
###### Ythan Amateur Swimming Club

***2022 Sprint and Relay Meet***

**Ythan A.S.C. is pleased to invite your club to our Sprint and Relay Meet to be held at the Ellon Community Campus on Saturday 28th May 2022**

**L2/ND/007/MAY22**

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| **MEET INFORMATION:** | This is a licensed meet where accreditation will be sought and therefore all entrants must be registered with SASA and paid their membership fee for the current year.Ellon Swimming Pool is a 25 metre long deck level pool and has 5 lanes with anti-turbulence ropes.No electronic timing. Manual timing will be by 3 timekeepers per lane using lane timer sheets. Over the top starts will be used where necessary (this will all be subject to change depending on the current Covid guidelines at the time of the meet.)Age as on day of meet: 28th May 2022Changing facilities are in the communal changing village. All belongings should be placed in lockers and not left in the changing cubicles. The meet organisers and facility management cannot be held responsible for any items lost on the day. Lockers require a £1 coin and pool staff ask that outdoor shoes are not worn in the changing area. Shoes can be left at the entrance to the changing village or blue overshoes worn.**PHONES MUST NOT BE USED IN THE CHANGING ROOMS, TOILETS OR SHOWERS.** |
| **INDIVIDUAL EVENTS:** | The individual events will be swum in combined age groups. Medals will be awarded in age groups: 9-10, 11-12 and 13-14. Events:100IM, 50m backstroke, 50m breaststroke, 50m butterfly and 50m freestyle. Swimmers with NT for an event will not be accepted, entry times must be competitive results or from club time trial times. All events are heat declared winners. Heats will be swum slowest to fastest. It may be necessary to restrict heats to keep the meet within time limits set per the District Regulations. Entries may require to be restricted and will be based on entry times. Ythan ASC maintains the right to run a slower heat for our own swimmers. |
| **RELAYS** | 4X50 Freestyle relay for boys and girls- maximum combined age of 484x50 Mixed Medley Relay- maximum combined age of 484x50 Mixed Freestyle Relay- maximum combined age 488x25 Mixed Cannon Freestyle Relay- maximum combined age 1008x25 Mixed Cannon Medley Relay- maximum combined age 100**The Mixed Cannon Medley Relay will be swum in medley order- Back, breast, fly, free, back, breast, fly, free.****All Cannon relay teams should consist of 4 boys and 4 girls with a maximum combined age of 100.****The 4x50m relays should have a maximum combined age of 48.****We will accept a maximum of 2 relay teams per event from each club. If the meet is over-subscribed then Ythan ASC reserve the right to limit relay entries to 1 per club to limit the number of scratches for individual swims.** |
| **SKINS:** | There will be a skins events for boys and girls. The qualification will be based on the freestyle relay. The top 5 relay teams can nominate a swimmer from the relay team to participate in the skins event. The recorder must be notified of the nominated swimmer for each club as soon as possible after the relay event.Elimination:Round 1: 1 swimmer eliminated- 4 remainRound 2: 1 swimmer eliminated-3 remainRound 3: 1 swimmer eliminated- 2 remainRound 4: 1 Swimmer eliminated.The swimmers will swim 50m per stroke. The round of the skins will be decided by a draw. If freestyle is drawn then this means any stroke other than Breaststroke, Butterfly or Backstroke as per FINA regulations for medley swimming.The first start will be a normal racing start. Subsequent rounds will be given a 10s verbal warning, followed by the starting signal. The turnaround time for each round will be 2 minutes.  |
| **AWARDS:** | Medals will be awarded to the 1st, 2nd and 3rd place swimmers in each event.Points will be awarded for the first 5 places in the individual and relay events. No points will be awarded for the skins event.A trophy will be awarded to the team with the most points at the end of the meet.There will also be a trophy for the most improved Ythan ASC boy and girl. |
| **MARSHALLING:** | There will be marshalling for all events and swimmers must attend marshalling in good time before their events as the race start will not be delayed for those not attending marshalling. |

