



# THURSO MINI MEET

Thurso ASC invites you to their Mini Meet to be held at Thurso Leisure Pool on Saturday 4<sup>th</sup> May 2024  
License number for this Meet is L2/ND/009/MAY24

## Meet Information

**Venue:** Thurso Leisure Centre, Millbank Road, Thurso  
4 lanes x 25m. Anti-turbulence ropes. Electronic timing. Back stroke ledges

**Sessions:** Session 1 Warm-Up 9:00am Start 10:00am  
Session 2 Warm-Up 13:30pm Start 14:30pm  
(Subject to change if necessary)

**Age Groups:** Individual Events - 8-9yrs, 10yrs, 11yrs and 12yrs  
Relay Events – 10yrs + under, 11-12yrs  
Age on day – 4<sup>th</sup> May 2024 (minimum age 8, maximum 12 years)

**Events:** Male & Open 8-9yrs – 25m Back, Breast, Fly, Free  
Male & Open 10-12yrs - 50m – Back, Breast, Fly, Free  
Female 8-9yrs – 25m – Back, Breast, Fly, Free  
Female 10-12yrs – 50m – Back Breast, Fly, Free  
Mixed Relays – 8-10yrs – 4 x 50m Medley and Free  
Mixed Relays – 11-12yrs – 4 x 50m Medley and Free

All Events are heat declared winners.

**Relay Teams:** Mixed relays comprising two male and two female swimmers.  
Swimmers cannot swim down an age group but can swim up an age group.  
Maximum two teams per relay event. Entry times are not required for relay teams.  
Team lines must be submitted at least 45 minutes before the start of the session

**Medals:** Medals will be presented to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places and a 4<sup>th</sup> placed pennant awarded. These can be collected after the event at the desk.  
A trophy will be awarded for the best 8, 9, 10, 11 & 12 year old in each category

**Entries:** Entry files are available from: [lornamowat@hotmail.com](mailto:lornamowat@hotmail.com) or can be downloaded from the North District website ([www.sasanorth.org.uk](http://www.sasanorth.org.uk))

The closing date for entries is midnight on **Friday 19 April 2024.**

**Late entries will not be accepted.**

**Hytek file and Summary Sheet should be emailed to:**

Lorna H S Mowat, TASC Meet Organiser on: [lornamowat@hotmail.com](mailto:lornamowat@hotmail.com)

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 received within 7 days after last day of Meet.**

**Entry Fees:** £5.00 per swim and £8.00 per relay event.  
Payment should be made by bank transfer:  
Account No: 00882722 Sort Code: 80-09-86  
Please quote reference TMM24 followed by your Club Code eg TMM24NTOX

**Eligibility to Enter** All swimmers must be SASA registered and numbers must be displayed on the entry files.



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- Consideration Times** No consideration times have been set for this Meet. Thurso ASC 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 Thurso ASC swimmers. Heats will be swum slowest to fastest. Entries to the events will be restricted and will be accepted based on entry times. Any entry not accepted will be refunded. Entries will not be accepted from composite teams.
- Officials** Technical Officials are required to ensure the Meet achieves accreditation. All Clubs must provide a list of officials willing to help on the day. Where possible attending clubs should provide at least one judge per session in addition to time-keepers. Probationary Officials requiring mentoring should make this request when names are submitted. Any queries or changes should be directed to Linzey Macdougall.
- All officials should provide their own water bottles.
- Please complete the Officials Sheet and return it by email to:  
Linzey Macdougall at [sto@thursoasc.org.uk](mailto:sto@thursoasc.org.uk) no later than **Monday 22 April 2024**
- Withdrawals** Withdrawals can be made by email up to **5pm on Thursday 2 May** to:  
[lornamowat@hotmail.com](mailto:lornamowat@hotmail.com) Thereafter they should be submitted to the Recorders Desk at **least 45 minutes** before the start of the session.
- All details must be included on email withdrawals ie Name, Event Number, Stroke etc. Telephone withdrawals will not be accepted.
- Relay team lines **MUST** be notified to the recorders desk **at least 45 minutes** prior to the start of the appropriate session.
- Photography:** Please note **anyone** wishing to use photographic equipment, including video cameras, mobile phones, must register in advance with the Admin Desk.  
**The use of mobile phones/photographic/video equipment is not permitted at any time in the changing area, showers or toilets. All phones must be switched to silent on the pool deck.**
- Technical Swimsuits:** Swimmers 13 years and younger **cannot** compete wearing technical suits in Scottish Swimming licensed or registered events. Further information is available at:  
<https://www.scottishswimming.com/our-sports/swimming/swimsuits>
- Transgender and Non-Binary Competition Policy:** From 1<sup>st</sup> January 2024 the Scottish Swimming Transgender & Non-Binary Competition Policy will be implemented nationally across all aquatic sports. Information 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 Convener 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.
- 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.



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## **Important Information:**

All participants are required to adhere to the Scottish Swimming Code of Ethics, and relevant Codes of Conduct.

A Licence has been granted for this competition and accreditation will be applied for through SASA North District.

Poolside/changing room access will be limited to team coaches/chaperones. A **maximum of 1 Coach/chaperone per 10 swimmers** will be allowed on poolside at any one time.

All belongings should be placed in the lockers provided.

No outdoor shoes permitted on poolside. When moving around the spectating and reception area, footwear must be worn at all times and a t-shirt/top over costumes.

Seating areas on poolside will be allocated to each team.

Participating clubs will receive one copy of start sheets for each session. 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.

Over the top starts will be at the discretion of the Meet Referee.

The Meet Organisers and the facility management cannot be held responsible for items lost or damaged during the course of the event.

**Clubs are responsible for clearing their seating area of belongings, litter etc before leaving at the end of the competition day.**

**Glass bottles, containers and hot drinks are not permitted in the pool area.**



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## ENTRIES SUMMARY SHEET

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

No of Female Entries		@	£	£
No of Male/Open Entries		@	£	
No of Relay Entries		@	£	
			Sub Total	£
No of Coach Passes (to assist with catering numbers)		@	£Nil	£
			Total Due	£

Payment should be made by bank transfer:

Account No: 00882722 Sort Code: 80-09-86

Please quote reference TMM24 followed by your Club Code eg TMM24NTOX

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: .....

Date: .....

Position in Club: .....

Please return completed Summary Sheet with Hytek Entry File to:  
Lorna Mowat - [lornamowat@hotmail.com](mailto:lornamowat@hotmail.com) by **Friday 26 April 2024**



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## TECHNICAL OFFICIALS:

Please complete and return with entry fees.

Club Name/Abb: \_\_\_\_\_

STO Name: \_\_\_\_\_

Email address for STO: \_\_\_\_\_

NAME	CLUB	STO QUALIFICATION	SESSIONS AVAILABLE	Mentoring Required/Role

Please email technical officials form to Linzey Macdougall: [sto@thursoasc.org.uk](mailto:sto@thursoasc.org.uk) by **Monday 22 April 2024**.

**Mentoring will be at the discretion of the Referee.**