



Garioch Amateur Swimming Club

The Miley Medley Meet

(incorporating the Garioch Distance Meet)
(UNDER WORLD AQUATICS AND SASA RULES)



Saturday 18th November 2023

Sunday 19th November 2023

MEET INFORMATION

Pool	<p>Inverurie Community Campus 25 Metres, 6 Lanes, Anti-turbulence Ropes, Deck Level Pool</p> <p>Please note that unfortunately there will be no spectator space available in order to maximise the number of swimmers able to take part.</p>
Sessions	<p>Session One (Saturday 18th November) – Warm Up 08:00, Start 09:05, End 12:05 Session Two (Saturday 18th November) – Warm Up 13:00, Start 14:05, End 17:05 Session Three (Sunday 19th November) – Warm Up 08:00, Start 09:05, End 12:05 Session Four (Sunday 19th November) – Warm Up 13:00, Start 14:05, End 17:05</p> <p>(Subject to change if necessary)</p> <p>The programme of events is displayed in Appendix 1.</p> <p>Lists of accepted participating swimmers and a draft programme will be emailed to each club.</p>
License	L2/ND/066/NOV23
Swimsuit Regulations	<p>Please note that as of 1st 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:</p> <p>https://scottishswimming.com/news/technical-swimsuit-policy-update/</p>
Age	<p>Age is as on last day of competition i.e., 19th November 2023.</p> <p>Age Groups for Male and Female will be 10-13 years, 14-15 yfears and 16+ years. Heats will be run mixed age, seeded by entry time.</p> <p>Points will be awarded for the top 10 places within each Individual Medley event for each age group as below. At the end of Session Four, points will be collated and the top scorer for category will be awarded a cash prize as follows:</p> <p>Female Age 10-13 years Male Age 10-13 years Female Age 14-15 years Male Age 14-15 years Female Age 16 years + Male Age 16 years +</p> <p>In the event of a draw, a 200IM swim-off will take place with the fastest time in the swim-off being awarded the cash prize.</p> <p>No other medals/prizes will be awarded.</p>



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<p>Entries</p>	<p>Please return entries and summary sheet within Appendix 2 by email:</p> <p>Murray Gow - meetsec@gasc.co.uk</p> <p>Please note the entry file and summary sheet must be received by email by the closing date - 12 noon Friday 27th October 2023. Late entries will be accepted on a case by case basis depending upon numbers.</p> <p>All entries must be on Hy-tek Team Manager entry file.</p> <p>Entry files may be obtained by contacting Murray Gow at meetsec@gasc.co.uk.</p> <p>Once all entries are received, priority for accepted entries will be as follows:</p> <ol style="list-style-type: none"> 1. If a swimmer has entered all events; 2. If a swimmer has entered all IM events (100IM, 200IM & 400IM); 3. If a swimmer has entered at least two individual IM events (two of 100IM, 200IM or 400IM); 4. If a swimmer has entered a least one individual IM event (one of 100IM, 200IM or 400IM); 5. If a swimmer has entered all 50m events (backstroke, breaststroke, freestyle, butterfly); 6. If a swimmer has entered any 50m event (backstroke, breaststroke, freestyle, butterfly). <p>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. Entries may have to be limited dependent upon numbers received.</p> <p>Garioch ASC reserves the right to amend the programme at any time and to include additional Garioch swimmers in certain races to fill unused lanes/heats if entry numbers allow.</p> <p>In the event that the meet is oversubscribed and cuts have to be made, cuts will be made based on the above criteria, followed by swimmers with the fewest swims in a session, regardless of where they lie in the seedings. The 1500m event will be restricted to 3 heats on each day. If 1500m entries are oversubscribed, cuts will be treated out with the above criteria and acceptances will be fastest to slowest, evenly across the age groups as far as possible.</p> <p>There are no consideration times but times must be submitted on entry for seeding purposes. These should be real times, that may come from a Club's own time trials, but do not need to be accredited. Please note that NT times will not be accepted.</p>
<p>Entry Fees</p>	<p>£6 per individual event</p> <p>£10 per 1500m freestyle event</p> <p>Entry Fees should be paid by bank transfer to GASC</p> <p>Account Number: 30246563, Sort Code: 82-65-21</p> <p>Please use Club Name/MileyMedleyMeet as a reference e.g. "GASC/MileyMedleyMeet"</p>



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Withdrawals	<p>Withdrawals prior to the meet should be emailed to meetsec@gasc.co.uk to arrive no later than 12noon on Thursday 16th November 2023.</p> <p>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.</p> <p>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.</p> <p>Please note that for 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.</p>
Technical Officials	<p>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 Co-ordinator by email to arrive before 12noon Monday 30th October 2023 as per Appendix 3.</p> <p>Niall Fletcher - officials@gasc.co.uk</p> <p>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. Mentoring opportunities will be offered if agreed by the Referee.</p> <p>Please note that there will be no spectator space available in order to maximise the number of swimmers able to take part.</p> <p>Lunch and refreshments will be provided for technical officials.</p> <p>Please bring your own water bottle(s) in order to reduce single use plastic waste which can be refilled at the water fountain if required.</p>
Starts	<p>As per World Aquatics rules. One start will be implemented throughout. Over the top starts will be used where practicable.</p>
Marshalling	<p>There will be marshalling located on poolside by the training pool, subject to change. All swimmers must attend marshalling before their events and are advised to attend in good time. The start of the race will not be delayed for absent competitors.</p>
Photography Mobile Phones	<p>Please note that anyone wishing to use photographic equipment, including video cameras, must register with the Meet Convener on the appropriate form. Garioch ASC may take photographs for use with club publicity. The Garioch WPO will approve all such photographs. Please contact the Meet Convener should you not wish for your swimmer's photograph to be taken. Mobile phones must not be used in the changing rooms.</p>