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| **PHOTOGRAPHY:** | No photographic or video equipment will be permitted in any area without prior approval of the club. Forms will be available in the front foyer and must be signed by a Ythan ASC representative. |
| **SESSION TIMES:** | Session 1: Warm up 8:30am Start: 9:35am. Session 2: Warm up 1:30pm Start: 2:35pm. |
| **ENTRIES:** | Entries must be made using Hy-Tek. The Hy-Tek events file is available on the North District website (www.sasanorth.org.uk) or from Alice Currie at ythanasc@outlook.com. Please send your Hy-tek entry file to Alice Currie at ythanasc@outlook.com Entries may require to be limited dependant on entries received. We will endeavour to do this as fairly as possible and will limit the relay entries to one team per club per event initially to ensure as many individual swims as possible are awarded. |
| **PAYMENT:** | Individual Event £5.00 Relay Events £7.00**Payment is by Bank transfer. Details as follows:** **Account name: Ythan Amateur Swimming Club****Sort code: 80 06 71****Account number: 00968050****Reference for paying: 2022 Gala and your club name** |
| **WITHDRAWALS:** | Withdrawals should be e-mailed to ythanasc@outlook.com before 5pm on Thursday 26th May 2022 and thereafter at the recorder’s desk prior to each warm-up session.Medical withdrawals: Anyone withdrawing on medical grounds must provide a letter from a suitably qualified medical professional confirming withdrawal is recommended. The letter must be received no later than 7 days after the meet and should not be dated any earlier than the closing date or later than 3 days from the date of the competition. |
| **TECHNICAL OFFICIALS:** | We would be grateful of any officials willing to help on the day.The attached officials list should be completed and emailed to **Gavin Goodbrand at sto@ythanasc.org.uk**We will endeavour to provide as many mentoring places as possible but this will be at the discretion of the meet referees. These requests should be made when names are submitted. All officials should bring their own water bottle in accordance with Covid regulations.It will be our intention to supply lunch for all officials and coaches but this may not be possible due to Covid restrictions. We will confirm this nearer the time of the meet. |
| **CLOSING DATES:** | Electronic entries must be submitted by **Fri 29th April 2022.** Paperwork and payment should be received no later than 3 days after the closing date. No late entries will be accepted.The closing date for official’s sheets is **Friday 13th May 2022.** |

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| **IMPORTANT INFORMATION:** | 1. **There will be no spectating due to Covid regulations**
2. **All clubs will be allocated a seating area. Clubs are responsible for clearing their seating area of all litter and belongings before leaving the meet at the end of the day. We hope there will be additional seating away from poolside. This would need to be supervised by an adult from your team. This will be confirmed nearer the time of the meet.**
3. **Poolside access will be limited to 1 coach per 10 swimmers and limited to a maximum of 3 coaches at any one time.**
4. **Participating clubs will receive one copy of the start sheets for each session.**
5. **Warm up times and lanes will be allocated. Coaches should ensure that their swimmers only enter the pool during their allotted times. Full warm up instructions will be issued prior to the meet.**
6. **Each competitor should have sufficient water/juice in plastic bottles, poolside shoes, T-shirt and shorts to wear when not swimming,( these must be worn in the public areas).**
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| **COVID 19:** | **We will be following the current guidelines at the time of the meet. At the moment the advice is as follows:**1. **Hand sanitiser must be used upon entry and departure of the building.**
2. **Anyone who is experiencing symptoms, isolating or has a positive Lateral Flow test must not attend on the day.**
3. **We would request that all attendees perform a Lateral Flow Test 24-48hrs prior to the meet. The results do not need to be shared with the meet organisers.**
4. **Current guidelines are to ‘give people space’ so please keep this in mind whilst moving about the facility.**
5. **Swimmers should not congregate in the changing village or showers.**
6. **All swimmers over the age of 12, coaches, helpers, STOs etc. must wear a face covering at all times unless swimming. Those who are medically exempt should bring their certification with them.**
7. **As per the current Covid procedures and guidelines in place for the event we will require the following information for each person attending:**

