



**Forres Bluefins  
Swimming Club  
Mini Meet**

FORRES SWIMMING POOL

On

Saturday 28<sup>th</sup> September 2024

## MEET INFORMATION

<b>POOL</b>	Forres Swimming Pool, Burdsyard Road, Forres, IV36 1FG 25m pool; 4 lanes; anti-turbulence lane ropes; space poolside for swimmers and coaches
<b>LICENSE</b>	L3/ND/056/SEP24
<b>SESSIONS</b>	<p><b>Session One</b> Warm up 0830 Start 0935  <b>Session Two</b> Warm up 1330 Start 1435  <i>(Subject to change if necessary)</i></p> <p>All swimmers are asked to arrive in time to participate in their relevant warm-up session, the information for which will be circulated to participating clubs as Meet Joining Instructions after the Entry Deadline.</p>
<b>AGE GROUPS</b>	8, 9, 10 and 11 years. All events are age on the day – Saturday 28 <sup>th</sup> September 2024
<b>EVENTS</b>	All individual events are single sex events. <b>Please see attached sheet for full programme of events.</b>
<b>INDIVIDUAL EVENTS</b>	8 years, 25m all strokes 9-11 years, 50m all strokes 8-11 years, 100m Individual Medley
<b>RELAY EVENTS</b>	8/9 years mixed 4 x 50m Freestyle & Medley relays (max 3 x 9 year olds per team) 10/11 years mixed 4 x 50m Freestyle & Medley relays (max 3 x 11 year olds per team) Maximum of 2 relays teams per event per club.  For the mixed relay events, there must be at least one girl and one boy in each team. Teams comprising of all the same gender will not be eligible to swim. Please note that for the relay, swimmers are not allowed to swim up an age group. All members of the relay team must have taken part in at least one individual event.
<b>MEET ENTRIES</b>	<p>Entries to be made using the Hytek team Manager events file. Entry files may be obtained by downloading from Swim Scotland, North District website (<a href="http://www.sasanorth.org.uk">www.sasanorth.org.uk</a>), or by contacting <a href="mailto:matchsec@forresbluefins.co.uk">matchsec@forresbluefins.co.uk</a></p> <p><b>CLOSING DATE FOR ALL ENTRIES IS 5.00pm FRIDAY 30th AUGUST 2024.</b></p> <p>All meet entry files and summary sheet to be received by this closing date. Late entries will not be accepted. Payment must be received within 3 days of closing date as detailed. Receipt of entry file will be confirmed by email.</p>
<b>ENTRY TIMES</b>	<p>No consideration times have been set for this meet.</p> <p>Forres Bluefins swimming club reserves the right to restrict the number of heats in any event(s), reserves the right to swim a slower heat for their swimmers and to fill any empty lanes with Forres Bluefins swimmers. Heats will be swum slowest to fastest. All Forres Bluefins swimmers will be accepted. 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.</p> <p>No <b>NT</b> entries will be accepted. Any entry not accepted will be refunded.</p> <p>Any swimmer with existing North District times or achieving North District times or entering a North District event after submission of the entry must be withdrawn from all swims and their entry fees will be refunded.</p>

