

ALFORD OTTERS

8th 200 MEET

(UNDER FINA AND SASA RULES)

Sunday 19 February 2023
Alford Community Campus

Meet Information

Pool	Alford Community Campus, Greystone Road, Alford, Aberdeenshire, AB33 8TY 25 Metres, 4 Lanes, 2m – 1.2m deep, Anti-turbs, Level Deck
Sessions	Session One Warm Up 08.30 - Start 09.35 Session Two Warm Up 13.15 - Start 14.20 (SUBJECT TO CHANGE IF NECESSARY)
Events	Individual 200m Freestyle, 200m Backstroke, 200m Butterfly, 200m Breaststroke and 200m Individual Medley for all age groups. 200m Relays to be swum as 4 x 50m Freestyle and 4 x 50m Medley mixed sex teams each comprising 2 girls and 2 boys.
Age	As at 19 February 2023 for all events. Age Groups for all individual events will be: Girls – 11, 12, 13/14, 15 - 18 Boys – 11, 12, 13/14, 15 - 18 Relay events are open to teams of swimmers that must comprise 2 girls and 2 boys. 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.
Consideration Times	Consideration times are attached. Entries will be accepted on a slower than basis and are short course times. Converted times <u>will not be</u> 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.com Please return entry files along with summary sheet and entry fees to: Maureen Glennie ottersentries@gmail.com CLOSING DATE FOR ENTRIES IS FRIDAY 27 JANUARY 2023 All paperwork, entry files AND payment to be received by this date

<p>Entry Fees</p>	<p>£6.00 PER INDIVIDUAL EVENT £8.00 PER TEAM RELAY EVENT</p> <p>Cheques should be made payable to Alford Otters ASC or please contact the Meet Convenor for bank details to pay by BACS.</p> <p>Entries may have to be limited dependent upon numbers received and will be accepted evenly across the age groups where possible.</p> <p>Entries for each Team Event (relay) are limited to three per Club per event.</p> <p>Alford Otters ASC may offer our Club swimmers the opportunity to swim in the slowest heat even if faster applications have been received.</p>
<p>Awards</p>	<p>Medals will be awarded for 1st, 2nd and 3rd places.</p> <p>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.</p> <p>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 two awards will be presented.</p> <p>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 shield will be shared, and two keepsake awards will be presented.</p>
<p>Withdrawals</p>	<p>Withdrawals prior to the competition should be emailed to Maureen Glennie at ottersentries@gmail.com to arrive no later than 5pm on Thursday 16 February.</p> <p>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.</p>
<p>Technical Officials</p>	<p>Please offer the services of your technical officials to ensure that this meet receives its accreditation.</p> <p>A completed technical officials sheet should be sent to Durno Jessiman by email to arrive before Friday 3 February 2023. Contact Durno at durnojessiman@outlook.com</p> <p>Judges 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.</p>
<p>Marshalling</p>	<p>There will be marshalling for all individual events.</p> <p>All swimmers must attend marshalling before their events and are advised to attend in good time. 3 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.</p> <p>Full marshalling instructions will be issued prior to the meet.</p> <p>There will be no marshalling for relays.</p>

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).
Technical Swimsuits	<p>As of 1st September 2022, new regulations will come into force regarding technical swimsuits. All swimmers aged 13 years and younger cannot compete wearing technical swimsuits in Scottish Swimming licensed or registered events.</p> <p>For further information and FAQ's please see link below.</p> <p>Technical Swimsuit Update</p>
Notes	<ol style="list-style-type: none"> 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. 2 Due to lack of space poolside access will be limited to one Coach per 10 swimmers. 3 Food must not be eaten on poolside and no glassware should be taken into the changing rooms or onto the poolside. 4 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. 5 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. 6 Photography of any kind and the use of mobile phones is prohibited in the changing areas, showers and toilets. 7 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). 8 Spectator space will be extremely limited and priority seating will be given to swimmers and coaches. 9 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. 10 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.
Meet Convenor	<p>Neil Glennie alfordotterspresident@gmail.com</p>

Consideration Times

Times must be slower than:-

		Boys		Events	Girls			
15 - 18	13/14	12	11		11	12	13/14	15 - 18
2:05.15	2:16.89	2:36.23	2:52.08	200 Free	2:52.27	2:38.92	2:24.31	2:17.29
2:20.01	2:32.68	2:55.35	3:13.85	200 Back	3:11.89	2:56.39	2:39.30	2:32.98
2:39.60	2:54.03	3:22.93	3:44.15	200 Breast	3:41.97	3:22.88	3:04.36	2:57.38
2:23.08	2:36.99	3:04.00	3:30.63	200 Fly	3:28.50	3:05.72	2:45.73	2:39.74
2:21.87	2:35.76	2:57.88	3:16.30	200 IM	3:16.32	3:00.57	2:43.17	2:35.70

Short Course Times Only



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SUMMARY SHEET

Contact Details

Club: _____

Match Secretary: _____

Address: _____

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.....	@	£6.00 = £
MALE INDIVIDUAL ENTRIES	@	£6.00 = £
MIXED RELAY ENTRIES	@	£8.00 = £
COACHES MEAL PASS	@	£7.00 = £
TOTAL		= £

CLOSING DATE: 27 January 2023

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 8.30am

Session Start 9.35am

101	Girls 11 + Girls 12 + Girls 13/14 + Girls 15 – 18 200 Individual Medley
102	Boys 11 + Boys 12 200 Breaststroke
103	Boys 13/14 + Boys 15 – 18 200 Freestyle
104	Girls 11 + Girls 12 200 Butterfly
105	Girls 13/14 + Girls 15 – 18 200 Backstroke
106	Boys 11 + Boys 12 200 Freestyle
107	Boys 13/14 + Boys 15 – 18 200 Breaststroke
108	Girls 11 + Girls 12 200 Backstroke
109	Girls 13/14 + Girls 15 – 18 200 Butterfly
110	Mixed (2 Girls 2 Boys) 4 x 50 Medley Relay (Max age 54)

SESSION 2

Warm Up 1.15pm

Session Start 2.20pm

201	Boys 11 + Boys 12 + Boys 13/14 + Boys 15 – 18 200 Individual Medley
202	Girls 11 + Girls 12 200 Breaststroke
203	Girls 13/14 + Girls 15 – 18 200 Freestyle
204	Boys 11 + Boys 12 200 Butterfly
205	Boys 13/14 + Boys 15 – 18 200 Backstroke
206	Girls 11 + Girls 12 200 Freestyle
207	Girls 13/14 + Girls 15 – 18 200 Breaststroke
208	Boys 11 + Boys 12 200 Backstroke
209	Boys 13/14 + Boys 15 – 18 200 Butterfly
210	Mixed (2 Girls 2 Boys) 4 x 50 Freestyle Relay (Max age 54)

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OFFICIALS SHEET

Club _____

STO Contact Name _____

Tel No: _____

Email Address _____

Meet Officials Convenor: Durno Jessiman

Carnethy

Forbes

Alford

AB33 8QL

Tel: 07769 173317

Email: durnojessiman@outlook.com

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