**SAS SPRING MEET**

**5TH & 6TH MARCH 2022**

To be held at

Westhill Swimming Pool

**MEET INFORMATION**

**(UNDER FINA RULES AND SASA SWIMMING REGULATIONS**)

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| **POOL** | 25 Metres, 6 Lanes, Anti-turbulence ropes, Starting Blocks (one end only), Electronic Timing. Deep end depth 2m, shallow end depth 1m. |
| **SESSIONS** | Session One Warm Up 09:00 - Start 10:05  Session Two Warm Up 14:00 - Start 15:05  Session Three Warm Up 09:00 - Start 10:05  Session FourWarm Up 14:00 - Start 15:05  (SUBJECT TO CHANGE IF NECESSARY) |
| **EVENTS** | **AGE GROUP AND OPEN ONLY**  **See attached sheet for programme of events.**  100m All Strokes for All Age Groups (HDW)  200m All Strokes for All Age Groups (HDW)  200m IM For All Age Groups (HDW)  400m IM and 400m Freestyle (OPEN)  50m All strokes (OPEN)  200m Mixed Relays to be swum as 4 x 50m Freestyle and 4 x 50m Medley. Each team is to be 2 females and 2 males.  Each club can only enter a maximum of two teams.  Team lines will be required to be submitted one hour before the start of the session in which the relay takes place. |
| **AGE** | Age on last day of competition i.e. 6th March 2022  The Age Groups are:- 12/13 years, 14/15 years, 16 years and over.  Open Events are available for swimmers who fall into the above age group categories. |
| **ENTRY FEES** | £6.00 PER INDIVIDUAL EVENT  £10.00 PER RELAY EVENT  Entry fees should be paid by BACS to:  **Sort Code 82-60-11 Account No 20523002**  Please include your club name in your payment reference.  Alternatively cheques should be made payable to SAS/South Aberdeenshire Swimming  Please note the entry file and summary sheet must be received by email by the closing date. Paper summary sheet and cheque to cover entry fees must be received by post within three working days of the closing date. |
|  | **CLOSING DATE FOR ENTRIES IS FRIDAY 11th February 2022** |

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| **MEET ENTRIES** | **All entries must be on Hy-tek Team Manager entry file.**  Entry files may be obtained by downloading from SwimScotland, North District website ([www.sasanorth.org.uk](http://www.sasanorth.org.uk)), or by emailing Craig Martin (Stonehaven Amateur Swimming Club) at [craig00home@btinternet.com](mailto:craig00home@btinternet.com).  Entries must be submitted using the most up to date personal best times for all swimmers at time of entry. Swimmers entered with No Time (NT) will be rejected.  Entries may have to be limited dependent upon numbers received.  Age Group Events - heats will be swum with all age groups combined and swimmers seeded by entry times. 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.  The organising committee retains the right on the final selection for the number of heats per event.  Lists of accepted participating swimmers and a draft programme will be emailed to each club.  Please email the summary sheet to Craig Martin (Stonehaven Amateur Swimming Club) at [craig00home@btinternet.com](mailto:craig00home@btinternet.com) |
| **AWARDS** | Medals will be awarded to 1st, 2nd and 3rd place. There will be no presentation but medals can be collected at designated table in foyer. |