<b>ENTRY FEES</b>	<p>£7.00 per individual event / £9.00 per relay team</p> <p>Payments should be made by Bank Transfer to: Forres Bluefins Swimming Club; Sort code: 80-06-81; Account: 00349885 Reference: FBMM2024 followed by Club Name</p> <p>In the event of postponement, cancellation or abandonment of the event or withdrawals at any time, refunds if any, will be made at the absolute discretion of Forres Bluefins. Forres Bluefins will have no legal liability to make a refund or to pay any form of consequential or indirect damage such as loss of enjoyment, travel or accommodation costs.</p>
<b>SPECIAL CONDITIONS</b>	<p>Please note that this gala is intended for novice swimmers who have either never competed, or who are relatively new to competitive swimming. It will be run in an encouraging and supportive environment and the full World Aquatics rules of swimming will not be applied. The meet will therefore be run under the following conditions:</p> <ul style="list-style-type: none"> <li>• Forward facing starts with a dive from the blocks, or from in the water will all be permitted.</li> </ul> <p>Swimmers will only be disqualified for the following:</p> <ul style="list-style-type: none"> <li>• Starting before the signal (although a restart will usually be offered) or doing a “flyer” in a relay</li> <li>• Swimming the wrong stroke in either an individual event or a relay</li> <li>• Not completing the full distance (including not touching the end at a turn)</li> <li>• Actions that are against the rules AND gain a clear and unfair advantage, eg. pulling on the lane rope or swimming underwater</li> </ul> <p>Although a Novice Gala, Coaches should ensure that swimmers are capable of completing the stroke / distance according to World Aquatics technical requirements before entering swimmers into an event.</p> <p>We would like to encourage clubs to enter relay teams to promote team spirit and fun at this novice event.</p>
<b>MEDALS</b>	<p>Medals will be presented for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place (including relay events). These can be collected from the medals area on the day.</p>
<b>TROPHIES</b>	<p>Age group trophies will be awarded to swimmers who have accumulated the most points in their respective age group and category. Points will be awarded to the first 4 finishers in each event. In the event of a points tie, the trophy winner will be decided on the lowest accumulated time over all 4 individual strokes.</p>
<b>WITHDRAWALS</b>	<p>All withdrawals must be notified to <a href="mailto:matchsec@forrebluefins.co.uk">matchsec@forrebluefins.co.uk</a> by email before <b>5pm on Wednesday 25<sup>th</sup> September 2024</b>. For withdrawals by email, all details must be included i.e. name, event no, stroke, SASA no etc.</p> <p>Withdrawals on the day should be submitted to the Records desk no later than 1 hour prior to the start of the appropriate session.</p>
<b>MEDICAL WITHDRAWALS</b>	<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>
<b>COACHES PASSES</b>	<p>Coaches lunch will be available for each Club at £6.00 each – please include payment for this along with the gala entry fees.</p>
<b>CHANGING ROOMS</b>	<p>The changing room at the pool will be available for use but time in this area should be limited as far as possible. Bags can be taken into the communal squad area in the adjacent gym hall. <b>Strictly NO food or drink permitted either poolside or in the changing room area.</b></p>

<b>MARSHALLING</b>	Swimmers must report to marshalling ahead of their event and are advised to attend in good time, otherwise they will not be permitted to swim. The start of a race will not be delayed for absent competitors. Swimmers must follow instructions given to them by meet officials and marshals, and swimmers must always behave in a reasonable manner.
<b>SPECTATING</b>	Due to building restrictions on numbers, there will be limited space for spectators. This will however depend on the number of entries that we receive and accept. The spectating instructions will therefore be updated in line with what we can offer within the Meet Joining Instructions / Coaches Pack which will be circulated the week prior to the gala.
<b>TECHNICAL SWIMSUITS</b>	As of 1 <sup>st</sup> 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 licensed or registered events. For further information and FAQ's please see link <a href="#">HERE</a> .
<b>TECHNICAL OFFICIALS</b>	<p>We would be grateful for a list of officials willing to help on the day. Please complete the enclosed form and return it with entries or e-mail the details directly to <a href="mailto:sto@forresbluefins.co.uk">sto@forresbluefins.co.uk</a></p> <p>Any queries or changes to Technical Officials after the closing date should also be directed to the Gala Organiser. All clubs are requested to provide a minimum of 1 STO per session (ideally Judge level if possible). Clubs that have 10 swimmers or more accepted should provide a minimum of 2 technical officials per session.</p> <p>Please note that Timekeepers or Judges-in-training requiring specific signatures, i.e. Chief timekeeper or stroke judge, should make this request when STO names are submitted. Mentoring requests will be at the discretion of the Referee, however mentoring requests may be honoured if there are adequate qualified officials to cover the roles. We cannot however, guarantee that all requests, if any, will be granted.</p> <p>Lunch and refreshments will be provided for Technical Officials. Please bring your own water bottle(s) in order to reduce single use plastic waste. Your bottles can be re-filled from a tap within the building.</p>
<b>PHOTOGRAPHY &amp; MOBILE PHONES</b>	<p>No photographic or video equipment will be allowed in any area without prior agreement of the Gala Organiser. Application forms will be available from the Gala Organiser and must be countersigned by a club official. Photographic permission will not be issued for mobile phones.</p> <p>Unless it has been notified in writing to the Gala Organiser it will be assumed that all parents of children swimming give permission for their child to be photographed by approved parties.</p> <p><b>Photography of any description, and the use of mobile phones or any other devices capable of photography is strictly prohibited in the changing room, showers, and toilet areas. The use of mobile phones poolside is prohibited.</b></p>
<b>TRANSGENDER &amp; NON BINARY COMPETITION POLICY</b>	<p>As of the 1<sup>st</sup> January 2024 the Scottish Swimming Transgender &amp; Non-Binary Competition Policy was implemented nationally across all aquatics sports. The policy and FAQs can be found <a href="#">HERE</a>. Any policy related matters that arise during the event should be reported to and will be recorded by the Meet Convenor/Lead Referee and these matters will be communicated to and managed post event by the relevant Scottish Swimming Staff. At no point will members be challenged on the day of a competition with any matters being resolved post event.</p> <p>As a result of this policy being implemented, any competitor intending to compete within the Female category at this event will be required to provide confirmation that their birth sex is female when signing up to the meet conditions through entry. By entering the Female category, athletes are therefore confirming their birth sex is female and are eligible to compete in the Female category.</p>

