

**ELGIN ASC 'MINI GRAD'**  
**Saturday 13th May 2023**  
**Buckie Leisure Centre, South Pringle Street, Buckie, AB56 1PX**  
**CLOSING DATE FOR ENTRIES, SUMMARY SHEET & FEES:**  
**MIDNIGHT – FRIDAY 21st Apr 2023**



**Meet Information**

<b>Pool:</b>	Buckie Leisure 5 lanes x 25m Anti-turbulence ropes. NO electronic timing.
<b>Sessions:</b>	<b>Session One: Warm Up 08:00 Start 09:05</b> <b>Session Two: Warm Up 12:45 Start 13:50</b> (Subject to change if necessary)
<b>Events:</b>	<p><b>Mixed 8 year old - 25m</b> Backstroke, Breaststroke, Butterfly, Freestyle;          50m Backstroke, Breaststroke, Butterfly, Freestyle;  <b>(Age Groups 9/10 years, 11/12 years, 13/14 years &amp; 15 years)</b>          100m Backstroke, Breaststroke, Butterfly, Freestyle;  <b>(Age Groups 9/10 years, 11/12 years, 13/14 years &amp; 15 years)</b>          100m IM <b>(Age Group 9 years – 15 years only)</b></p> <p>All individual events will be swum with age groups combined. All events will be heat declared winners.</p> <p><b>Maximum of 2 Teams only per club: (i.e., one of each or two of same)</b>          4x50m Mixed (8-11 years) (At least 1 girl &amp; 1 boy) Freestyle Relay;          4x50m Mixed (12-15 years) (At least 1 girl &amp; 1 boy) Freestyle Relay;</p> <p><b>Maximum of 2 Teams only per club: (i.e., one of each or two of same)</b>          4x50m Mixed (8-11 years) (At least 1 girl &amp; 1 boy) Medley Relay          4x50m Mixed (12-15 years) (At least 1 girl &amp; 1 boy) Medley Relay</p> <p>No Swimmer under the age of 8 is permitted to swim. Entries will <b>not be accepted from composite teams.</b></p>
<b>Age:</b>	As at 13 <sup>th</sup> May 2023 <b>8 years, 9/10 years, 11/12 years, 13/14 years &amp; 15 years.</b>
<b>Awards:</b>	Medals will be awarded to <b>1<sup>st</sup>, 2<sup>nd</sup> &amp; 3<sup>rd</sup> places in each Age Group for 25m, 50m, and 100m.</b> <b>1<sup>st</sup>, 2<sup>nd</sup> &amp; 3<sup>rd</sup> place medals for 100IM only</b> (not split into Age Groups).
<b>Eligibility to Enter:</b>	All swimmers entered must have paid their SASA membership fee for the current year. Registration numbers must be shown on entry files.
<b>Technical swimsuits</b>	Please note that as of 1 <sup>st</sup> September 2022, new regulations came into force regarding technical swimsuits. From this date, all swimmers aged 13 years and younger cannot compete wearing technical suits in Scottish Swimming licenced or registered events. For further information and FAQs please see link below: <a href="https://scottishswimming.com/news/technical-swimsuit-policy-update/">https://scottishswimming.com/news/technical-swimsuit-policy-update/</a>
<b>Consideration Times</b>	<b>Yes</b> - consideration times have been set for this meet. (Apart from 25m races) Elgin ASC reserves the right to restrict the number of heats in any event(s), to swim a slower heat for their Swimmers and to fill any empty lanes with Elgin ASC Swimmers. Heats will be swum slowest to fastest. Entries to the events will be restricted and will be accepted based on entry times. No NT entries will be accepted. Any entry not accepted will be refunded.  Programme of Events & Consideration Times on separate sheet.