**Name****Contact number****Club****Role at the event****Sessions attending.****All coaches should keep a note of all swimmers contact details including all sessions they are attending.****This information will be given to the facility management who will store it securely for 21 days and then destroy it. The information will only be given to the test and protect team if requested.****The Covid Lead Officer for Ythan ASC is Julie Rae.** |

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| **COVID DISCLAIMER:** | Whilst every reasonable effort will be made for the competition to take place, the regular changes in Covid regulations cause some unpredictability when planning the meet.The conditions for the meet and whether the entire competition takes place is dependent on the local/regional restrictions in place on facilities, sporting activity and the participants at the time.No guarantee can be given by Ythan ASC that the meet will take place at a particular time, on any particular date or any particular venue.Ythan ASC reserves the right to cancel the meet without notice and without liability for doing so if required. The meet will not be rescheduled if it is unable to take place on the planned date.In the event of cancellation or abandonment of the event, refunds if any, will be made at the absolute discretion of Ythan ASCYthan ASC 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 or accommodation. |

***ORDER OF EVENTS***

**SESSION 1 WARM UP 8.30am START 9.35am**

Event 101 Boys 4x50m Freestyle Relay

Event 102 Girls 9-14 100m IM

Event 103 Boys 9-14 50m Butterfly

Event 104 Girls 9-14 50m Butterfly

Event 105 Mixed 4x50m Medley Relay

Event 106 Boys 9-14 50m Backstroke

Event 107 Girls 9-14 50m Backstroke

Event 108 Boys Skins Event

Event 109 Mixed 8x25m Cannon Freestyle Relay

#### **SESSION 2 WARM UP 1.30pm START 2.35pm**

Event 201 Girls 4x50m Freestyle Relay

Event 202 Boys 9-14 100m IM

Event 203 Girls 9-14 50m Breaststroke

Event 204 Boys 9-14 50m Breaststroke

Event 205 Mixed 4x50m Freestyle Relay

Event 206 Girls 9-14 50m Freestyle

Event 207 Boys 9-14 50m Freestyle

Event 208 Girls Skins Event

Event 209 Mixed 8x25m Cannon Medley Relay

**YTHAN SPRINT AND RELAY**

**Saturday 28 May 2022**

**Entry Summary Sheet**

**CLUB:** ------------------------------------------------------------------------------------

**SECRETARY:** ------------------------------------------------------------------------------------

**ADDRESS** ------------------------------------------------------------------------------------

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**TELEPHONE:** ------------------------------------------------------------------------------------

**E-MAIL:** ------------------------------------------------------------------------------------

INDIVIDUAL MALE ENTRIES @ £5.00 ……. £…………….

INDIVIDUAL FEMALE ENTRIES @£5.00 ……. £…………….

RELAY ENTRIES @ £7.00 ……. £…………….

TOTAL AMOUNT ENCLOSED £…………….

N.B. Relay teams must consist of swimmers who have been accepted for at least one individual swim.

**Declaration**

I confirm that all swimmers entered into this meet are current paid up members of SASA.

Signed ………………….………………………………………………………….

Name …………….………………………………………………………………..

Position ………………………………………………………………………..…

RETURN TO Alice Currie @ ythanasc@outlook.com or

 9 Hopeman Close

 Ellon

 Aberdeenshire

 AB41 8AZ

YTHAN SPRINT AND RELAY

28 May 2022

Swimming Technical Officials Availability

**CLUB ……………………………………………………..**

**STO Contact ……………………………..… Tel: ……………………………… E-mail……………………………………………….……..**

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| **Name** | **Duty** | **Session 1** | **Session 2**Please complete and return to: Gavin GoodbrandEmail: sto@ythanasc.org.uk |
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**Trainee judges 1, 2, or 2S please enter names below if requesting mentoring sessions. These will be at the discretion of the referee and dependant on the availability of suitable mentors.**

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| **Name** | **Signatures Required (level/duty)** | **Session 1** | **Session 2** |
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