<p><b>DATA PROTECTION</b></p>	<p>In order to operate the Forres Bluefins Mini Meet, we have a legitimate interest to collect and process some basic personal data from all competitors, specifically name, gender, date of birth.</p> <p>This data will be held securely and only used for the purposes of managing the meet and reporting results. The data will be retained in accordance with Licence Requirements. Names and ages will be shared with attending clubs and SASA ND and may be published. Name, gender and date of birth will only be used when submitting the results to Scottish Rankings for the purpose of maintaining the National Database.</p> <p>By entering the Forres Bluefins Mini Meet competitors agree to allow Forres Bluefins to publish the personal data submitted within the entry file and allow publication of results.</p>
<p><b>ADDITIONAL NOTES</b></p>	<ul style="list-style-type: none"> <li>• All swimmers, poolside helpers and coaches taking part should have a current SASA membership. Registration numbers must be shown on entry files. All participants are required to adhere to the Scottish Swimming Code of Ethics and all relevant codes of conduct.</li> <li>• A license has been granted for this competition and accreditation will be applied for with SASA North District. (License Number L3/ND/056/SEP24)</li> <li>• Poolside access will be limited to one Coach per 10 swimmers, with a maximum of 2 Coaches at any one time.</li> <li>• Seating areas will be allocated to each team. <b>Teams 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 are positioned within the pool building - please use them.</li> <li>• Each competitor should bring (as a minimum): <ul style="list-style-type: none"> <li>▪ Sufficient water in a plastic water bottle(s);</li> <li>▪ Shorts &amp; t-shirt to wear over the swimsuit/swim shorts at all times when not swimming;</li> <li>▪ Poolside shoes (e.g. crocs/clean trainers/flip flops).</li> </ul> </li> <li>• Participating clubs will receive one copy of start sheets for each session.</li> <li>• 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>• Meal tickets for lunch are available for coaches at £6.00 per person per day – please include within the summary sheet provided.</li> <li>• Belongings should be placed in the lockers provided within the changing rooms. Lockers take 50p. No swimming bags/kit bags are allowed on poolside due to minimal space. The meet organisers and the facility management cannot be held responsible for items lost during the course of the event.</li> <li>• Additional space for clubs will be allocated within the adjoining gym hall. <b>Swimmers must be supervised in this area by an adult from your club at all times.</b></li> <li>• T-shirt and footwear must be worn at all times in ALL public areas out with the poolside and changing areas.</li> <li>• The meet organisers and the facility management cannot be held responsible for items lost or damaged during the course of the event.</li> <li>• Strictly NO food or drink permitted poolside or in the changing room area.</li> <li>• <b>We kindly ask that all cars are parked at the Forres Academy car park which is located directly behind the swimming pool.</b></li> <li>• We are also delighted to announce that we be offering our chocolate chances and lucky square game along with some other exciting raffles! Please bring along your pocket money to spend!</li> </ul>

