



# Garioch Amateur Swimming Club

## The Garioch Mix Up Meet 2025

(UNDER WORLD AQUATIC AND SASA RULES)



Saturday 10<sup>th</sup> May 2025

Sunday 11<sup>th</sup> May 2025

### MEET INFORMATION

<b>Pool</b>	<p>Inverurie Community Campus, Inverurie.</p> <p>25 Metres, 6 Lanes, Anti-turbulence Ropes, Deck Level Pool.</p> <p><b>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.</b></p>
<b>Sessions</b>	<p><b>Session One (Saturday 10<sup>th</sup> May):</b> Warm Up 08:00, Start 09:05, End 12:05</p> <p><b>Session Two (Saturday 10<sup>th</sup> May):</b> Warm Up 13:00, Start 14:05, End 17:05</p> <p><b>Session Three (Sunday 11<sup>th</sup> May):</b> Warm Up 08:00, Start 09:05, End 12:05</p> <p><b>Session Four (Sunday 11<sup>th</sup> May):</b> Warm Up 13:00, Start 14:05, End 17:05</p> <p><i>(Subject to change if necessary once all entries have been received and processed. Any new session times will be notified with confirmation of acceptances)</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>
<b>License</b>	L2/ND/047/MAY25
<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 younger cannot compete wearing technical suits in Scottish Swimming licenced 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>Age</b>	<p>Age is as on last day of competition i.e. 11<sup>th</sup> May 2025.</p> <p>Age Groups for Male &amp; Open and Female will be 10-12 years, 13-14 years, 15-16 years and 17+ years. Heats will be run mixed age, seeded by entry time.</p>
<b>Events</b>	50m and 100m events for all strokes, 200m and 400m Individual Medley, 400m freestyle plus mixed 200m medley and mixed 200m freestyle relays. The mixed relay events should comprise of 2 females and 2 male & open and does not have an age limit.
<b>Awards and Presentation</b>	Individual awards will be made to 1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> in each age group. There will be no medal presentation, but medals can be collected from the designated table in the foyer.



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<b>Entries</b>	<p>Please return entries and summary sheet within Appendix 2 by email:</p> <p>Murray Gow - <a href="mailto:meetsec@gasc.co.uk">meetsec@gasc.co.uk</a></p> <p>Please note the entry file and summary sheet must be received by email by the closing date - <b>12 noon Friday 18<sup>th</sup> April 2025</b>. Late entries will be accepted on a case by case basis depending on numbers.</p> <p>All entries must be on Hy-tek Team Manager entry file. Entry files may be obtained by contacting Murray Gow at <a href="mailto:meetsec@gasc.co.uk">meetsec@gasc.co.uk</a>.</p> <p>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.</p> <p>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.</p> <p>In the event that the meet is oversubscribed and cuts have to be made in order to meet the conditions of the license, swimmers will be accepted on a fastest first basis across the events and age groups in so far as this is practical. If the meet is oversubscribed and cuts have to be made in order to meet the capacity of the building, swimmers with the fewest swims in a session will be rejected first, regardless of where they lie in the seeding. If cuts need to be made for both reasons a combination of the two methods will be used. In the event the meet is under subscribed late entries will be accepted on a case by case basis.</p> <p>There are no consideration times but 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.</p> <p>Lists of accepted participating swimmers and a draft programme will be emailed to each club.</p>
<b>Overseas Clubs</b>	<p>Garioch ASC reserves the right to guarantee entries of up to a maximum of two clubs, where booking of flights is required to travel to and from the event. This will be on a first come first served basis and application must be by email to Garioch ASC on <a href="mailto:meetsec@gasc.co.uk">meetsec@gasc.co.uk</a> . Garioch ASC strongly recommends that no travel arrangements are confirmed until the club receives a written confirmation of entry.</p>
<b>Entry Fees</b>	<p>£7 per 50m, 100m, 200m and 400m events £9 per mixed relay team.</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/MixUp as a reference e.g. "GASC/MixUp"</p>



