



Garioch Amateur Swimming Club
3rd Annual Mini Meet
(SASA RULES)



Sunday 29th September 2024

MEET INFORMATION

Pool	<p>Inverurie Community Campus, Inverurie 25 Metres, 6 Lanes, Anti-turbulence Ropes, Deck Level Pool</p> <p>Please note that unfortunately there will be no spectator space available in the pool hall in order to maximise the number of swimmers able to take part. Spectating will be available from the reception area only.</p>
Sessions	<p>Session One – Warm Up 08:30, Start 09:35, End 12:35 Session Two – Warm Up 13:30, Start 14:35, End 17:35 <i>(Subject to change if necessary)</i></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	L3/ND/065/SEP24
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 day of competition i.e. 29th September 2024.</p> <p>Age Groups for 25m events for Female and Male & Open will be 7 and 8 years. These heats will be swum as single sex with swimmers seeded by entry times.</p> <p>Age Groups for 50m events for Female and Male & Open will be 9, 10 and 11 years. These heats will be swum as single sex with all age groups combined and swimmers seeded by entry times.</p> <p>Age Groups for 100m Individual Medley for Female and Male & Open will be 7 – 11 years. The 100m Individual Medley will be swum as one event per sex with all age groups combined and swimmers seeded by entry times. There will be only one set of medals for this event.</p> <p>Age Groups for Relay events will be 7 – 11 years. Relays will be swum with mixed age teams with a maximum of two swimmers aged 11, with two younger swimmers making up the team. Teams must be made up of 2 Male & Open and 2 Female. Each club can enter a maximum of two relay teams in each event – swimmers must have been entered for at least one individual swim and they may only swim in one team per relay event.</p> <p>Medals will be awarded to the first three places in age group. There will be no medal presentation, but medals can be collected from the designated table in the foyer.</p>



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Entries

Please return entries and summary sheet within Appendix 2 by email:

Murray Gow - meetsec@gasc.co.uk

Please note the entry file and summary sheet must be received by email by the closing date - **12 noon Friday 6th September 2024**. Late entries will be accepted on a case by case basis depending upon numbers.

All entries must be on Hy-tek Team Manager entry file.

Entry files may be obtained by contacting Murray Gow at meetsec@gasc.co.uk.

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.

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.

Lists of accepted participating swimmers and a draft programme will be emailed to each club.

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.

In the event that the meet is oversubscribed cuts will be made based on swimmers with the fewest swims in a session, regardless of where they lie in the seedings, followed by cuts for the slowest times. In the event the meet is under subscribed late entries will be accepted on a case by case basis.

In order to provide more opportunities for younger and inexperienced swimmers, the following entry times have been set:

For ages 9 to 11 years, times must be equal to or SLOWER than:

Male & Open	Event	Female
00:36.00	50m Freestyle	00:35.00
00:41.00	50m Backstroke	00:40.50
00:40.00	50m Butterfly	00:40.00
00:47.00	50m Breaststroke	00:46.50
*	100m Individual Medley	*

There are no consideration times for 7 and 8 year olds (25m events).

***Note that there is no consideration time for the 100m Individual Medley but in order to enter this a swimmer must be eligible for, and have been entered for, at least one other event (25m or 50m).**



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Entry Fees	<p>£6 per individual event £8 per mixed relay team entry</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/MiniMeet as a reference e.g. "GASC/MiniMeet"</p>
Withdrawals	<p>Withdrawals prior to the meet should be emailed to meetsec@gasc.co.uk to arrive no later than 12noon on Thursday 26th September 2024.</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 9th September 2024 as per Appendix 3.</p> <p>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 the pool hall 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>



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<p>Special Conditions</p>	<p>Please note that this meet 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 Aquatic rules of swimming will not be applied. The meet will therefore be run under the following conditions:</p> <ul style="list-style-type: none"> • Forward facing starts with a dive from the blocks, or from in the water will all be permitted <p>Swimmers will only be disqualified for the following:</p> <ul style="list-style-type: none"> • Starting before the signal (although a restart will usually be offered) or doing a “flyer” in a relay • 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 and unfair advantage, eg. Pulling on the lane rope or swimming underwater. <p>Although a novice meet, coaches should ensure that swimmers are capable of completing a stroke/distance according to World Aquatic technical requirements before entering swimmers into an event.</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> <p>We would like to encourage clubs to enter relay teams to promote team spirit and fun at this novice event.</p>
<p>Marshalling</p>	<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>
<p>Photography Mobile Phones</p>	<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>
<p>Meet Regulations</p>	<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, events of national importance, 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 and codes of conduct 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>



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Transgender & Non-Binary Competition Policy	<p>As of the 1st January 2024 the Scottish Swimming Transgender and Non-Binary Competition Policy was implemented nationally across all aquatics sports. The policy and FAQs can be found at https://www.scottishswimming.com/about-us/equality. 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>
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> <ul style="list-style-type: none">• Sufficient water in a plastic water bottle(s) – water can be refilled at the water fountain if required;• Shorts & t-shirt to wear over the swimsuit/swim shorts at all times when not swimming;• Poolside shoes (e.g. crocs/clean trainers/flip flops) – these should be changed into prior to entering the changing village. <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

Warm Up Commences 08:30, Start 09:35, End 12:35

Event 101	9 – 11 years	Male & Open	50m Backstroke
Event 102	7-8 years	Male & Open	25m Backstroke
Event 103	9 – 11 years	Female	50m Breaststroke
Event 104	7-8 years	Female	25m Breaststroke
Event 105	9 – 11 years	Male & Open	50m Butterfly
Event 106	7-8 years	Male & Open	25m Butterfly
Event 107	9 – 11 years	Female	50m Freestyle
Event 108	7-8 years	Female	25m Freestyle
Event 109	7 – 11 years	Male & Open	100m Individual Medley
Event 110	7 – 11 years	Mixed	4 x 50m Freestyle Relay

Session Two

Warm Up Commences 13:30, Start 14:35, End 17:35

Event 201	9 – 11 years	Female	50m Backstroke
Event 202	7-8 years	Female	25m Backstroke
Event 203	9 – 11 years	Male & Open	50m Breaststroke
Event 204	7-8 years	Male & Open	25m Breaststroke
Event 205	9 – 11 years	Female	50m Butterfly
Event 206	7-8 years	Female	25m Butterfly
Event 207	9 – 11 years	Male & Open	50m Freestyle
Event 208	7-8 years	Male & Open	25m Freestyle
Event 209	7 – 11 years	Female	100m Individual Medley
Event 210	7 – 11 years	Mixed	4 x 50m Medley Relay



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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		
Relay Entries @ £8		
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 6th September 2024



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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 at officials@gasc.co.uk