



Aberdeen ASC

Aberdeen ASC Nifty Fifties + 2025

(UNDER WORLD AQUATICS AND SASA RULES)

Saturday 8th & Sunday 9th November 2025

AQUATICS CENTRE, ABERDEEN SPORTS VILLAGE

Regent Walk, Aberdeen, AB24 1SX

Licence No: L2/ND/062/NOV25

MEET INFORMATION

Pool 25 metres, 10 lanes, deck level, full electronic timing, backstroke ledges. There will be no separate swim-down facility available.

Sessions

Session One	Warm-Up 1400	Start 1505
Session Two	Warm-Up 0800	Start 0905

(SUBJECT TO CHANGE IF NECESSARY)

Events 50m Backstroke, Butterfly, Breaststroke and Freestyle (Heats & Finals)
100m Individual Medley (Qualifying event for skins)
4 x 50m Medley & Freestyle Relays (HDW)
Skins Invitational Event

Skins Event The top 10 swimmers from the 100 IM heats will be invited to take part, with 2 reserves in place. Elimination will be as follows:

Round 1 – 10 swimmers, 2 swimmers eliminated, down to 8 swimmers
Round 2 – 8 swimmers, 2 swimmers eliminated, down to 6 swimmers
Round 3 – 6 swimmers, 2 swimmers eliminated, down to 4 swimmers
Round 4 – 4 swimmers, 2 swimmers eliminated, down to 2 swimmers
Round 5 – 2 swimmers, 1 swimmer eliminated, winner

The first start will be a normal start and thereafter, each round will start with a 10 second whistle warning, then the starting signal. Starting before the signal will result in disqualification. The turnaround time will be 2 minutes. The stroke for each round of the skins will be decided by draw. If Freestyle is drawn, this means any stroke apart from Breaststroke, Butterfly or Backstroke, as per World Aquatics rules for Medley swimming. The draw will be such that all strokes are drawn at least once in the first 4 draws. It is the swimmers' responsibility to ready for the start.

Ages Junior: 14 years/under (50's & Junior Relays)
Senior: 15 years/over (50's, Individual Medley, Skins & Relays)
Age as on 9th November 2025 (Age on last day of meet)
Events will be swum in age groups as above.



Aberdeen ASC

Entries

There are no consideration times, but times must be submitted on entry for seeding purposes. These should be real times but do not need to be accredited. Entries with no times will not be accepted, including relay times.

If the meet is over-subscribed, entries will be accepted fastest first across age groups as evenly as is practical. If an event or an age group is undersubscribed, any time made available will be allocated to other events or age groups in that session.

Only Club entries will be accepted, and entries will not be accepted from Composite Teams.

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

Entry files may be obtained by emailing directly:
Smdawson23@outlook.com

They will also be available on the North District website:
<http://www.sasanorth.org.uk>

Please email entry files and summary sheet to:
Smdawson23@outlook.com

NO POSTAL returns will be accepted

Entry fees (£7.00 per individual swim, £10.00 per relay) should be sent to Account No:

80-06-19 00996374 Aberdeen ASC Reference should be N50 followed by the club code e.g. N50NANX

CLOSING DATE FOR ENTRIES, SUMMARY SHEET AND FEES IS MONDAY 13th OCTOBER 2025.

Early Withdrawals

Withdrawals prior to the event should be e-mailed by the club's meet entries secretary to: Smdawson23@outlook.com to arrive by 5pm at the latest on **Friday 7th November 2025.**

NB: All details must be included on e-mail withdrawals i.e. Name, Time, Comp No. Club etc. Telephone withdrawals will not be accepted.

Refunds for swimmers who withdraw though illness or injury, will only be considered where medical evidence confirming that they are unable to



Aberdeen ASC

swim is received by the meet convenor no later than 7 days following the meet.

Withdrawals at Meet

Withdrawals from heats at the meet should be notified on the withdrawal form issued. The sheets should be handed in to the recorders table at least 1 hour prior to the start of the appropriate session. Withdrawals from finals should be within 20 minutes of the finalist announcement.

