**INVITE YOU TO SAS PENTAQUA**

**SUNDAY 22 JANUARY 2023**

**(UNDER FINA AND SCOTTISH SWIMMING RULES)**

**AT WESTHILL SWIMMING POOL**

**L2/ND/005/JAN23**

**MEET INFORMATION**

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| Pool  | 25 Metres, 6 Lanes, Anti-turbulence ropes. |
| **Sessions** | **Session One** Warm Up 8-9am - Start 9.05am **Session Two** Warm Up 1-2pm - Start 2.05pm (SUBJECT TO CHANGE IF NECESSARY) |
| **Events** | 200m Freestyle, Backstroke, Breaststroke, Butterfly, Individual Medley (Programme of events are attached below).All heats will be swum seeded by time with ages combined.All events are HDW.Over the top starts will be used where necessary.Heats may be restricted to run the meet within time limits as per District regulations.SAS reserve the right to run a slower heat for our own swimmers.HOT heats will take place to add some fun and excitement for our competitors. These will be random and announced just before the race. A prize will be given to the winner of that particular heat. |
| **Age** | Age on day of meet: 22 January 2023Age groups: 11/12, 13/14, 15/16, 17/18. |
| **Entries** | All swimmers must be registered with SASA and have paid their current fee, any entries received without membership numbers will be removed from the entry file.Please return entries and summary sheet to Craig Martin – sascsasrep@gmail.com no later than 31/12/22A draft programme will be sent to clubs before the meet, clubs are responsible for checking this and getting in touch with any issues.£6.00 per swim. Special offer: 5 swims for the price of 4 (£24 for 4 swims)In the event there is an oversubscription, swimmers with the fewest swims will be scratched regardless of where they lie in the seedings.Only entries on Hy-tek Meet Manager files will be accepted. Please download from District website or on request to Meet Secretary.Payments should be made along with submitting entry file. Please include club code as referenceBank transfer (preferred method) Sort Code 82-60-11Account number 20523002 |
| **Consideration Times** | There are no consideration times for this Meet, but real times must be used.Please note that NT entries will **NOT** be accepted. |
| **Withdrawals**  | Withdrawals prior to the meet should be emailed to sascsasrep@gmail.com **no later than 5pm on 20th January 2023** Withdrawals after this time will be picked up on the day of the meet.All details must be included on e-mail withdrawals i.e., Name, Event No, Stroke, SASA No. etcTelephone withdrawals will not be accepted under any circumstances.Withdrawals on the day should be submitted on the withdrawal forms made available and should be presented to the Recorders desk **at least 1 hour prior to the start of the appropriate session**.Please note that 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.Refunds will be given up to the draft programme is issued. |
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| **Marshalling****Reserves** | There will be marshalling for heats. All swimmers must attend marshalling before their events and are advised to attend in good time. 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.Reserves must attend marshalling unless they have withdrawn. |

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| **Prizes** | There will be a cash prize of £20 for 1st place overall in each age group swimmer. These should be collected from the Recorders Desk. The Recorder’s decision is final. |
| **Technical Officials** | We would be very grateful for a list of Officials willing to help on the day. A completed Technical Officials sheet (attached below) should be sent to our STO Co-Ordinator by email to arrive no later than 31/12/22.officials@westhilldistrictasc.org.ukJudges 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.  |
| **Additional Notes** | All swimmers entered must have paid their SASA membership fee for the current year. Registration numbers must be shown on entry files. A Licence has been granted for this competition and accreditation will be applied for. All participants should adhere to the Scottish Swimming Code of Ethics, and relevant codes of conduct. **The use of mobile phones or other devices capable of photography is not permitted at any time in the changing rooms, toilets or shower areas and they must be switched to silent in the spectating area/poolside.** Poolside access will be limited to one Coach per 10 swimmers, with a maximum of 3 coaches at any one time. Lunches will be available for technical officials officiating in the morning session. Coaches’ lunches are available upon request at a charge of £6 per coach, please complete any lunches required on the attached summary sheet.Swimmers should wear shorts, t.shirt and poolside shoes in and around the pool area, including the reception area.The meet organisers and the facility management cannot be held responsible for items lost or damaged during the event. Seating areas will be allocated to each team. Teams are responsible for clearing their seating area of belongings, litter etc. before leaving at the end of the competition day.  |
| **Photos/****Videos** | Please note that anyone wishing to use photographic equipment, including video cameras must complete the relevant form located at the recorders desk. |

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| **MEET****CONVENOR** | Angela Bichan/Sarah StorerEmail – meetconvenor.basc@gmail.com |
| **MEET ENTRIES** | Craig Martin Email – sascsasrep@gmail.com |

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| **Data Protection****Meet Regulations** |

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| **Entries & Results**In order to operate this meet, we have a legitimate interest to collect and process some basic personal data from all competitors, specifically name, gender, date of birth.This data will be held securely and only used for the purposes of managing the meet and reporting results. Dates of birth will only be shared with -* Scottish Swimming for the purpose of maintaining the National Database which is used for Squad Selection and
* British Swimming for inclusion on Rankings.

Names, gender and age (but not date of birth) will be retained and will be shared with attending clubs and may be published for the purpose of reporting and keeping records.No guarantee can be given by SAS that the event will take place at a particular time, or any particular date and SAS 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. SAS 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. 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. |
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**PROGRAMME OF EVENTS**

**SESSION 1**

EVENT 101 11-18 YEARS BOYS 200IM

EVENT 102 11-18 YEARS GIRLS 200IM

EVENT 103 11-18 YEARS BOYS 200M FLY

EVENT 104 11-18 YEARS GIRLS 200M FLY

EVENT 105 11-18 YEARS BOYS 200M BACK STROKE

**SESSION 2**

EVENT 201 11-18 YEARS GIRLS 200 FREESTYLE

EVENT 202 11-18 YEARS BOYS 200M FREESTYLE

EVENT 203 11-18 YEARS GIRLS 200M BREAST STROKE

EVENT 204 11-18 YEARS BOYS 200M BREAST STROKE

EVENT 205 11-18 YEARS GIRLS 200M BACK STROKE

**Technical Officials**

Please provide as many technical officials per session per club as possible. Please return this sheet to:

officials@westhilldistrictasc.org.uk

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| Name | Duty(eg T/K, J1 etc)  | Signature requiredYes/No | Additional information re. signature required by trainee judges(IT,CIT) | Sessions |
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**Club Name & Code**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**STO Contact Name & Tel No:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Email:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

### **SUMMARY OF ENTRY AND SASA DECLARATION**

**ENTRY SUMMARY**

………. Individual girl swims (number for Recording purposes) ………

………. Individual girl swims @ £24 [special offer 4 x £6] ………

………. Individual girl swims @ £6 each [ie not doing all 5] ………

………. Individual boy swims (number for Recording purposes) ………

………. Individual boy swims @ £24[special offer 4x £6] ………

………. Individual boy swims @ £6 each [ie not doing all 5] ………

………. Coach lunches @ £6 each ……….

 TOTAL ENCLOSED/BACS £ ….…….

**SASA DECLARATION**

I confirm that all swimmers entered from ………………………………………….. (club name) have paid their current SASA membership fees.

Signed ………………………………………………………………………..
Position in club ………………………………………………………….

Name and address, and bank details of club contact for refunds:
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Sort code and A/C…………………………………………………………………

Contact telephone no: …………………………………………………………………..

Email address: ………………………………………………………………………………..