney Amateur Swimming Club or send confirmation of online payment - CLUB BANK A/C – SORT CODE 80-08-66, ACCOUNT NO 00609522, Ref: ORKMEET 23