



# ALFORD OTTERS ASC

## 4<sup>th</sup> Junior Meet

### 25<sup>th</sup> May 2025



<b>ABOUT OUR MEET</b>	<p>Our meet is licensed at level 3 and will be held at Alford Community Campus, Greystone Road, Alford, AB33 8TY. The pool is 25m, 4 lanes, level deck with anti-turbulence lane ropes.</p> <p><b>Session One</b> Warm Up 08.30 - Start 09.35</p> <p><b>Session Two</b> Warm Up 13.15 - Start 14.20</p> <p>(SUBJECT TO CHANGE IF NECESSARY)</p> <p>This competition is intended to be a friendly, welcoming opportunity for learning. We want the swimmers that enter our meet to be able to enjoy the time with their teammates, so entries will be accepted on a first come first served basis with whole club entries accepted up to the maximum permitted by the facility. If, for the final club acceptance, we are only able to accommodate a part of a club's entries we will let the club know and ask them what they would like to do. For clubs and swimmers that are oversubscribed, some reserve spaces will be offered.</p>
<b>WHO OUR MEET IS FOR</b>	<p>The meet is for young and developing swimmers aged 7 to 11.</p> <p>Age as at 25<sup>th</sup> May 2025 for all events.</p> <p>Age Groups for all individual events are 7/8, 9, 10, 11</p> <p>7/8 and 9 year old swimmers will swim in one session only, swimming short events, as an introduction to competition. Females will swim in the morning and male &amp; open will swim in the afternoon.</p> <p>10 and 11 year old swimmers, female, and male &amp; open, will swim in both sessions and a wider range of events will be offered</p>
<b>LICENCE</b>	L3/ND/030/MAY25
<b>EVENTS AVAILABLE</b>	<p>For 7/8 and 9 year old swimmers: -</p> <ul style="list-style-type: none"><li>• Individual 50m Freestyle, 50m Backstroke, 50m Breaststroke and 25m Butterfly plus a 4 x 25m Freestyle Relay</li></ul> <p>For 10 and 11 year old swimmers: -</p> <ul style="list-style-type: none"><li>• Individual 50m Freestyle, 50m Backstroke, 50m Breaststroke, 50m Butterfly, 100m Individual Medley and 200m Freestyle plus 4 x 50m Freestyle and 4 x 50m Medley Relays</li></ul>



# ALFORD OTTERS ASC

## 4<sup>th</sup> Junior Meet

### 25<sup>th</sup> May 2025



#### CONDITIONS

Age as at 25<sup>th</sup> May 2025 for all events.

There are no consideration times for this meet and no time entries will be accepted. Swimmers will be seeded fastest to slowest in each event, with no time entries seeded as slowest.

Relay events are open to all age groups, and we reserve the right to only allow 2 relay teams per club, depending on entries (but can fill heats with a third Alford Team).

Because this competition is intended to be a friendly, welcoming opportunity for learning for young swimmers, the full technical rules of swimming will not be applied. The meet will be run under the following conditions:

Forward facing starts with a dive from the blocks, from the side or from in the water will all be permitted.

Swimmers will only be disqualified for the following:

- 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 unfair advantage eg pulling on the lane rope or swimming underwater

Technical officials will record any technical infractions observed, and these will be shared with relevant club coaches after the session to assist swimmers with their development in training.

#### ENTRIES

This is a club meet, and entries will not be accepted from composite teams.

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

Events files may be obtained by downloading from the North District website or by contacting [ottersentries@gmail.com](mailto:ottersentries@gmail.com)

Please return entry files along with summary sheet and declaration to the same email address.

Entry fees should be paid by BACS to:

Alford Otters ASC Sort: 83-15-14 Account: 00102135

**CLOSING DATE FOR ENTRIES IS FRIDAY 25 APRIL 2025 OR WHENEVER THE MEET IS FULL, WHICHEVER COMES FIRST**

All paperwork, entry files and payment must be received by this date.

Team lines will be required one hour before the start of the session in which the relay takes place and only those swimmers that have been accepted into the meet can take part in relays.



