



**BRIDGE OF DON ASC**  
**Bridge of Don September Splash**  
Bridge of Don Swimming Pool, Aberdeen  
Saturday 28<sup>th</sup> September 2024



**MEET INFORMATION**

(UNDER WORLD AQUATICS RULES AND SCOTTISH SWIMMING REGULATIONS)

**Date** **Saturday 28<sup>th</sup> September 2024**

**Venue** Bridge of Don Swimming Pool, Braehead Way, Aberdeen AB22 8RR  
5 lane 25m pool, anti-turbulence ropes  
There will be no splashboards at the turn end.  
This is a Level 2 meet; therefore, swimmers must start with a dive.

We will have the canteen/ hall with seating, toilets and refreshments available to purchase.

**Licence Number** **L2/ND/062/SEP24**

**Sessions** Session One 28<sup>th</sup> September 2024: Warm Up 07:45 hrs Start: 09:05 hrs  
Session Two 28<sup>th</sup> September 2024: Warm Up 12:45 hrs Start: 14:05 hrs  
(Subject to change if necessary)

Entry to the building from 07:30hrs

We hope to be able to offer limited spectating, however, this will be based on the number of swimmer entries and may not be possible, priority will be given to swimmers who may need to use this additional space.

This is subject to review once all the entries have been received and draft programme finalised. BOD ASC can confirm that the opportunity to spectate (or otherwise) will be confirmed to clubs in advance of the meet. Thank you in advance for your understanding and apologies for any inconvenience this may cause.

<b>Events</b>	Male & Open and Female	8 – 10 Years	50, 100m all strokes
		11 – 12 years	50, 100m all strokes
		13 – 14 years	50, 100m all strokes
		15 – 16 years	50, 100m all strokes
		Open	100m IM

Please see enclosed table for qualifying times (slower than).

**Please note, swimmers may not enter a 50m & 100m event of the same stroke.**

The meet will operate using the one-start rule and we reserve the right to use over the top starts as necessary. The organising committee also reserve the right to restrict the number of entries to keep the meet to a manageable size.

<b>Age</b>	<p>Age is as on day of competition.</p> <p>Age Groups for all events for Male &amp; Open and Female will be: <b>8-10, 11/12, 13/14 and 15/16 years old.</b></p> <p>Heats will be swum with all age groups combined and swimmers seeded by entry times. Please note that NT entries will NOT be accepted.</p>
<b>Fees</b>	<p>£7.00 per individual event</p> <p>Entry Fees should be paid by bank transfer to:</p> <p>Account: Bridge of Don Amateur Swimming Club  Bank Name: Bank of Scotland  Account No: 00179837  Sort Code: 80-05-11</p> <p><b>Please use you Club name/ September Splash for Reference, e.g. BOD/ September Splash</b></p>
<b>Awards</b>	<p>Medals for 1st, 2nd and 3rd place within each age group.</p>
<b>Entries</b>	<p>All entries are to be submitted electronically using Hy-Tek Team Manager format. To obtain the meet entry file either download from the SASA North District website or email Roger Walters Meet Co-ordinator <a href="mailto:meetcoordinator@bodasc.co.uk">meetcoordinator@bodasc.co.uk</a>.</p> <p>Please email entry files and summary sheet to <a href="mailto:meetcoordinator@bodasc.co.uk">meetcoordinator@bodasc.co.uk</a>.</p> <p><b>CLOSING DATE FOR ENTRIES IS Saturday 7<sup>th</sup> September 2024</b></p> <p>Receipt of entry file will be confirmed by email.</p> <p>Lists of accepted participating swimmers and a draft programme will be emailed to each club.</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>Where an event is over-subscribed an even number of swimmers will be selected for each age group. Swimmers with the slowest times in each age group will be rejected.</p>
<b>Withdrawals</b>	<p>Withdrawals prior to the competition should be emailed to Roger Walters <a href="mailto:meetcoordinator@bodasc.co.uk">meetcoordinator@bodasc.co.uk</a> to arrive <b>no later than Thursday 26th September 2024</b>.</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 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>

**Technical Officials**

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 coordinator Meg Paterson by email to arrive **no later than Friday 13<sup>th</sup> September 2024**.

