



BRIDGE OF DON ASC
Bridge of Don Pentaqua Meet
Bridge of Don Swimming Pool, Aberdeen
Saturday 1st April 2023



MEET INFORMATION

(UNDER FINA RULES AND SCOTTISH SWIMMING REGULATIONS)

Date Saturday 1st April 2023

Venue Bridge of Don Swimming Pool, Braehead Way, Aberdeen AB22 8RR
5 lane 25m pool, anti-turbulence ropes
There will be no splashboards at the turn end.
This is a Level 2 meet; therefore, swimmers must start with a dive.

Licence Number **L2/ND/031/APR23**

Sessions Session One 1st April 2023: Warm Up 0800 Start: 0900
Session Two 1st April 2023: Warm Up 1300 Start: 1400
(Subject to change if necessary)

Entry to the building from 0745. There will be limited spectator space available at the pool.
Out with your child's swim we hope to have a hall with seating and refreshments available to purchase.

Events	Session One	Session Two
	Boys:100 IM 11-18	Girls: 100 IM 11-18
	Girls: 100m Fly 11 - 18	Boys: 100m Fly 11-18
	Boys: 100m Breast 11 – 18	Girls: 100m Breast 11-18
	Girls: 100m Back 11 – 18	Boys: 100m Back 11-18
	Boys: 100m Free 11 -18	Girls: 100m Free 11-18

Age Age is as on day of competition.

Age Groups: Male 11-12 years old; Female 11-12 years old; Male 13-14 years old; Female 13-14 years old; Male 15-16 years old; Female 15-16 years old; Male 17-18 years old; Female 17-18 years old.

Heats will be swum with all age groups combined and swimmers seeded by entry times.

Fees

£6 per individual event

Entry Fees should be paid by bank transfer to:

Account: Bridge of Don Amateur Swimming Club
Bank Name: Bank of Scotland
Account No: 00179837
Sort Code: 80-05-11

Please use you Club name/ April Pentaqua for Reference, e.g. BOD/ April Pentaqua

Entries

All entries are to be submitted electronically using Hy-Tek Team Manager format. To obtain the meet entry file either download from the SASA North District website or email Roger Walters Meet Co-ordinator meetcoordinator@bodasc.co.uk.

Please email entry files and summary sheet to meetcoordinator@bodasc.co.uk.

CLOSING DATE FOR ENTRIES IS Friday 17th March 2023

Receipt of entry file will be confirmed by email.

Lists of accepted participating swimmers and a draft programme will be emailed to each club. BODASC reserves the right to give priority to our own swimmers in the event of over subscription.

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.

Where an event is over-subscribed an even number of swimmers will be selected for each age group. Swimmers with the slowest times in each age group will be rejected.

Withdrawals

Withdrawals prior to the competition should be emailed to Roger Walters meetcoordinator@bodasc.co.uk to arrive **no later than Thursday 30th March 2023**.

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.

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.

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.

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 our STO coordinator Meg Paterson by email to arrive **no later than Friday 24th March 2023**

stoconvenor@bodasc.co.uk

Mentoring requests will be considered by the Referees and we will endeavour to accommodate as many as possible.

Please note that probationary STOs wishing specific signatures, should make this request to the STO Convenor when names are submitted.

A buffet lunch will be available for STO's and coaches.

Marshalling

All swimmers including reserves must attend marshalling before their events and are advised to attend in good time. The start of a race will not be delayed for absent swimmers.

Photography/ Mobile Phones

Anyone wishing to use photographic equipment, including video cameras must register with the Meet Convenor (application should be made on the appropriate Scottish Swimming Health and Safety Form).

In line with Child Protection Guidelines the use of mobile phones will not be permitted either in the toilets, shower areas or in the changing areas and they must be switched to silent in the pool area.

Videos and photographs should only be posted on secure social media pages and club websites and we would be grateful if you could ensure that all members of your club are aware of this requirement.

COVID- 19 Management

This will be updated based on latest Government Guidance.
All participating clubs will be advised prior to the event.

Meet Convenor

Michelle Milne – President@bodasc.co.uk

Meeting Notes

There will be limited spectator space available at the pool with additional seating located in the building for use when your child is not swimming. This area will have seating, toilets and light refreshments available.

All swimmers, poolside helpers and coaches taking part should have a current SASA membership. Registration numbers must be shown on the entry files.

The licence has been applied for and accreditation will be applied for with SASA North District.

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 the start sheets and results will be posted at the pool during the session.

Bridge of Don ASC reserves the right to accommodate empty lanes with their own club swimmers after all reserve swimmers have been accommodated.

Lockers provided in the changing rooms should be used for clothes and other belongings, to keep cubicles free for other swimmers.

The meet organisers and facility management cannot be held responsible for items lost during the meet.

Footwear must be worn outside the pool area and poolside shoes should be worn when on poolside and not swimming.

No glassware should be taken onto poolside or into the changing area.

Seating area will be allocated to each team. Teams are responsible for clearing their area of belongings, litter etc. before leaving at the end of the session.

Technical Suit Regulations

As of 1st September 2022, new regulations will come into force regarding technical swimsuits. From this date all swimmers 13 years and younger cannot compete wearing technical suits in Scottish Swimming licensed or registered events. For further information and FAQ's please see link below.

[Important Documents | Scottish Swimming](#)



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PROGRAMME OF EVENTS

Session One -

Entry to Building 0745, Warm Up 0800, Start 0900

Event 101	11 – 18 years old	Male	100 IM
Event 102	11 - 18 years old	Female	100m Fly
Event 103	11 - 18 years old	Male	100m Breast
Event 104	11 - 18 years old	Female	100m Back
Event 105	11 - 18 years old	Male	100m Free

Session Two -

Entry to Building 1245, Warm Up 1300, Start 1400

Event 201	11 – 18 years old	Female	100 IM
Event 202	11 - 18 years old	Male	100m Fly
Event 203	11 - 18 years old	Female	100m Breast
Event 204	11 - 18 years old	Male	100m Back
Event 205	11 - 18 years old	Female	100m Free



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BRIDGE OF DON ASC – Summary Sheet

Email address: meetcoordinator@bodasc.co.uk

Name of Meet: _____

Contact Details

Club Name/ Abbreviation	
Meet Secretary	
Address (inc. post code)	
Email Address	
Telephone Number	

	Number of Entries	Total Costs
Girl Entries @£6		£
Boy Entries @£6		£
TOTAL		£

The Closing Date is Friday 17th March 2023

Entry Fees should be paid by bank transfer to:

Account: Bridge of Don Amateur Swimming Club

Account No: 00179837

Sort Code: 80-05-11

Declaration (this must be completed by all competing clubs)

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

Signed _____

Position in Club _____

Date _____

