



Garioch Amateur Swimming Club

The Mo Money Medleys Meet

(UNDER FINA AND SASA RULES)



Saturday 20th November 1pm – 5pm

Sunday 21st November 1pm – 5pm

MEET INFORMATION

Pool	<p>Inverurie Community Campus 25 Metres, 6 Lanes, Anti-turbulence Ropes, Deck Level Pool</p> <p>Please note that there will be no spectator space available in order to maximise the number of swimmers able to take part.</p> <p>Car parking guidance is provided in Appendix 4.</p> <p>Swimmers, coaches and poolside helpers should adhere to the one-way system around the pool which is in place to “give people space”. A map is included within Appendix 2 for guidance.</p>
Sessions	<p>Session One (Saturday 20th November) – Warm Up 13:00, Start 14:00, End 17:00 Session Two (Sunday 21st November) – Warm Up 13:00, Start 14:00, End 17:00 <i>(Subject to change if necessary)</i></p> <p>Entrance to the building will be from 12:30pm, managed by the appointed Meet CLO and undertaken by club, with time gaps between groups entering to “give people space”. Entry times/meeting locations will be notified in advance of the meet. Clubs should meet together, as per the map in Appendix 3, before the entry time specified to ensure that everyone is present and they should enter the building as one group only when the Meet CLO has indicated that it is safe to do so. Parents/swimmers should try to not otherwise congregate outside the building before, or after the session. If you are late to arrive, and have missed your entry slot, you should wait until all other clubs have entered before approaching the Meet CLO at the front of the building.</p> <p>The programme of events is displayed in Appendix 1.</p>
License	L2/ND/013/OCT21
Events	50m Freestyle, Butterfly, Backstroke and Breaststroke 100m, 200m and 400m Individual Medley
Age	<p>Age is as on last day of competition i.e. 21st November 2021.</p> <p>Age Groups for Male and Female will be 12-13 years, 14-15 years and 16+ years. Heats will be run mixed age, seeded by entry time.</p> <p>Points will be awarded for the top 10 places within each Individual Medley event for each age group and sex. At the end of the second session, points will be collated and the top scorer for category will be awarded a trophy and cash prize as follows:</p> <ul style="list-style-type: none">• Female Age 12-13 years• Male Age 12-13 years• Female Age 14-15 years• Male Age 14-15 years• Female Age 16 years +• Male Age 16 years + <p>The Organising Committee’s decision is final.</p>



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Entries	<p>Please return entries and summary sheet within Appendix 5 by email:</p> <p>James Moore - meetsec@gasc.co.uk</p> <p>Please note the entry file and summary sheet must be received by email by the closing date - 12 noon Friday 29th October 2021. Late entries will not be accepted.</p> <p>Entries may have to be limited dependent upon numbers received.</p> <p>All entries must be on Hy-tek Team Manager entry file.</p> <p>Entry files may be obtained by contacting James Moore at meetsec@gasc.co.uk.</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>Garioch ASC reserves the right to amend the programme at any time and to swim a slower heat for their swimmers if entry numbers allow.</p> <p>Lists of accepted participating swimmers and a draft programme will be emailed to each club.</p> <p>There are no consideration times as clubs are returning to competition, but times must be submitted on entry for seeding purposes. These should be real times, that may come from a Club's own time trials, but do not need to be accredited. Please note that NT times will not be accepted.</p>
Entry Fees	<p>£5 per individual event</p> <p>Entry Fees should be paid by bank transfer to GASC</p> <p>Account Number: 30246563, Sort Code: 82-65-21</p> <p>Please use Club Name/MedleyMeet as a reference e.g. "GASC/MedleyMeet"</p>
Withdrawals	<p>Withdrawals prior to the meet should be emailed to meetsec@gasc.co.uk to arrive no later than 12noon on Thursday 18th November 2021.</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 for 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>



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Technical Officials	<p>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 Co-Ordinator by email to arrive before 12 noon Wednesday 10th November 2021 as per Appendix 6.</p> <p>Debbie Mitchell - officials@gasc.co.uk</p> <p>Judges 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. Please note that owing to Covid-19 restrictions mentoring opportunities will be limited at this event. STOs should be aware of the requirement to “give people space” and wear face coverings at all times (unless medical or disability exceptions apply).</p> <p>Please note that there will be no spectator space available in order to maximise the number of swimmers able to take part.</p> <p>Due to Covid restrictions, we will NOT be providing lunch for technical officials.</p> <p>Stopwatches, clipboards and pens must be provided by each Technical Official for their own use. Please bring your own water bottle(s) as no refreshments will be provided due to Covid regulations.</p>
Starts	Blocks will be used for all starts.
Marshalling	There will be marshalling located on poolside by the training pool, subject to change. All swimmers must attend marshalling before their events and are advised to attend in good time. The start of the race will not be delayed for absent competitors.
Photography Mobile Phones	Please note that anyone wishing to use photographic equipment, including video cameras, must register with the Meet Convener on the appropriate form. Garioch ASC may take photographs for use with club publicity. The Garioch WPO will approve all such photographs. Please contact the Meet Convener should you not wish for your swimmer's photograph to be taken. Mobile phones must not be used in the changing rooms.
Meet Regulations	<p>No guarantee can be given by GASC that the event will take place at a particular time or any particular date and GASC 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. Garioch ASC 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.</p> <p>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.</p>
Meet Convener	Kerry Reid – gascmeetconvener@gmail.com