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Meet Regulations	<p>No guarantee can be given by GASC that the event will take place at a particular time or any particular date and GASC reserves the right to reschedule or cancel the event without notice and liability for doing so. It is expected that this would only happen as a result of unforeseen circumstances e.g. COVID-19 outbreak, venue/facility failure or adverse weather. Garioch ASC will have no legal liability to make any refund or to pay any form of consequential or indirect damage such as loss of enjoyment, travel and accommodation costs should the meet be required to be cancelled or changed.</p> <p>This event is run in accordance with Scottish Swimming Competition Management Guidance, codes of conduct and COVID regulations prevailing at the time of the event; requirements for the meet may need to be changed in accordance with any change in regulations/legislation. A risk assessment has been carried out and takes into consideration the information contained within this document.</p>
Meet Convener	Gill Smith – gascmeetconvener@gmail.com
Notes	<p>All swimmers, poolside helpers and coaches taking part should have a current SASA membership. Registration numbers must be shown on entry files. A license has been applied for and accreditation will be applied for with SASA.</p> <p>Poolside access will be limited to one Coach per 10 swimmers, with a maximum of 3 Coaches at any one time.</p> <p>Meal tickets for lunch are available for coaches at £5 per person per day – please include within the summary sheet provided.</p> <p>Outdoor shoes will need to be removed before entering the changing rooms and there are shoe racks at the entrance to the changing village to allow this. Belongings should be placed in the lockers provided within the changing village. No large bags are allowed on poolside due to minimal space. Each competitor should bring (as a minimum):</p> <p>Sufficient water in a plastic water bottle(s) – water can be refilled at the water fountain if required;</p> <p>Shorts & t-shirt to wear over the swimsuit/swim shorts at all times when not swimming;</p> <p>Poolside shoes (e.g. crocs/clean trainers/flip flops) – these should be changed into prior to entering the changing village.</p> <p>The meet organisers and the facility management cannot be held responsible for items lost or damaged during the course of the event.</p> <p>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.</p> <p>We are also delighted to announce that we are able to bring back our chocolate tombola and lucky square game along with some other exciting raffles! Please bring along your pocket money to spend!</p>



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APPENDIX 1

MEET INFORMATION

PROGRAMME OF EVENTS

Session One - Saturday 18th November

Entry Time from 07:30, Warm Up 08:00, Start 09:05, End 12:05

Event 101	10+ years	Male	100m Individual Medley
Event 102	10+ years	Female	100m Butterfly
Event 103	10+ years	Male	50m Backstroke
Event 104	10+ years	Female	400m Individual Medley
Event 105	10+ years	Male	1500m Freestyle

Session Two - Saturday 18th November

Entry Time from 12:30, Warm Up 13:00, Start 14:05, End 17:05

Event 201	10+ years	Female	50m Breaststroke
Event 202	10+ years	Male	100m Breaststroke
Event 203	10+ years	Female	50m Freestyle
Event 204	10+ years	Male	50m Butterfly
Event 205	10+ years	Female	100m Backstroke
Event 206	10+ years	Male	100m Freestyle
Event 207	10+ years	Female	100m Freestyle

Session Three - Sunday 19th November

Entry Time from 07:30, Warm Up 08:00, Start 09:05, End 12:05

Event 301	10+ years	Female	100m Individual Medley
Event 302	10+ years	Male	100m Butterfly
Event 303	10+ years	Female	50m Backstroke
Event 304	10+ years	Male	400m Individual Medley
Event 305	10+ years	Female	1500m Freestyle

Session Four - Sunday 19th November

Entry Time from 12:30, Warm Up 13:00, Start 14:05, End 17:05

Event 401	10+ years	Male	50m Breaststroke
Event 402	10+ years	Female	100m Breaststroke
Event 403	10+ years	Male	50m Freestyle
Event 404	10+ years	Female	50m Butterfly
Event 405	10+ years	Male	100m Backstroke
Event 406	10+ years	Female	200m Individual Medley
Event 407	10+ years	Male	200m Individual Medley



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APPENDIX 2 Summary Sheet

Club	
Contact Name	
Address	
Post Code	
Tel. No	
E-mail	

(Must be reliable for distribution of returns and all future information)

	Number of Entries	Total Cost
Male Entries @ £6		
Female Entries @ £6		
Male Entries @ £10		
Female Entries @ £10		
Coaches Meal Tickets @ £5		
TOTAL		

In Case of Refunds – please supply the following information:

Bank Account Number:

Sort Code:

Bank Account Name:

DECLARATION: I confirm that all swimmers entered have paid their current SASA membership fee.

Signed:

Position in Club: Date:

Form to be returned with entries file to: Meet Secretary at meetsec@gasc.co.uk

CLOSING DATE FOR ENTRIES, SUMMARY SHEET AND FEES

12noon Friday 27th October 2023



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APPENDIX 3 Officials Sheet

Please complete the ND Meet Officials Proforma in Excel

which can be found on the ND website <https://www.sasanorth.org.uk/sto.html> at
[http://www.sasanorth.org.uk/ND_Admin/Handbook/2022/SASA%20ND%20Handbook%202022%20\(k\)%20Meet%20Officials%20Pro%20Forma%202022-23.xlsx](http://www.sasanorth.org.uk/ND_Admin/Handbook/2022/SASA%20ND%20Handbook%202022%20(k)%20Meet%20Officials%20Pro%20Forma%202022-23.xlsx)

and return to the STO Co-ordinator, Niall Fletcher at officials@gasc.co.uk