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<b>Entry Fees:</b>	<p><b>£5.00 for 25m events. £6.00 for 50m &amp; 100m events and 100m IM. £7.00 for all relay events.</b></p> <p>Payment can be made by BACS. Account No: TSB Elgin A/C 00030028 Sort Code: 30-25-89. Reference should be <b>ELMGR</b> followed by your club code eg ELMGRNENX. Please contact Elgin ASC Treasurer for details if required <a href="mailto:elginascstreasurer@gmail.com">elginascstreasurer@gmail.com</a></p>
<b>Entries:</b>	<p>All entries must be on Hy-tek Team Manager entry file (District Rule SW 4.1.). Entry files may be obtained by downloading from the North District website (<a href="http://www.sasanorth.org.uk">www.sasanorth.org.uk</a>) or contact Denise Brown at <a href="mailto:elginascentries@gmail.com">elginascentries@gmail.com</a></p> <p>Entries may have to be limited dependent upon numbers received. In the event of an oversubscription, entries will be accepted as evenly across the programme as is practical.</p> <p>A Draft Programme will be emailed to all participating clubs, with notice of entries/scratches. After this time no withdrawals for refund will be accepted unless notice of Doctors Note is given within 7 days of last day of meet.</p> <p><b>Please note Summary Sheet and Payment must be received within 3 postal days of CLOSING DATE (MIDNIGHT 21st APR) There will be zero tolerance of late payment. Any entry or payment not received within the timeframe will be rejected without delay. Please return entry files, payment notification and summary sheet to - <a href="mailto:elginascentries@gmail.com">elginascentries@gmail.com</a></b></p>
<b>Early Withdrawals:</b>	<p>Withdrawals prior to the event may be sent by email to: <a href="mailto:elginascentries@gmail.com">elginascentries@gmail.com</a> to arrive by <b>5pm at the latest on Thursday 11th May 2023.</b></p> <p>NB: All details must be included on e-mail withdrawals ie Name, Event No, Stroke, Comp No etc. Telephone withdrawals will not be accepted.</p>
<b>Withdrawals on the Day:</b>	<p>Withdrawals should be notified to the recorders desk. Sheets should be handed back <b>at least 20 minutes prior</b> to the start of the appropriate session.</p>
<b>Marshalling</b>	<p>There will be marshalling. All swimmers 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 who have not presented themselves to the marshals prior to their heat leaving. They will not be permitted to swim.</p>
<b>Technical Officials:</b>	<p>Lists of Technical Officials for all sessions can be entered on the attached sheet and must be emailed to Anne Heald at <a href="mailto:elginascsto@gmail.com">elginascsto@gmail.com</a> <b>no later than (Friday 5<sup>th</sup> May 2023).</b></p> <p>Please note that probationary Judges and Timekeepers wishing specific signatures, i.e. Chief timekeeper or stroke, should make this request to the Meet Officials Convenor. For Trainee Judge 1, Judge 2 or Judge 2S, please see the Officials Sheet.</p> <p>Lunch <b>will be</b> provided for Officials. We are adopting a plastic free policy to help the environment. Could all Officials bring their own water bottle? Water and juice will be available throughout the weekend for top ups.</p> <p>Any queries or changes to Technical Officials after the closing date should be directed to Anne Heald at <a href="mailto:elginascsto@gmail.com">elginascsto@gmail.com</a></p>

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<p><b>Photography QR Code:</b></p>	<div style="display: flex; align-items: center;">  <div> <p>Anyone wishing to use photographic equipment, including video cameras at the event <b>MUST</b> register using the QR codes available below and at the venue.</p> <p><b>The use of mobile phones or other devices capable of photography/video are not permitted at any time in the changing areas, toilets or shower areas. They must also be switched to silent in the pool area.</b></p> </div> </div>
<p><b>Meet Convenor:</b></p>	<p>Tracy Sinclair: <a href="mailto:eascgala@gmail.com">eascgala@gmail.com</a></p>
<p><b>Important Information:</b></p>	<ol style="list-style-type: none"> <li>1. All participants are required to adhere to the Scottish Swimming Code of Ethics, and relevant codes of conduct.</li> <li>2. A Licence has been granted for this competition and accreditation will be applied for through SASA North District.</li> <li>3. Each competitor should bring (as a minimum): • Sufficient water in a plastic water bottle(s); • Shorts &amp; t-shirt to wear over the swimsuit/swim shorts at all times when not swimming; • Poolside shoes (e.g. crocs/clean trainers/flip flops); • Hand sanitiser.</li> <li>4. Poolside/changing room access will be limited to team coaches and chaperones up to a maximum of one coach/chaperone per 10 swimmers, with a maximum of 3 coaches/chaperones at any one time.</li> <li>5. Belongings should be placed in the lockers provided.</li> <li>6. Seating areas will be allocated to each team. Teams are responsible for ensuring that their swimmers recognize the importance of “giving people space”, especially when moving through the seating and marshalling areas.</li> <li>7. Participating clubs will receive one copy of start sheets for each session.</li> <li>8. Coaches should ensure that their swimmers enter and exit the warm ups at the allotted times. Swimmers must not enter the pool until their warm-up start is announced and must follow all instructions. Full warm up details will be issued prior to the meet.</li> <li>9. Over the top starts will be issued at the discretion of the Meet Referee.</li> <li>10. The meet organisers and the facility management cannot be held responsible for items lost or damaged during the course of the event.</li> <li>11. <b>Clubs are responsible for clearing their seating area of belongings, litter, etc. before leaving at the end of the competition day.</b> Bin liners for plastic bottles/recyclable items and for general waste will be distributed around the pool - please use them.</li> <li>12. <b>Glass bottles, containers and hot drinks are not permitted in the pool area.</b></li> </ol>
<p><b>Refreshments:</b></p>	<p>Teas, Coffees and Snacks will be available to purchase.</p> <p>There will be bakes and bottled refreshments and a lucky dip raffle for the children.</p>
<p><b>Feedback QR Code:</b></p>	<div style="display: flex; align-items: center;">  <div> <p>This short feedback form will take 4 minutes to complete. We value your comments and the time taken to answer the questions after the event has taken place. We hope you will enjoy the experience.</p> </div> </div>

