**ALFORD OTTERS**

**10th 100 MEET**

**(UNDER FINA AND SASA RULES)**

 **Saturday 26 October 2019**

**Westhill Swimming Pool**

**Meet Information**

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| Pool | Westhill Swimming Pool, Hays Way, Westhill, Aberdeenshire, AB32 6XZ25 Metres, 6 Lanes, 2m deep throughout, Electronic Timing & Level Deck |
| **Sessions** | **Session One** Warm Up 09.00 - Start 10.05 **Session Two** Warm Up 13.45 - Start 14.50 (SUBJECT TO CHANGE IF NECESSARY) |
| **Events**  | Individual 100m Freestyle, 100m Backstroke, 100m Butterfly, 100m Breaststroke for all age groups and 100m Individual Medley as an open event (11 – 18 for girls and 11 – 18 for boys).100m Relays to be swum as 4 x 25m Freestyle and 4 x 25m Medley mixed sex teams each comprising 2 girls and 2 boys.  |
| **Age** | As at 26 October 2019 for all events. Age Groups for 100m Stroke Events will be:Girls – 11, 12, 13/14, 15 - 18 Boys – 11, 12, 13/14, 15 - 18  Age Groups for 100m Individual Medley will be:Girls – 11 to 18 Boys – 11 to 18 Relay events are open to swimmers of all ages. There must be 2 girls and 2 boys in each team. All teams must have a maximum age of 54. Team lines will be required one hour before the start of the session in which the relay takes place. Competitors may swim only in their own age groups and swimmers entered into relay events must be eligible for and entered into at least one individual event.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 awards for this event. However, there are different “slower than” times for each age group and entries will be taken in a proportionate way from each age group if numbers have to be reduced.  |
| **Consideration Times** | Consideration times are attached. Entries will be accepted on a slower than basis and are short course times.Converted times will not be accepted and swimmers who have swum too fast in a long course pool will not be rejected. |
| **Entries** | This is a club meet and entries will not be accepted from composite teams.All entries must be on Hy-tek Team Manager entry file. Entry files may be obtained by downloading from the North District website or by contacting ottersentries@gmail.comPlease return entry files along with summary sheet and entry fees to:Anne JessimanCarnethyForbesAlford AB33 8QLottersentries@gmail.com**CLOSING DATE FOR ENTRIES IS FRIDAY 27 SEPTEMBER 2019**All paperwork, entry files AND payment to be received by this date |
| **Entry Fees** | £5.00 PER INDIVIDUAL EVENT £7.00 PER TEAM RELAY EVENT Cheques should be made payable to Alford Otters ASC or please contact the Meet Convenor for bank details to pay by BACS.Entries may have to be limited dependent upon numbers received and will be accepted evenly across the age groups where possible.Entries for each Team Event (relay) are limited to three per Club per event.Alford Otters ASC may offer our Club swimmers the opportunity to swim in the slowest heat even if faster applications have been received. |
| **Awards** | Medals will be awarded for 1st, 2nd and 3rd places.There is a trophy for the best overall Club. The best Club will be determined using standard Hy-Tek points with no enhancement for relay events. In the event of a tie the Club with best relay results will be declared the winner.Keepsake trophies will be presented to the overall best boy and overall best girl at the meet using standard Hy-Tek points scoring by event. In the event of a tie the result of the Individual Medley will determine the winner. Shields and keepsake trophies will be presented to the overall best boy and overall best girl swimming for Alford Otters using standard Hy-Tek points scoring by event. In the event of a tie the result of the Individual Medley will determine the winner.  |
| **Technical Officials** | Please offer the services of your technical officials to ensure that this meet receives its accreditation.A completed technical officials sheet should be sent to Durno Jessiman by email to arrive before Friday 11 October 2019. Contact Durno at carnethy6@hotmail.comJudges and Timekeepers in training who are wishing specific signatures, eg. chief timekeeper or stroke, should make this request but requests will be accommodated only if the meet referee considers it practical. |
| **Withdrawals** | Withdrawals prior to the competition should be emailed to Anne Jessiman at ottersentries@gmail.com to arrive no later than 5pm on Thursday 24 October.Withdrawals on the day should be submitted to the recorders table prior to the start of each warm up on the withdrawal forms made available. |
| **Notes** | 1. 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 to the SASA North District.1. Due to lack of space poolside access will be limited to one Coach per 10 swimmers.
2. Food must not be eaten on poolside and no glassware should be taken into the changing rooms or onto the poolside.
3. Participating clubs will receive one copy of start sheets for each session. Results will be posted at the pool during the event and after the event will be sent via e-mail and published on the North District website.
4. Technical Officials will be offered lunch. Coaches and Team Managers can request lunch at a cost of £7 per head and requests should be submitted with the summary sheet and payment included with entries.
5. Photography of any kind and the use of mobile phones is prohibited in the changing areas, showers and toilets.
6. Mobile phones may not be used in the pool hall. If a phone is to be used for any other purpose (eg music) it must have calls disabled. If a phone is to be used for photography, permission must be sought and approved (see photography).
7. Spectator space will be extremely limited and priority seating will be given to swimmers and coaches.
8. This meet will be run, as best as we are able, with no single use plastic. Attendees are requested to bring refillable bottles for water.
9. Refunds for swimmers who are withdrawing through illness or injury will be granted only if the swimmer has been withdrawn in time according to the meet Information and when the swimmer can provide medical evidence confirming that they are unfit to swim to the Meet Convenor within 7 days following the Meet. The letter should be dated not more than 4 weeks before the Meet and not more than 2 days after the meet.
 |
| **Marshalling** | There will be marshalling for all individual events. All swimmers must attend marshalling before their events and are advised to attend in good time. 5 heats in advance is the minimum suggested. 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 leaving the marshalling area to walk to the start end will be considered withdrawn, will not be permitted to swim and will not be refunded.Full marshalling instructions will be issued at the meet. There will be no marshalling for relays. |
| **Photography** | Please note that anyone wishing to use photographic equipment, including video cameras must register with the Meet Convenor (application should be made on the appropriate Scottish Swimming form provided and signed by the relevant club official). |
| **Meet Convenor** | Neil Glennien.glennie@btopenworld.com |

