**ABERDEEN DOLPHIN & CULTS OTTERS ASC**

**MINI MEET 2023**

**(Under modified rules)**

**L3/ND/062/OCT23**

**Sunday 1st October 2023**

**Westhill Swimming Pool**

**Hay’s Way, Westhill, AB32 6XZ**

**MEET INFORMATION**

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| **POOL** | 25 Metres, 6 Lanes, Anti-turbulence ropes, Starting Blocks start end only. Level Deck Pool; overall depth 2m; space poolside for swimmers and coaches |
| **SESSIONS** | **Session One**  Warm Up 08:30 - Start 09:35 **Session Two** Warm Up 13:30 - Start 14:35 **(Subject to change if necessary)** |
| **EVENTS**  | **Individual**8 years 25m all strokes9 years 25m Butterfly and 50m Freestyle, Breaststroke and Backstroke10-12 years 50m all strokesOpen 100m Individual Medley (must have entered 2 other events)**Relay -** Mixed Freestyle & Mixed Medley |
| **AGE** | All events are age on the day (1st October 2023) |
| **ENTRY FEES** | £6.00 per individual swim. £ 8.00 per relay.Entry fees to be paid by BACS to:**Sort Code: 80 05 14 Account No: 00104943**Please ensure fees are paid within 3 working days of submitting your entry. Include your club name in your payment reference. |
|  | **CLOSING DATE FOR ENTRIES IS TUESDAY 29th August 2023** |
| **MEET ENTRIES** | **Entries to be made using the Hytek Team Manager entry file.** Entry files may be obtained by downloading from the North District website ([www.sasanorth.org.uk](http://www.sasanorth.org.uk)), or by contacting Stephen Jupp galaconvenors.adsc@gmail.comEntries must be submitted by email to Julie King - meetsec.adsc@gmail.com along with the summary sheet. Receipt of entry file will be confirmed by email. |
| **SPECIAL CONDITIONS** | Swimmers will be seeded fastest to slowest in each event with no time entries seeded as slowest. Because this competition is intended to be a friendly, welcoming opportunity for learning for young swimmers, the full technical rules of swimming will not be applied. The meet will be run under the following conditions: Modified Rules for all eventsForward facing starts with a dive from the blocks, from the side or from in the water will all be permitted. Swimmers will only be disqualified for the following: • Starting before the signal • Swimming the wrong stroke in either an individual event or a relay • Not completing the full distance (including not touching the end at a turn) • Actions that are against the rules AND gain a clear unfair advantage e.g., pulling on the lane rope or swimming underwater Technical officials will record any technical infractions observed, on NON DQ reports. These will be shared with relevant club coaches after the session, to assist swimmers with their development in training. |
| **CONSIDERATION TIMES** | Heats will be combined to promote competitive swimming. 50m event entries will be accepted on a “slower than” basis - please see below for qualifying times information. There are no qualifying times for 25m events. There are no qualifying times for the Open 100m IM event, but swimmers must qualify for and swim in two individual events to enter the Open 100m IM. ‘No Time’ (NT) entries will be accepted, however, we reserve the right to restrict the numbers of heats in any event(s).**OPEN CONSIDERATION TIME FOR 8 YEAR OLD EVENTS** |
|  | **50m Freestyle** | **50m Backstroke** | **50m Breaststroke** | **50m Butterfly** |
| **9 Years** | 00:44.00 | 00:50.00 | 00:56.00 | N/A |
| **10 Years** | 00:42.00 | 00:48.00 | 00:54.00 | 00:46.00 |
| **11 Years** | 00:40.00 | 00:46.00 | 00:52.00 | 00:44.00 |
| **12 Years** | 00:38.00 | 00:44.00 | 00:50.00 | 00:42.00 |