Marshalling

There will be marshalling for heats, finals and skins but not for relays. All swimmers must check in to marshalling before their events and are advised to do this in good time. Swimmers who have not marshalled before swimmers leave the last marshalling area will not be allowed to race.

The start of a race will not be delayed for absent competitors. Swimmer with a fast turnaround between finals should check in for future races when they marshal for their first race. Reserves should marshal unless they have been withdrawn.

Prizes

There will be a prize pot of £1260.00

Individual events: £25 for each winner, 4 events (not IM), Senior & Junior, Male & Female (£400.00)

Relays: £80 for each winning 15/over team, M & F, Free & Med (£320.00)

£20 for each winning 14/under team, M & F, Free & Med (£80.00)

Skins: £20 for each winner of the 1st 4 rounds of the Skins, M & F (£160.00)

£150 prize for the winner of the final round, M & F (£300.00)

Prize money should be collected from the Club Welcome desk at the entrance to the spectators' area.

Technical Officials

A list of Technical Officials available should be emailed on the form for this purpose to the Meet Officials Convenor, Colin Craik:

aasc.sto@gmail.com

Mentoring requests will be considered by the session referees. It may be more likely for requests to be honoured if the attending clubs also provide a supply of qualified officials (Judge 1 & above), however we cannot guarantee all requests to be granted.

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 when names are submitted.



Aberdeen ASC

Any queries or changes to Technical Officials after the closing date should be directed to the Meet Officials Convenor, Colin Craik:
aasc.sto@gmail.com

Additional Notes

1. All swimmers entered must have paid their SASA membership fee for the current year. Registration numbers must be shown on entry files.
2. All participants are required to adhere to the Scottish Swimming Code of Ethics, and relevant codes of conduct.
3. A Licence has been granted for this competition and accreditation will be applied for through SASA North District.
4. **The use of mobile phones is not permitted at any time in the changing village, showers or toilets and they must be switched to silent in the pool hall.**
5. 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.
6. **Clubs are responsible for clearing their seating area of belongings, litter, etc. before leaving at the end of the competition day.** Bin liners for plastic bottles/recyclable items and for general waste will be distributed around the pool - please use them. **Glass bottles or containers and hot drinks are not permitted in the pool hall – this includes the spectator areas.**
7. Coaches should ensure that their swimmers enter and exit the warm-up at the allotted times. Swimmers must not enter the pool until their warm-up start is announced and must follow any instructions announced. Full warm up details will be issued prior to the meet.
8. Please note there will be no access to poolside for spectators.
9. 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>
10. *As of the 1st January 2024 the Scottish Swimming Transgender & Non-Binary Competition Policy was implemented nationally across all aquatics sports. The policy and FAQs can be found [HERE](#). 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*



Aberdeen ASC

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.

Photos/Videos

Anyone taking photos/videos should try to restrict filming to their own swimmer.

Meet Convenor: Melissa Dalgarno aasc.meetconvenor@gmail.com



Aberdeen ASC

Aberdeen ASC Nifty Fifties + 2025

November 2025 – ABERDEEN SPORTS VILLAGE AQUATICS CENTRE
Programme of Events

Session One Saturday 8th November 2025 – Warm-Up 1400 – Start 1505

Event 101	Heats	Male/Open	100m Individual Medley (Qualifying event for the Skins)
Event 102	Heats	Male/Open 14/u	50m Butterfly
Event 103	Heats	Female 14/u	50m Breaststroke
Event 104	Heats	Male/Open 15/o	50m Butterfly
Event 105	Heats	Female 15/o	50m Breaststroke
Event 106	Heats	Male/Open 14/u	50m Backstroke
Event 107	Heats	Female 14/u	50m Freestyle
Event 108	Heats	Male/Open 15/o	50m Backstroke
Event 109	Heats	Female 15/o	50m Freestyle
Event 110		Male/Open	Skins (based on 100m IM result)
Event 102	Final	Male/Open 14/u	50m Butterfly
Event 103	Final	Female 14/u	50m Breaststroke
Event 104	Final	Male/Open 15/o	50m Butterfly
Event 105	Final	Female 15/o	50m Breaststroke
Event 106	Final	Male/Open 14/u	50m Backstroke
Event 107	Final	Female 14/u	50m Freestyle
Event 108	Final	Male/Open 15/o	50m Backstroke
Event 109	Final	Female 15/o	50m Freestyle
Event 111	HDW	Male/Open 14/u	4x50 Medley Relay (HDW)
Event 112	HDW	Male/Open	4x50 Medley Relay (HDW)
Event 113	HDW	Female 14/u	4x50 Freestyle Relay (HDW)
Event 114	HDW	Female Open	4x50 Freestyle Relay (HDW)