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Notes	Venue Access and Management
	<p>All swimmers, poolside helpers and coaches taking part should have a current SASA membership. Registration numbers must be shown on entry files. A Licence has been applied for and accreditation will be applied for with SASA.</p> <p>Poolside access will be limited to one Coach per 10 swimmers, with a maximum of 3 Coaches at any one time.</p> <p>Hand sanitizer must be used upon arrival and departure from the venue.</p> <p>All attendees 12 years of age and over, including swimmers, Coaches, poolside helpers, STOs etc. must wear a face covering at all times (unless medical or disability exceptions apply).</p> <p>Outdoor shoes will need to be removed before entering the changing rooms and there are shoe racks at the entrance to the changing village to allow this. Belongings should be placed in the lockers provided within the changing village. No bags are allowed on poolside due to minimal space. Each competitor should bring (as a minimum):</p> <ul style="list-style-type: none">• Sufficient water in a plastic water bottle(s) – there will be no access to refill water bottles during the meet;• Shorts & t-shirt to wear over the swimsuit/swim shorts at all times when not swimming;• Poolside shoes (e.g. crocs/clean trainers/flip flops) – these should be changed into prior to entering the changing village;• Hand sanitiser. <p>The meet organisers and the facility management cannot be held responsible for items lost or damaged during the course of the event.</p> <p>Seating areas will be allocated to each team. Teams are responsible for ensuring that their swimmers recognize the importance of “giving people space”, especially when moving through the seating and marshalling areas. Teams are responsible for clearing their seating area of belongings, litter etc. before leaving at the end of the competition day.</p> <p>COVID-19 Management</p> <p>As per the COVID procedures and guidelines in place for the event, we require contact details for everyone that is part of the event (to be completed in person at the meet):</p> <ul style="list-style-type: none">• Name• Contact number• Club• Role at the event• Sessions participating <p>This does not apply to swimmers as club contacts will be given. The information will be given to facility management who will store it securely for 21 days and will delete it at that point. The information will only be passed on to the Test & Protect team if required.</p>



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Everyone attending the meet is recommended to take a self-administered lateral flow test 24 - 48 hours prior to arrival at the venue. The results do not require to be submitted or recorded by the Club or event organising team. There is no requirement to complete Health Screening, self-declaration or opt-in forms.

Meet CLO – James Moore covidlead@gasc.co.uk



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APPENDIX 1

**MEET
INFORMATION**

PROGRAMME OF EVENTS

Session One - Saturday 20th November

Building Entry Time from 12:30, Warm Up Commences 13:00, End 17:00

Event 101	12 + years	Male	100m Individual Medley
Event 102	12 + years	Female	100m Individual Medley
Event 103	12 + years	Male	50m Butterfly
Event 104	12 + years	Female	50m Butterfly
Event 105	12 + years	Male	50m Backstroke
Event 106	12 + years	Female	50m Backstroke
Event 107	12 + years	Male	200m Individual Medley
Event 108	12 + years	Female	200m Individual Medley

Session Two - Sunday 21st November

Building Entry Time from 12:30, Warm Up Commences 13:00, End 17:00

Event 201	12 + years	Female	50m Breaststroke
Event 202	12 + years	Male	50m Breaststroke
Event 203	12 + years	Female	50m Freestyle
Event 204	12 + years	Male	50m Freestyle
Event 205	12 + years	Female	400m Individual Medley
Event 206	12 + years	Male	400m Individual Medley