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| **VENUE CAPACITY** | We will prioritise all space for Swimmers and team Staff and Volunteers, there may be no spectating at this event with all available space in this area used for swimmers to give maximum benefit to those that are competing |
| **CHANGING ROOM** | Lockers provided in the changing rooms (20p coin required) 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. **Photography of any description is prohibited in the changing room, showers, and toilets.** |
| **WITHDRAWALS** | Withdrawals prior to the competition should be emailed to: Julie King meetsec.adsc@gmail.com To arrive no later than 3pm Thursday 28th September 2023.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.**No refunds will be provided for withdrawals after the draft programme has been issued to the clubs.** |
| **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 poolside. 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 when the heat leaves for the final marshalling point, the reserve will swim. |
| **TECHNICAL OFFICIALS** | We would be grateful for the offer of technical officials (qualified timekeepers, judges). Please complete the technical official sheet and email this to Adrian Gavin cultsotters.galaorg@gmail.comAny queries or changes to technical officials after the closing date should also be directed to the Adrian. All clubs are expected to provide a minimum of 1 Judge per session. Clubs that have 10 swimmers or more accepted should provide a minimum of 2 technical officials per session, at least one of which should hold a minimum qualification of Judge 1. The Referee will consider mentoring requests. It may be more likely for mentoring requests to be honoured if the clubs attending the meet provide a supply of qualified officials (Judge & above), however we cannot guarantee all requests to be granted. Please note that timekeepers or judges-in-training requiring specific signatures, i.e. Chief timekeeper or stroke, should make this request when names are submitted. |
| **MEET REGULATIONS** | No guarantee can be given by ADSC or Cults Otters that the event will take place at a particular time, or any date and ADSC or Cults Otters reserves the right to reschedule the event without notice and without liability for so doing. This would only happen because of unforeseen circumstances, e.g., 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 ADSC or Cults Otters. ADSC or Cults Otters will have no legal liability to make a refund or to pay any form of consequential or indirect damage such as travel, and accommodation costs. |
| **NOTES** | * All swimmers entered must have paid their SASA membership fee for the current year.
* The meet will be held under Modified rules.
* Level 3 Licenced Meet
* All events are heat declared winner with flashes to all heat winners.
* Over the top starts will be used when applicable.
* The Gala Convenor reserves the right to alter the meet programme and warm up times if necessary.
* Manual timing with three timekeepers per lane will be used.
* All entries must be accompanied by a signed registration declaration form.
* Swimmers must report to marshalling ahead of their event.
* Swimmers must follow instructions given to them by meet officials and marshals and must always behave in a reasonable manner.
* No photographic or video equipment will be allowed in any area without prior agreement of the Gala Convenor. Application forms will be available from the Gala Convenor and must be countersigned by a club official. Photographic permission will not be issued for mobile phones.
* Unless it has been notified in writing to the Gala Convenor it will be assumed that all parents of children swimming give permission for their child to be photographed by approved parties.
* Swimmers are not permitted phones poolside or in the changing rooms.
* Please use the lockers provided, do not leave items in the changing areas and ensure that any valuables are locked away.
* To comply with our child protection policy, please ensure that swimmers wear t-shirts and shorts or track suits and pool shoes when leaving poolside.
* Glass bottles or containers are not permitted in the changing area or poolside, this includes the spectator areas.
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| **Data Protection** | **Entries and Results**Personal data acquired from competitors to allow for the operation of this meet will be held securely and used only for the purpose of managing the meet, including the reporting of results, in line with GDPR guidance. |
| **Technical Swimsuits** | On 1st September 2022, new regulations came into force regarding technical swimsuits.  From this date all swimmers 13 years and younger cannot compete wearing technical suits in Scottish Swimming licenced or registered events.For further information and FAQ’s please see link below.<https://scottishswimming.com/news/technical-swimsuit-policy-update/> |
| **Meet Convener** | Stephen Jupp galaconvenors.adsc@gmail.com  |
| **Meet Secretary** | Julie King meetsec.adsc@gmail.com |
| **STO** | Adrian Gavin cultsotters.galaorg@gmail.com |

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**PROGRAMME OF EVENTS**

**SESSION ONE WARM UP 08.30 START 09.35**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Event No | 101 | Boys | 9-12 years | 50m  | Backstroke |
|  | 102 | Boys | 8 years | 25m  | Backstroke |
|  | 103 | Girls | 9-12 years | 50m | Breaststroke |
|  | 104 | Girls | 8 years | 25m | Breaststroke |
|  | 105 | Boys | 9-12 years | 50m | Freestyle |
|  | 106 | Boys | 8 years | 25m | Freestyle |
|  | 107 | Girls | 10-12 years | 50m | Butterfly |
|  | 108 | Girls | 8-9 years | 25m | Butterfly |
|  | 109 | Boys | 8-12 years | 100m | Individual Medley |
|  | 110 | Mixed | 8-9 years | 4 x 25m | Medley Relay |
|  | 111 | Mixed | 10-12 years | 4 x 50m | Medley Relay |

**SESSION TWO WARM UP 13.30 START 14.35**

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| Event No | 201 | Girls | 9-12 years | 50m | Backstroke |
|  | 202 | Girls | 8 years | 25m | Backstroke |
|  | 203 | Boys | 9-12 years | 50m | Breaststroke |
|  | 204 | Boys | 8 years | 25m | Breaststroke |
|  | 205 | Girls | 9-12 years | 50m | Freestyle |
|  | 206 | Girls | 8 years | 25m | Freestyle |
|  | 207 | Boys | 10-12 years | 50m | Butterfly |
|  | 208 | Boys | 8-9 years | 25m | Butterfly |
|  | 209 | Girls | 8-12 years | 100m | Individual Medley |
|  | 210 | Mixed | 8-9 years | 4 x 25m | Freestyle Relay |
|  | 211 | Mixed | 10-12 years | 4 x 50m | Freestyle Relay |

**ADSC & CULTS 2023**

**1st October 2023 Westhill Swimming Pool**

**OFFICIALS SHEET**

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| **CLUB:** |  | **Contact Email:** |  |
| **STO Contact:** |  | **Contact No:**  |  |

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| **NAME** | **DUTY** | **SIGNATURE REQUIRED** | **SESSION 1** | **SESSION 2** |
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Mentoring will be at the discretion of the Referee

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| **Name** | **J1/J2/J2S** | **Session 1 – Duty Requested** | **Session 2 – Duty Requested** |
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Please email this form by **Friday 15th September 2023: -** cultsotters.galaorg@gmail.com