<b>CONTACT INFORMATION</b>	<p>Gala Convener Fiona Jones e-mail: <a href="mailto:galaconvener@forresbluefins.co.uk">galaconvener@forresbluefins.co.uk</a></p> <p>Gala Entries – Match Secretary Fiona Simmons email: <a href="mailto:matchsec@forresbluefins.co.uk">matchsec@forresbluefins.co.uk</a></p> <p>Technical Officials - STO Suzanne Offer email: <a href="mailto:sto@forresbluefins.co.uk">sto@forresbluefins.co.uk</a></p>
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## **PROGRAMME OF EVENTS**

### **SESSION ONE – WARM UP 08.30- 09.30**

**START: 09.35 Hrs**

101	Male & Open 8 Years	25m	Backstroke
102	Girls 8 Years	25m	Backstroke
103	Male & Open 9 – 11 Years	50m	Breaststroke
104	Girls 9 – 11 Years	50m	Breaststroke
105	Male & Open 8 Years	25m	Butterfly
106	Girls 8 Years	25m	Butterfly
107	Male & Open 9 - 11 Years	50m	Freestyle
108	Girls 9 - 11 Years	50m	Freestyle
109	Male & Open 8-11 Years	100m	Individual Medley (No points awarded for this event)
110	Mixed 8–9 Years	4 x 50m	Medley Relay (No points awarded for this event)
111	Mixed 10–11 Years	4 x 50m	Medley Relay (No points awarded for this event)

### **SESSION TWO – WARM UP: 13.30- 14.30**

**START: 14.35 Hrs**

201	Girls 8 Years	25m	Breaststroke
202	Male & Open 8 Years	25m	Breaststroke
203	Girls 9-11 Years	50m	Butterfly
204	Male & Open 9 - 11 Years	50m	Butterfly
205	Girls 8 Years	25m	Freestyle
206	Male & Open 8 Years	25m	Freestyle
207	Girls 9 - 11 Years	50m	Backstroke
208	Male & Open 9 - 11 Years	50m	Backstroke
209	Girls 8-11 Years	100m	Individual Medley (No points awarded for this event)
210	Mixed 8–9 years	4 x 50m	Freestyle Relay (No points awarded for this event)
211	Mixed 10–11 years	4 x 50m	Freestyle Relay (No points awarded for this event)

## SUMMARY SHEET & DECLARATION

All competitors must be SASA registered. Swimmers & coaches have been made aware of the photographic / video restrictions at this venue.

Club:	
Contact Name:	
Address:	
Post Code:	
Tel. No:	
Email:	

Category	No. of Entries	Total Cost
Individual Girl swims @ £7.00		
Individual Boy swims @ £7.00		
Relay teams @ £9.00		
<b>Coaches Meal Tickets £6.00</b>		
<b>TOTAL ENCLOSED PAYABLE TO FORRES BLUEFINS</b>		

**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 fees.

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: .....

Form to be returned with entries file to: Match Secretary at [matchsec@forresbluefins.co.uk](mailto:matchsec@forresbluefins.co.uk)

**CLOSING DATE: ALL ENTRIES, SUMMARY SHEET AND FEES  
TO BE SUBMITTED BY 5.00pm, Friday 30<sup>th</sup> August 2024**



## OFFICIALS SHEET

<b>Club:</b>	
<b>STO Contact:</b>	
<b>Tel. No:</b>	
<b>Email:</b>	

Name	Duty	Signature Required	Session 1	Session 2

**Mentoring Requests (please note mentoring will be at the discretion of the Referee(s))**

Name	J1/ J2 / J2S	Session 1 Duty Requested – eg <i>CIT</i>	Session 2 Requested – eg <i>CIT</i>

Please return along with entries or email to [matchsec@forresbluefins.co.uk](mailto:matchsec@forresbluefins.co.uk)

**CLOSING DATE: ALL ENTRIES, SUMMARY SHEET AND FEES  
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