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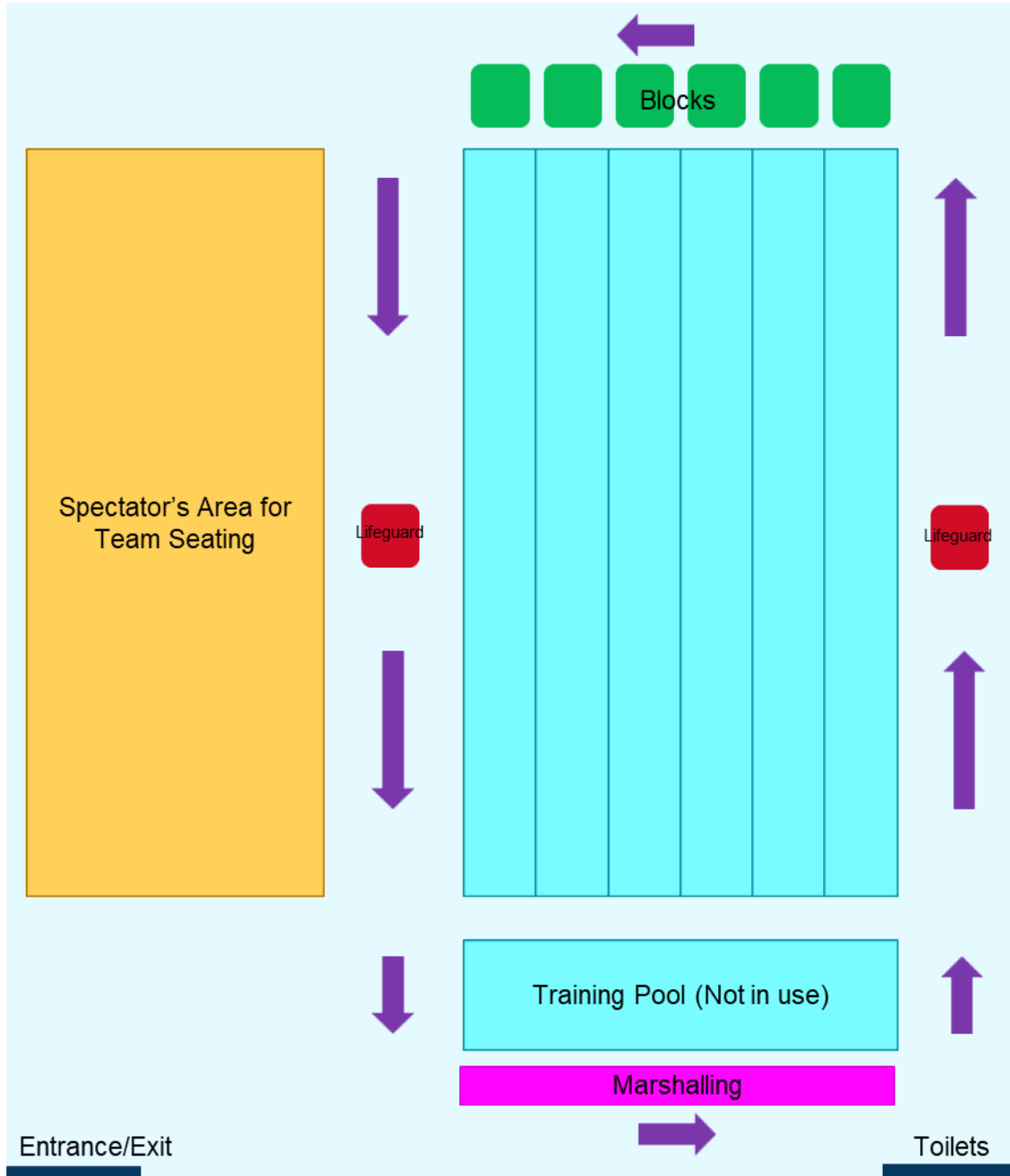
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APPENDIX 2

Venue Layout and One-Way System





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APPENDIX 3

Club Meeting Locations



Swimming Pool
Entrance



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APPENDIX 4 Car Parking

Please note that there are access restrictions into the new swimming pool at the new Inverurie Community Campus during demolition of the old Inverurie Academy and Swimming Pool. This means that part of the road operates as one-way traffic only, with traffic from Inverurie giving way to traffic exiting the new car park.

Please be aware that the new car park is likely to be extremely busy and there will not be space to park for everyone in the new car park.

The map below shows additional overflow car parking (which also operates under a one-way system) – this is only a 2/3 minute walk from the pool. Please use the pedestrian crossing when exiting the car park, follow the footpath past the Scout Hut and use the pedestrian access gate at the side of the school – please do not walk on the road as it will be very busy with traffic entering and exiting the car park.

Please do not park in the Inverurie Family Resource Centre opposite the old pool as the barriers are in action and you will get your car stuck.





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APPENDIX 5
Summary Sheet

Club	
Contact Name	
Address	
Post Code	
Tel. No	
E-mail	

(Must be reliable for distribution of returns and all future information)

	Number of Entries	Total Cost
Male Entries @ £5		
Female Entries @ £5		
TOTAL		

In Case of Refunds – please supply the following information:

Bank Account Number:

Sort Code:

Bank Account Name:

DECLARATION: I confirm that all swimmers entered have paid their current SASA membership fee.

Signed:

Position in Club: Date:

Form to be returned with entries file to: Meet Secretary at meetsec@gasc.co.uk

CLOSING DATE FOR ENTRIES, SUMMARY SHEET AND FEES

12 noon Friday 29th October 2021



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APPENDIX 6 Officials Sheet

Please complete the ND Meet Officials Proforma in Excel

which can be found on the ND website <https://www.sasanorth.org.uk/sto.html> at
<https://www.sasanorth.org.uk/Meets/2018/Misc/Meet%20Officials%20Pro%20Forma%202018%20.xlsx>

and return to the STO Co-ordinator, Debbie Mitchell at officials@gasc.co.uk