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**Programme of Events**

**Saturday**

**Session One**

<b>Event 101</b>	Mixed	8 - 11 Years	200m Medley Relay
<b>Event 102</b>	Mixed	12 - 15 Years	200m Medley Relay
<b>Event 103</b>	Mixed	8 Years	25m Backstroke
<b>Event 104</b>	Girls	9 - 15 Years	50m Butterfly
<b>Event 105</b>	Boys	9 - 15 Years	50m Butterfly
<b>Event 106</b>	Girls	9 - 15 Years	100m Backstroke
<b>Event 107</b>	Boys	9 - 15 Years	100m Backstroke
<b>Event 108</b>	Mixed	8 Years	25m Breaststroke
<b>Event 109</b>	Girls	9 - 15 Years	50m Freestyle
<b>Event 110</b>	Boys	9 - 15 Years	50m Freestyle
<b>Event 111</b>	Girls	9 - 15 Years	100m Breaststroke
<b>Event 112</b>	Boys	9 - 15 Years	100m Breaststroke
<b>Event 113</b>	Girls	9 - 15 Years	100m Individual Medley

**Sunday**

**Session Two**

<b>Event 201</b>	Mixed	8 - 11 Years	200m Freestyle Relay
<b>Event 202</b>	Mixed	12 - 15 Years	200m Freestyle Relay
<b>Event 203</b>	Mixed	8 Years	25m Butterfly
<b>Event 204</b>	Boys	9 - 15 Years	50m Backstroke
<b>Event 205</b>	Girls	9 - 15 Years	50m Backstroke
<b>Event 206</b>	Boys	9 - 15 Years	100m Butterfly
<b>Event 207</b>	Girls	9 - 15 Years	100m Butterfly
<b>Event 208</b>	Mixed	8 Years	25m Freestyle
<b>Event 209</b>	Boys	9 - 15 Years	50m Breaststroke
<b>Event 210</b>	Girls	9 - 15 Years	50m Breaststroke
<b>Event 211</b>	Boys	9 - 15 Years	100m Freestyle
<b>Event 212</b>	Girls	9 - 15 Years	100m Freestyle
<b>Event 213</b>	Boys	9 - 15 Years	100m Individual Medley

<b>CONSIDERATION TIMES</b>								
<b>Not Faster Than Times Below:</b>								
<b>NO CONSIDERATION TIMES FOR 25m Events</b>								
<b>Girls</b>				<b>Events</b>	<b>Boys</b>			
<b>9/10</b>	<b>11/12</b>	<b>13/14</b>	<b>15</b>		<b>9/10</b>	<b>11/12</b>	<b>13/14</b>	<b>15</b>
46.00	43.00	40.00	38.00	<b>50 Back</b>	45.00	42.00	39.00	37.00
52.00	50.00	49.00	47.00	<b>50 Breast</b>	50.00	48.00	47.00	45.00
50.00	46.00	40.00	38.00	<b>50 Fly</b>	49.00	44.00	38.00	34.00
40.00	36.00	33.00	32.00	<b>50 Free</b>	38.00	34.00	30.00	29.00
1:33.00	1:32.00	1:24.00	1:20.00	<b>100 Back</b>	1:32.00	1:30.00	1:22.00	1:18.00
1:46.00	1:44.00	1:34.00	1:32.00	<b>100 Breast</b>	1:45.00	1:43.00	1:32.00	1:30.00
1:37.00	1:35.00	1:30.00	1:29.00	<b>100 Fly</b>	1:36.00	1:34.00	1:28.00	1:26.00
1:26.00	1:21.00	1:11.00	1:08.00	<b>100 Free</b>	1:23.00	1:18.00	1:09.00	1:06.00
1:35.00	1:33.00	1:24.00	1:16.00	<b>100 IM</b>	1:33.00	1:31.00	1:22.00	1:08.00