# ALFORD OTTERS ASC

## 4<sup>th</sup> Junior Meet

### 25<sup>th</sup> May 2025



<b>ENTRY FEES</b>	<p>Individual event: £6.00</p> <p>Relay events: £8.00 per team</p>
<b>TECHNICAL OFFICIALS</b>	<p>Please offer the services of your technical officials to ensure that this meet runs smoothly.</p> <p>A completed technical official's sheet should be sent to Calum Leat by email to arrive before Friday 2 May 2025.</p> <p>Contact Calum at <a href="mailto:alfordottersto2024@gmail.com">alfordottersto2024@gmail.com</a></p> <p>Requests for mentoring should also be made directly to Calum and will be accommodated on the day, only if the session referee considers it practical.</p>
<b>INDIVIDUAL AWARDS</b>	<p>There will be medals for 1st, 2nd and 3rd places in individual events and relays.</p> <p>Flashes will be provided for all those who take part.</p>
<b>MARSHALLING</b>	<p>Marshalling will take place through the changing rooms and into the disabled suite.</p> <p>All swimmers must attend marshalling before their events and are advised to attend in good time. 4 heats in advance is the minimum suggested.</p>
<b>WITHDRAWALS</b>	<p>Withdrawals from swimmers prior to the competition should be emailed to <a href="mailto:ottersentries@gmail.com">ottersentries@gmail.com</a> to arrive no later than 5pm on Thursday 22<sup>nd</sup> May 2025.</p> <p>Withdrawals after this time should be submitted to the recorders table prior to the start of each warm up on the withdrawal forms made available.</p> <p>Refunds for swimmers who are withdrawing through illness or injury will be granted only if the swimmer has been withdrawn in time according to the meet information and when the swimmer can provide medical evidence confirming that they are unfit to swim to the Meet Convenor within 7 days following the Meet. The letter should be dated not more than 4 weeks before the Meet and not more than 2 days after the meet.</p> <p>No other refunds will be available.</p>
<b>PHOTOGRAPHY</b>	<p>Please note that anyone wishing to use photographic equipment, including video cameras, tablets and mobile phones must register with the Meet Convenor using the form that will be made available with the participant information.</p>
<b>MOBILE PHONES</b>	<p>Mobile phones may not be used under any circumstances in the shower area, toilets and changing rooms. They must be switched to silent in the pool hall and can only be used for photography if they have been registered as above.</p>



# ALFORD OTTERS ASC

## 4<sup>th</sup> Junior Meet

### 25<sup>th</sup> May 2025



<b>SWIMSUIT REGULATIONS</b>	<p>Please note that as of 1<sup>st</sup> September 2022, new regulations came into force regarding technical swimsuits. From this date, all swimmers aged 13 years and under cannot compete wearing technical suits in Scottish Swimming licensed or registered events. For further information and FAQs please see link below:</p> <p><a href="https://scottishswimming.com/news/technical-swimsuit-policy-update/">https://scottishswimming.com/news/technical-swimsuit-policy-update/</a></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 aquatic sports. The policy and FAQs can be found at <a href="https://scottishswimming.com/about-us/equality">https://scottishswimming.com/about-us/equality</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 the competition with any matters being resolved post event. Clubs must confirm that swimmers entering the female category were born female.</p>
<b>NOTES</b>	<ul style="list-style-type: none"><li>• All swimmers entered must have paid their SASA memberships fees for the current year with registration numbers shown on entry files.</li><li>• Poolside access will be limited to 1 member of club staff per 8 swimmers.</li><li>• No food is to be eaten in the changing rooms and lunches are not to be eaten poolside. No glassware should be taken into the changing rooms or onto poolside.</li><li>• The dining hall will be available for swimmers and club staff for lunch. The changing rooms will be closed over lunchtime.</li><li>• Participating clubs will receive one copy of start sheets for each session. Results will be posted at the pool during the event and after the event will be sent via e-mail and published on the North District website.</li><li>• Technical Officials will be offered light lunch. Coaches and Team Managers can request lunch at a cost of £7 per head and requests should be submitted with the summary sheet and payment included with entries.</li><li>• Spectating is available but the view may be limited.</li><li>• In the event of cancellation for any reason, Alford Otters ASC cannot be held liable for any loss of expense or enjoyment.</li></ul>
<b>MEET CONVENOR</b>	Anne Glennie – <a href="mailto:anne_glennie@btinternet.com">anne_glennie@btinternet.com</a>