**Consideration Times**

Times must be slower than:-

**Boys Events Girls**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 15 - 18 | 13/14 | 12 | 11 |  | 11 | 12 | 13/14 | 15 - 18 |
| 0:54.9 | 1:00.9 | 1:07.9 | 1:07.9 | 100 Free | 1:08.0 | 1:08.0 | 1:03.9 | 1:00.6 |
| 1:04.5 | 1:11.1 | 1:18.9 | 1:18.9 | 100 Back | 1:17.7 | 1:17.7 | 1:12.5 | 1:09.1 |
| 1:11.0 | 1:20.3 | 1:32.5 | 1:32.5 | 100 Breast | 1:29.7 | 1:29.7 | 1:23.6 | 1:20.0 |
| 1:02.2 | 1:09.8 | 1:21.8 | 1:21.8 | 100 Fly | 1:20.2 | 1:20.2 | 1:12.7 | 1:08.3 |
| 1:04.4 | 1:10.6 | 1:20.3 | 1:20.3 | 100 IM | 1:18.9 | 1:18.9 | 1:11.6 | 1:11.2 |

\*\*Short Course Times Only\*\*

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**Westhill Swimming Pool**

**SUMMARY SHEET**

**Contact Details**

Club: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Match Secretary: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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: ..............................

(This declaration must be completed by all competing clubs)

**Entry Summary**

FEMALE INDIVIDUAL ENTRIES……… @ £5.00 = £ ………

MALE INDIVIDUAL ENTRIES ……… @ £5.00 = £ ………

MIXED RELAY ENTRIES ……… @ £7.00 = £ ………

COACHES MEAL PASS ……… @ £7.00 = £ ………

TOTAL = £ ………

CLOSING DATE: 27 September 2019

PLEASE MAKE CHEQUES PAYABLE TO: ALFORD OTTERS ASC (FOR DETAILS FOR BACS PAYMENTS, PLEASE CONTACT THE MEET CONVENOR)

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|  |  |
| --- | --- |
| **SESSION 1** | **Warm Up 9.00am Session Start 10.05am** |
|  |  |
| 101 | Girls 11 – 18 100 Individual Medley |
| 102 | Boys 11 + Boys 12 100 Breaststroke |
| 103 | Boys 13/14 + Boys 15 – 18 100 Freestyle |
| 104 | Girls 11 + Girls 12 100 Butterfly |
| 105 | Girls 13/14 + Girls 15 – 18 100 Backstroke |
| 106 | Boys 11 + Boys 12 100 Freestyle |
| 107 | Boys 13/14 + Boys 15 – 18 100 Breaststroke |
| 108 | Girls 11 + Girls 12 100 Backstroke |
| 109 | Girls 13/14 + Girls 15 – 18 100 Butterfly |
|  110  | Mixed (2 Girls 2 Boys) 4 x 25 Medley Relay (Max age 54) |
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|  |  |
|  |   |
| **SESSION 2** | **Warm Up 1.45pm Session Start 2.50pm** |
|  |  |
| 201 | Boys 11 – 18 100 Individual Medley |
| 202 | Girls 11 + Girls 12 100 Breaststroke |
| 203 | Girls 13/14 + Girls 15 – 18 100 Freestyle |
| 204 | Boys 11 + Boys 12 100 Butterfly |
| 205 | Boys 13/14 + Boys 15 – 18 100 Backstroke |
| 206 | Girls 11 + Girls 12 100 Freestyle  |
| 207 | Girls 13/14 + Girls 15 – 18 100 Breaststroke |
| 208 | Boys 11 + Boys 12 100 Backstroke |
| 209 | Boys 13/14 + Boys 15 – 18 100 Butterfly |
|  210  | Mixed (2 Girls 2 Boys) 4 x 25 Freestyle Relay (Max age 54) |

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**OFFICIALS SHEET**

Club \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Meet Officials Convenor: Durno Jessiman

 Carnethy

 Forbes

STO Contact Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Alford AB33 8QL

 Tel: 01975 563619

## Tel No: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

##  Email: carnethy6@hotmail.com

## Email Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **NAME** | **QUALIFIED LEVEL** | **SIGNATURE REQUIRED?** | **SESSION****1** | **SESSION****2** |
| **Mr Example** | **J2S** | **No** | **Y** | **Y** |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
| **NAME** | **TRAINEE LEVEL** | **SIGNATURE REQUIRED?** | **SESSION****1** | **SESSION****2** |
| **Mrs Example** | **Trainee J1** | **Yes CIT** | **Y** | **Y** |
|  |  |  |  |  |
|  |  |  |  |  |