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| **WITHDRAWALS** | **Withdrawals prior to the competition** should be emailed to :-  Craig Martin (Stonehaven Amateur Swimming Club) at [craig00home@btinternet.com](mailto:craig00home@btinternet.com)  **To arrive no later than 5pm Friday 4th March 2022**  All details must be included on e-mail withdrawals i.e. Name, Event No, Stroke, SASA No. etc.  **NB** Telephone 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 table **at least 1 hour prior to the start of the first session and updated accordingly one hour before the start of each session thereafter**. |
| **MEDICAL**  **WITHDRAWALS** | 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. |
| **MARSHALLING** | Marshalling will take place on poolside next to the changing village. All swimmers including reserves must attend marshalling before their events and are advised to attend in good time. (The suggested minimum is 4/5 heats or 1 event in advance.) The start of a race will not be delayed for absent swimmers. If a swimmer is not present at second marshalling area then the reserve will swim. |
| **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 Leanne Williamson and Helen Noble by email to arrive before Friday 18th February 2022.  Sto.basc@gmail.com  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. |
| **PHOTOGRAPHY/**  **MOBILE PHONES** | Please note that anyone wishing to use photographic equipment for non-commercial purposes, including video cameras must register with the Meet Convener (application should be made on the appropriate SASA Health and Safety form and signed by the relevant club official).  No person may for commercial purposes take photographs or use any video recording equipment inside the event without the express written permission of SAS  No flash photography is permitted at any time within the competition pool area.  Mobile phones may not be used in the pool hall or in the changing village. Use of mobile phones within the building is limited to designated areas. |
| **MEET REGULATIONS** | * 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 the event without notice and without liability for so doing. It is expected that this would only happen as a result of unforeseen circumstances, eg venue/facility failure or adverse weather. |
|  | * In the event of postponement, cancellation or abandonment of the event, refunds if any, will be made at the absolute discretion of SAS. SAS will have no legal liability to make a refund or to pay any form of consequential or indirect damage such as loss of enjoyment, travel and accommodation costs. |
|  | * The following are articles, which must not be brought within the venue (glasses, fireworks, smoke canisters, air horns, flares, glass bottles, weapons of any sort). Any person in possession of such items will be refused entry at the absolute discretion of any steward or officer of Westhill District ASC and/or police officer. |
|  | * No object may be thrown by spectators within the venue. |
|  | * No foul or abusive language or other offensive words such as racial or sexual abuse will be tolerated. |
|  | * No alcohol may be consumed at the event. |
|  | * Any person entering events must at all times comply with any and all instructions of any steward or officer of SAS and/or police officer. Failure to comply within a reasonable time with any such instruction will lead to the person being invited to leave.   **COVID ADVICE**   * THERE WILL BE NO SPECTATORS * Anyone who is isolating while awaiting a PCR swab result or has a positive Lateral Flow Test (LFT), or anyone who has Covid 19 symptoms should not attended the competition. Anyone who has been told by test and protect to isolate due to a close contact should also stay at home and arrange a PCR test. * We would advise all attendees to the competition (children and adults) perform a lateral flow test (LFT) 24-48 hours before attending. There is no requirement to send any results to the coaches of the swim clubs taking part, or the meet organisers. If positive LFT, then please isolate at home and arrange a PCR test. There is no requirement for temperature checking at the venue. * All swimmers attending, and all adults are required to wear a face mask within the building at all times, except when swimming or swimmers attending marshalling, or if you are exempt. Please ensure you have an exemption certificate/badge with you if this is the case. From experience the Fluid Resistant Surgical Face Masks (FRSM) type II are more comfortable to wear for a long time around the pool. These type of face masks are also sufficient to avoid requiring to isolate in close contact with a covid 19 positive case (compared to other face coverings). Please bring your own face masks to the competition. It may be beneficial to bring a spare if taking part all day in case it gets wet! * Physical distancing rules are currently “give people space”. Please bear this in mind as you attend the competition and move around the pool. * Please use hand sanitiser provided when entering the pool building. There is a limit on number of individuals in changing village so please emphasise to swimmers that they should spend minimum amount of time in the changing village and exit promptly. Entry will be monitored, and it may be necessary for swimmers to wait if capacity for changing village has been reached. Please make a note of warm up times and advise swimmers of arrival time accordingly. * The swimmers will be marshalled pool side and not within the changing rooms, due to the limit on numbers. No one should be within the changing rooms during the event, and it is expected that everyone will stay within the club groups while the event is progress, except for comfort breaks etc. * Please bring your own water bottle, water/drinks for the day, and any snacks or food for the day. Due to covid rules there is no lunch or sweets provided during the day to coaches or officials during this competition. Swimmers should be encouraged to leave the building at lunch but can be accommodated within the building when required. * All coaches to keep a record of contact details for their swimmers attending morning and afternoon sessions during the competition. All adults are required to scan Test and Protect QR code on entry to the building. * The covid officer on site for the duration of the day is Bev MacLennan. Please find Jane if you have any covid questions or queries during the day. Covid Lead Officer for WDASC is Cath McLaren and can be contacted by Bev as required. |
| **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 to the SASA North District. |
|  | * Due to covid, lunch may not be provided to Technical officials for this gala. Clubs will be advised closer to the data of the gala of any catering arrangements. |
|  | * Poolside access will be limited to one Coach per 10 swimmers, with a maximum of 3 Coaches at any one time. |
|  | * Participating clubs will receive one copy of start sheets and results will be posted at the pool during the events and after the event on the North District website. |
|  | * Lockers provided in the changing rooms should be used to store all belongings. The meet organisers and the facility management cannot be held responsible for items lost during the course of the event. No swimming bags/kit bags should be poolside. |
|  | * 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. |
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| **MEET CONVENER** | **Jane Thomson meetconvener@westhilldistrictasc.org.uk** |