[stoconvenor@bodasc.co.uk](mailto:stoconvenor@bodasc.co.uk)

Mentoring requests will be considered by the Referees and we will endeavour to accommodate as many as possible.

Please note that probationary STOs wishing specific signatures, should make this request to the STO Convenor when names are submitted.

Picnic style lunch will be provided for STO's and coaches.

**Marshalling**

All swimmers including reserves 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 swimmers.

**Photography/  
Mobile Phones**

Anyone wishing to use photographic equipment, including video cameras must register with the Meet Convenor (application should be made on the appropriate Scottish Swimming Health and Safety Form).

**In line with Child Protection Guidelines the use of mobile phones will not be permitted in the toilets, shower areas or in the changing areas and they must be switched to silent in the pool area.**

Videos and photographs should only be posted on secure social media pages and club websites and we would be grateful if you could ensure that all members of your club are aware of this requirement.

**Meet Convenor**

Mo Harrison – [meetconvenor@bodasc.co.uk](mailto:meetconvenor@bodasc.co.uk)

## Meeting Notes

There will be limited spectator space available at the pool with additional seating located in the building for use when your child is not swimming. This area will have seating, toilets and light refreshments available.

All swimmers, poolside helpers and coaches taking part should have a current SASA membership. Registration numbers must be shown on the entry files.

The licence has been granted and accreditation will be applied for with SASA North District.

**Poolside access will be limited to one Coach per 10 swimmers, with a maximum of 3 Coaches at any one time. No exceptions please.**

Participating clubs will receive one copy of the start sheets and results will be posted at the pool during the session.

Bridge of Don ASC reserves the right to accommodate empty lanes with their own club swimmers after all reserve swimmers have been accommodated.

Lockers provided in the changing rooms should be used for clothes and other belongings, to keep cubicles free for other swimmers.

The meet organisers and facility management cannot be held responsible for items lost during the meet.

Footwear must be worn outside the pool area and poolside shoes should be worn when on poolside and not swimming.

No glassware should be taken onto poolside or into the changing area.

Seating area will be allocated to each team. Teams are responsible for clearing their area of belongings, litter etc. before leaving at the end of the session.

### **Technical Suit Regulations**

As of 1<sup>st</sup> 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](#)

### **Transgender non-binary**

As of the 1st January 2024 the Scottish Swimming Transgender & Non-Binary Competition Policy was implemented nationally across all aquatics sports. The policy and FAQs can be found here [Equality Scottish Swimming](#). Any policy related matters that arise during the event should be reported to and will be recorded by the Meet Convenor/Lead Referee and these matters will be communicated to and managed post event by the relevant Scottish Swimming Staff. At no point will members be challenged on the day of a competition with any matters being resolved post event. As a result of this policy being implemented, any competitor intending to compete within the Female category at this event will be required to provide confirmation that their birth sex is female when signing up to the meet conditions through entry. By entering the Female category, athletes are therefore confirming their birth sex is female and are eligible to compete in the Female category.



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**PROGRAMME OF EVENTS**

**Session One - Entry to Building 07:30 hrs, Warm Up 07:45 hrs, Start 09:05 hrs.**

Event 101	8 – 16 years old	Female	100 IM
Event 102	8 – 16 years old	Male & Open	50m Free
Event 103	8 – 16 years old	Male & Open	100m Free
Event 104	8 – 16 years old	Female	50m Fly
Event 105	8 – 16 years old	Female	100m Fly
Event 106	8 – 16 years old	Male & Open	50m Breast
Event 107	8 – 16 years old	Male & Open	100m Breast
Event 108	8 – 16 years old	Female	50m Back
Event 109	8 – 16 years old	Female	100m Back