Aberdeen ASC

Session Two Sunday 9th November 2025 – Warm-Up 0800 – Start 0905

Event 201	Heats	Female Open	100m Individual Medley (Qualifying event for the Skins)
Event 202	Heats	Female 14/u	50m Butterfly
Event 203	Heats	Male/Open 14/u	50m Breaststroke
Event 204	Heats	Female 15/o	50m Butterfly
Event 205	Heats	Male/Open 15/o	50m Breaststroke
Event 206	Heats	Female 14/u	50m Backstroke
Event 207	Heats	Male/Open 14/u	50m Freestyle
Event 208	Heats	Female 15/o	50m Backstroke
Event 209	Heats	Male/Open 15/o	50m Freestyle
Event 210		Female Open	Skins (based on 100IM result)

Event 202	Final	Female 14/u	50m Butterfly	
Event 203	Final	Male/Open 14/u	50m Breaststroke	
Event 204	Final	Female 15/o	50m Butterfly	
Event 205	Final	Male/Open 15/o	50m Breaststroke	
Event 206	Final	Female 14/u	50m Backstroke	
Event 207	Final	Male/Open 14/u	50m Freestyle	
Event 208	Final	Female 15/o	50m Backstroke	
Event 209	Final	Male/Open 15/o	50m Freestyle	
Event 211	HDW	Female 14/u	4x50 Medley Relay	(HDW)
Event 212	HDW	Female Open	4x50 Medley Relay	(HDW)
Event 213	HDW	Male/Open 14/u	4x50 Freestyle Relay	(HDW)
Event 214	HDW	Male/Open	4x50 Freestyle Relay	(HDW)



Aberdeen ASC

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SUMMARY SHEET

Club Name:

Tel. No:

Entering Club Meet Secretary:

Address:

E-mail address:

Individual Male Entries @ £7.00 = £
Individual Female Entries @ £7.00 = £
Relay Entries @ £10.00 = £

TOTAL £

CLOSING DATE – Monday 13th October 2025

Entries secretary: Sean Dawson

Smdawson23@outlook.com

ENTRY FEES SHOULD BE DEPOSITED AT:

80-06-19 00996374 Aberdeen ASC

Have you attached:

**Hy-Tek Team Manager Entry File
Declaration and Summary Sheet**

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

Signed

Position in Club:

Date

(This declaration **must** be completed by all competing clubs)



Aberdeen ASC

ABERDEEN ASC NIFTY FIFTIES + 2025

OFFICIALS SHEET - Please Note: This sheet to be emailed to the Meet Officials Convenor NOT the Entries Secretary

Entering Club:

STO Contact Name:

Tel No:

E-mail:

Meet Officials Convenor: Colin Craik

E-mail: aasc.sto@gmail.com

Session 1				Judges				Timekeepers	
	Name	Club		Name	Club	Level		Name	Club
Referees			1				1		
			2				2		
			3				3		
Starter			4				4		
			5				5		
Recorders			6				6		
			7				7		
			8				8		
AOE			9				9		
			10				10		
			11				11		
Chief TK			12				12		
			13				13		
Announcer			14				14		
			15						
	Mentoring Requirements			16					
	Name	Club	Level	17					
				18					



Aberdeen ASC

Session 2				Judges					Timekeepers	
	Name	Club			Name	Club	Level		Name	Club
Referees				1				1		
				2				2		
				3				3		
Starter				4				4		
				5				5		
Recorders				6				6		
				7				7		
				8				8		
AOE				9				9		
				10				10		
				11				11		
Chief TK				12				12		
				13				13		
Announcer				14				14		
				15						
	Mentoring Requirements			16						
	Name	Club	Level	17						
				18						