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**Summary Sheet**

<b>Club Name/Abbr:</b>	<b>Meet Secretary:</b>
	<b>Address:</b>
	<b>Tel No:</b>
	<b>Email:</b>

<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 30%;">___ Mixed 25m Male/Female Entries</td> <td style="width: 20%;">@ £5.00</td> <td style="width: 10%;">£ .....</td> <td rowspan="5" style="width: 30%; vertical-align: top; padding-left: 10px;"> <b>Paperwork and Payment must be received within 3 postal days of closing date.</b>   <b>Have you enclosed:</b>  <b>BACS, Hy-tek TM Entry Zip File</b>  <b>Summary Sheet</b> </td> </tr> <tr> <td>___ Ind 50m Male/Female Entries</td> <td>@ £6.00</td> <td>£ .....</td> </tr> <tr> <td>___ Ind 100m Male/Female Entries</td> <td>@ £6.00</td> <td>£ .....</td> </tr> <tr> <td>___ 4 x 50m Relay Mixed Entries</td> <td>@ £7.00</td> <td>£ .....</td> </tr> <tr> <td>___ Coaches' Meal Pass</td> <td>@ £5.00</td> <td>£ .....</td> </tr> <tr> <td colspan="3" style="text-align: right;"><b>Total: £ .....</b></td> <td></td> </tr> </table>	___ Mixed 25m Male/Female Entries	@ £5.00	£ .....	<b>Paperwork and Payment must be received within 3 postal days of closing date.</b>  <b>Have you enclosed:</b> <b>BACS, Hy-tek TM Entry Zip File</b> <b>Summary Sheet</b>	___ Ind 50m Male/Female Entries	@ £6.00	£ .....	___ Ind 100m Male/Female Entries	@ £6.00	£ .....	___ 4 x 50m Relay Mixed Entries	@ £7.00	£ .....	___ Coaches' Meal Pass	@ £5.00	£ .....	<b>Total: £ .....</b>				
___ Mixed 25m Male/Female Entries	@ £5.00	£ .....	<b>Paperwork and Payment must be received within 3 postal days of closing date.</b>  <b>Have you enclosed:</b> <b>BACS, Hy-tek TM Entry Zip File</b> <b>Summary Sheet</b>																		
___ Ind 50m Male/Female Entries	@ £6.00	£ .....																			
___ Ind 100m Male/Female Entries	@ £6.00	£ .....																			
___ 4 x 50m Relay Mixed Entries	@ £7.00	£ .....																			
___ Coaches' Meal Pass	@ £5.00	£ .....																			
<b>Total: £ .....</b>																					

**PAYMENT VIA: BACS Account No: TSB Elgin A/C 00030028 Sort Code: 30-25-89.**  
**Payment Reference ELMGR followed by Club Code eg ELMGRNENX.**

<b>FOR REFUNDS AFTER MEET</b>		
<b>Club A/C Name:</b> _____		
<b>Sort Code:</b> _____	<b>Bank/Account Number:</b> _____	

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

I confirm that all coaches and/or team staff from our club who will be on poolside are members of Scottish Swimming and have current PVG disclosure.

**Signed:** .....

**Position in Club:** ..... **Date:** .....

(This declaration must be completed by all competing clubs)

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**Officials Sheet - Please Note: This sheet to be emailed to Anne Heald E-mail: [elginascsto@gmail.com](mailto:elginascsto@gmail.com)**

**Club:** \_\_\_\_\_

**Meet STO:** Anne Heald

**STO Contact Name:** \_\_\_\_\_

**Tel No:** \_\_\_\_\_

**E-mail address:** \_\_\_\_\_

SESSION 1						
	Club Code	Name	TK/Judge	Level J1/J2/J2S		Mentoring Request
						J1/J2/J2S
1	NENX	EXAMPLE NAME	JUDGE	J1		J2
2						
3						
4						
5						
6						
7						
8						
9						
10						

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SESSION 2						
	Club Code	Name	TK/Judge	Level J1/J2/J2S		Mentoring Request
						J1/J2/J2S
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						