**Session Two - Entry to Building 12:30 hrs, Warm Up 12:45 hrs, Start 14:05 hrs.**

Event 201	8 – 16 years old	Male Open	100 IM
Event 202	8 – 16 years old	Female	50m Breast
Event 203	8 – 16 years old	Female	100m Breast
Event 204	8 – 16 years old	Male & Open	50m Back
Event 205	8 – 16 years old	Male & Open	100m Back
Event 206	8 – 16 years old	Female	50m Free
Event 207	8 – 16 years old	Female	100m Free
Event 208	8 – 16 years old	Male & Open	50m Fly
Event 209	8 – 16 years old	Male & Open	100m Fly

**Consideration Times**

The consideration times are short course, as per the table below and should be **slower than**. These should be real times but do not need to be accredited. Please note that NT entries will NOT be accepted.

\* Swimmers must have qualified and swam in 1 or more individual events to qualify for the 100 Individual Medley, if because of being scratched from individual swims the athletes only swim is the 100IM then this will be permitted.

Male & Open				EVENT	Female			
15/16	13/14	11/12	8 – 10		8 – 10	11/12	13/14	15/16
0.27.00	0.29.00	0.32.00	0.41.00	50m Freestyle	0.41.00	0.32.00	0.30.00	0.28.00
0.31.00	0.35.00	0.37.00	0.46.00	50m Backstroke	0.46.00	0.38.00	0.36.00	0.33.00
0.34.00	0.36.00	0.38.00	0.51.00	50m Breaststroke	0.51.00	0.42.00	0.40.00	0.38.00
0.30.00	0.33.00	0.35.00	0.49.00	50m Butterfly	0.49.00	0.37.00	0.35.00	0.33.00
1.04.00	1.05.00	1.15.00	1.25.00	100m Freestyle	1.25.00	1.15.00	1.08.00	1.07.00
1.16.00	1.18.00	1.26.00	1.33.00	100m Backstroke	1.35.00	1.30.00	1.20.00	1.18.00
1.24.00	1.26.00	1.40.00	1.42.00	100m Breaststroke	1.45.00	1.42.00	1.28.00	1.26.00
1.16.00	1.18.00	1.25.00	1.40.00	100m Butterfly	1.40.00	1.28.00	1.15.00	1.13.00
Open*				100 IM*	Open*			



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**BRIDGE OF DON ASC – Summary Sheet**

Email address: [meetcoordinator@bodasc.co.uk](mailto:meetcoordinator@bodasc.co.uk)

Name of Meet: \_\_\_\_\_

**Contact Details**

<b>Club Name/ Abbreviation</b>	
<b>Meet Secretary</b>	
<b>Address (inc. post code)</b>	
<b>Email Address</b>	
<b>Telephone Number</b>	

	<b>Number of Entries</b>	<b>Total Costs</b>
Female Entries @£7		£
Male Entries @£7		£
<b>TOTAL</b>		£

**The Closing Date is Saturday 7<sup>th</sup> September 2024**

**Entry Fees** should be paid by bank transfer to:

Account: Bridge of Don Amateur Swimming Club

Account No: 00179837

Sort Code: 80-05-11

**Declaration** (this must be completed by all competing clubs)

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

Signed \_\_\_\_\_

Position in Club \_\_\_\_\_

Date \_\_\_\_\_



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**BRIDGE OF DON ASC – Technical Officials Sheet**

Email address: [stoconvenor@bodasc.co.uk](mailto:stoconvenor@bodasc.co.uk)

**Name of Meet:** \_\_\_\_\_

**Club Name** \_\_\_\_\_ **Email Address** \_\_\_\_\_

**STO Contact** \_\_\_\_\_ **Telephone Number** \_\_\_\_\_

Name and Current Qualification		Mentoring			Timekeeper Signatures Required		Sessions Available	
Officials Name	Qualified Level	Required (Y/N)	Trainee Level	Any Specific Duties Required	Time Keeper (Y/N)	Chief Time Keeper (Y/N)	Sat pm	Sat pm