# ALFORD OTTERS ASC

## 4<sup>th</sup> Junior Meet

### 25<sup>th</sup> May 2025



#### PROGRAMME OF EVENTS

<b>SESSION 1</b>	<b>Warm up 08.30 Start 09.35 Finish 12.35</b>
101	Female 7/8 and 9 50m Backstroke
102	Female 10 and 11 50m Backstroke
103	Male & Open 10 and 11 50m Backstroke
104	Female 7/8 and 9 25m Butterfly
105	Female 10 and 11 100m Individual Medley
106	Female 7/8 and 9 50m Freestyle
107	Male & Open 10 and 11 200m Freestyle
108	Female 7/8 and 9 50m Breaststroke
109	Female 10 and 11 50m Breaststroke
110	Male & Open 10 and 11 50m Breaststroke
111	Female 7/8 and 9 4 x 25m Freestyle Relay
112	Female 10 and 11 4 x 50m Freestyle Relay
113	Male & Open 10 and 11 4 x 50m Medley Relay
<b>SESSION 2</b>	<b>Warm up 13.15 Start 14.20 Finish 17.20</b>
201	Male & Open 7/8 and 9 50m Backstroke
202	Male & Open 10 and 11 50m Butterfly
203	Female 10 and 11 50m Butterfly
204	Male & Open 7/8 and 9 25m Butterfly
205	Male & Open 10 and 11 100m Individual Medley
206	Male & Open 7/8 and 9 50m Freestyle
207	Female 10 and 11 200m Freestyle
208	Male & Open 7/8 and 9 50m Breaststroke
209	Male & Open 10 and 11 50m Freestyle
210	Female 10 and 11 50m Freestyle
211	Male & Open 7/8 and 9 4 x 25m Freestyle Relay
212	Male & Open 10 and 11 4 x 50m Freestyle Relay
213	Female 10 and 11 4 x 50m Medley Relay



# ALFORD OTTERS ASC

## 4<sup>th</sup> Junior Meet

### 25<sup>th</sup> May 2025



### SUMMARY SHEET

#### Contact Details

Club: \_\_\_\_\_

Match Secretary: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Tel. No. \_\_\_\_\_

Email Address: \_\_\_\_\_

#### Declaration

- I confirm that all swimmers entered in this competition have a current SASA membership.
- I confirm that all swimmers entered into the female category were recorded female at birth.

Signed: \_\_\_\_\_

Position in Club: \_\_\_\_\_

Date: \_\_\_\_\_

(This declaration must be completed by all competing clubs)

#### ENTRY SUMMARY

	Number	Cost
INDIVIDUAL SWIMS @ £6.00 EACH		
RELAY ENTRIES @ £8.00 EACH		
COACHES MEAL TICKET @ £7.00 EACH		
TOTAL		

Closing Date: Friday 25<sup>th</sup> April 2025 or whenever the meet is full, whichever comes first.



# ALFORD OTTERS ASC

4<sup>th</sup> Junior Meet  
25<sup>th</sup> May 2025



## OFFICIALS SHEET

Club: \_\_\_\_\_

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

Tel No: \_\_\_\_\_

Email: \_\_\_\_\_

NAME	DUTY	SIGNATURE REQUIRED	SESSION 1	SESSION 2

Mentoring Requests – please note that mentoring will be at the discretion of the Referee(s) on the day.

NAME	J1/J2/J2S	SPECIAL REQUESTS eg CIT	SESSION 1	SESSION 2

Please return to Calum Leat

Email: [alfordotterssto2024@gmail.com](mailto:alfordotterssto2024@gmail.com)