**SAS MEET 5TH & 6TH MARCH 2022**

**PROGRAMME OF EVENTS**

**SESSION ONE WARM UP 09.00 START 10.05**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Event No | 101 | Boys | 12 years and over | 200m Freestyle |  |
|  | 102 | Girls | 12 years and over | 200m Breaststroke |  |
|  | 103 | Boys | 12 Years and over | 100m Butterfly |  |
|  | 104 | Girls | 12 Years and over | 100m Backstroke |  |
|  | 105 | Boys | Open | 50m Breaststroke |  |
|  | 106 | Girls | Open | 50m Butterfly |  |
|  | 107 | Boys | 12 Years and over | 200 IM |  |
|  | 108 | Girls | Open | 400 Freestyle |  |
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**SESSION TWO WARM UP 14.00 START 15.05**

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| --- | --- | --- | --- | --- | --- |
| Event No | 201 | Boys | 12 years and over | 200m Backstroke |  |
|  | 202 | Girls | 12 years and over | 200m Butterfly |  |
|  | 203 | Boys | 12 years and over | 100m Breaststroke |  |
|  | 204 | Girls | 12 years and over | 100m Freestyle |  |
|  | 205 | Boys | Open | 50m Freestyle |  |
|  | 206 | Girls | Open | 50m Backstroke |  |
|  | 207 | Boys | Open | 400m IM |  |
|  | 208 | Mixed |  | 4 x 50m Medley Relay |  |

**SESSION THREE WARM UP 09.00 START 10.05**

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| --- | --- | --- | --- | --- | --- |
| Event No | 301 | Girls | 12 years and over | 200m Freestyle |  |
|  | 302 | Boys | 12 years and over | 200m Breaststroke |  |
|  | 303 | Girls | 12 years and over | 100m Butterfly |  |
|  | 304 | Boys | 12 years and over | 100m Backstroke |  |
|  | 305 | Girls | Open | 50m Breaststroke |  |
|  | 306 | Boys | Open | 50m Butterfly |  |
|  | 307 | Girls | 12 years and over | 200m IM |  |
|  | 308 | Boys | Open | 400 Freestyle |  |

**SESSION FOUR WARM UP 14.00 START 15.05**

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| --- | --- | --- | --- | --- | --- | --- |
| Event No | 401 | Girls | 12 years and over | 200m Backstroke |  | |
|  | 402 | Boys | 12 years and over | 200m Butterfly |  | |
|  | 403 | Girls | 12 years and over | 100m Breaststroke |  | |
|  | 404 | Boys | 12 years and over | 100m Freestyle |  | |
|  | 405 | Girls | Open | 50m Freestyle |  | |
|  | 406 | Boys | Open | 50m Backstroke |  | |
|  | 407 | Girls | Open | 400m IM |  | |
|  | 408 | Mixed |  | 4 x 50m Freestyle Relay | |  | |

**SAS MEET 2022**

**Saturday 5th & Sunday 6th March 2022 - Westhill Swimming Pool**

**SUMMARY SHEET**

**Contact Details**

Club Name/Abbr \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Post Code \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Tel. No. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

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| Individual Age Group Male Entries | ……………… | @ £6.00 | = £………… |
| Individual Open Male Entries | ……………… | @ £6.00 | = £………… |
| Individual Age Group Female Entries | ……………… | @ £6.00 | = £………… |
| Individual Open Female Entries | ……………… | @ £6.00 | = £………… |
| Mixed Team Entries | ……………… | @ £10.00 | = £………… |
|  |  | TOTAL | = £………… |

**CLOSING DATE FOR ENTRIES IS FRIDAY 11th February 2022**

**Summary sheet to be emailed to Craig Martin (Stonehaven Amateur Swimming Club) at craig00home@btinternet.com**

**Cheques should be made payable to SAS or BACS payment to Sort Code 82-60-11 Account No 20523002. Please use your club name as reference.**

**Declaration** (This declaration **must** be completed by all competing clubs)

**Please email to Craig along with the entry file and summary sheet.**

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

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

Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**SAS MEET 2022**

**Saturday 5th & Sunday 6h March 2022 Westhill Swimming Pool**

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| **CLUB\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |  | **STO CONTACT** | **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |
|  |  | **EMAIL ADDRESS** | **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |
|  |  | **TEL.NO.** | **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |

**OFFICIALS SHEET**

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|  |  | **Mentoring** | | | **Timekeeper Signatures Required?** | | **Sessions Available** | | | |
| **Name** | **Qualified Level** | **Required (Y/N)** | **Trainee Level** | **Any Specific Duties Required (e.g. CIT, Finish Order)** | **Timekeeper**  **(Y/N)** | **Chief Timekeeper**  **(Y/N)** | **1** | **2** | **3** | **4** |
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Please return this form by email it by **18th February 2022:-** sto.basc@gmail.com