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<b>Withdrawals</b>	<p>Withdrawals prior to the meet should be emailed to <a href="mailto:meetsec@gasc.co.uk">meetsec@gasc.co.uk</a> to arrive no later than <b>12noon on Thursday 8<sup>h</sup> May 2025</b>.</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. Withdrawals and scratches will only be refunded after the meet.</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>
<b>Technical Officials</b>	<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 <b>before 12noon Monday 21<sup>st</sup> April 2025</b> as per Appendix 3.</p> <p><a href="mailto:officials@gasc.co.uk">officials@gasc.co.uk</a></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><b>Please note that there will be no spectator space available in order to maximise the number of swimmers able to take part.</b></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>
<b>Starts</b>	<p>As per World Aquatics rules. Over the top starts will be used where practicable.</p>
<b>Marshalling</b>	<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>
<b>Photography Mobile Phones</b>	<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. <b>Mobile phones must not be used in the changing rooms.</b></p>



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<b>Transgender &amp; Non-Binary Competition Policy</b>	<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 <a href="https://www.scottishswimming.com/about-us/equality">https://www.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 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>
<b>Meet Regulations</b>	<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>
<b>Meet Convener</b>	Gill Smith – <a href="mailto:gascmeetconvener@gmail.com">gascmeetconvener@gmail.com</a>



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### Notes

All swimmers, poolside helpers and coaches taking part should have a current SASA membership. Registration numbers must be shown on entry files. A Licence has been applied for and accreditation will be applied for with SASA.

Poolside access will be limited to one Coach per 10 swimmers, with a maximum of 3 Coaches at any one time.

Meal tickets for lunch are available for coaches at £5 per person per day – please include within the summary sheet provided.

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):

- 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.

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

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.

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!



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### APPENDIX 1

#### MEET INFORMATION

#### PROGRAMME OF EVENTS

##### Session One - Saturday 10<sup>th</sup> May

**Entry Time from 07:30, Warm Up 08:00, Start 09:05, End 12:05**

Event 101	10 & Over	Male & Open	100 Freestyle
Event 102	10 & Over	Female	50 Butterfly
Event 103	10 & Over	Male & Open	400 IM
Event 104	10 & Over	Female	400 IM
Event 105	10 & Over	Male & Open	50 Backstroke
Event 106	10 & Over	Female	100 Freestyle

##### Session Two - Saturday 10<sup>th</sup> May

**Entry Time from 12:30, Warm Up 13:00, Start 14:05, End 17:05**

Event 201	10 & Over	Female	100 Backstroke
Event 202	10 & Over	Male & Open	200 IM
Event 203	10 & Over	Female	100 Butterfly
Event 204	10 & Over	Male & Open	100 Butterfly
Event 205	10 & Over	Female	50 Breaststroke
Event 206	10 & Over	Male & Open	100 Backstroke
Event 207	10 & Over	Mixed	200 Freestyle Relay

##### Session Three - Sunday 11<sup>th</sup> May

**Entry Time from 07:30, Warm Up 08:00, Start 09:05, End 12:05**

Event 301	10 & Over	Female	100 Breaststroke
Event 302	10 & Over	Male & Open	400 Freestyle
Event 303	10 & Over	Female	200 IM
Event 304	10 & Over	Male & Open	100 IM
Event 305	10 & Over	Female	50 Freestyle
Event 306	10 & Over	Male & Open	50 Breaststroke

##### Session Four - Sunday 11<sup>th</sup> May

**Entry Time from 12:30, Warm Up 13:00, Start 14:05, End 17:05**

Event 401	10 & Over	Male & Open	50 Butterfly
Event 402	10 & Over	Female	400 Freestyle
Event 403	10 & Over	Male & Open	100 Breaststroke
Event 404	10 & Over	Female	100 IM
Event 405	10 & Over	Male & Open	50 Freestyle
Event 406	10 & Over	Female	50 Backstroke
Event 407	10 & Over	Mixed	200 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 @ £7		
Female Entries @ £7		
Relay Entries @ £9		
Coaches Meal Tickets @ £5		
<b>TOTAL</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 fee.

Signed: .....

Position in Club: ..... Date: .....

Form to be returned with entries file to: Meet Secretary at [meetsec@gasc.co.uk](mailto:meetsec@gasc.co.uk)  
**CLOSING DATE FOR ENTRIES, SUMMARY SHEET AND FEES**  
**12noon Friday 18<sup>th</sup> April 2025**



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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 [SASA ND Handbook 2024 \(k\) Meet Officials Pro Forma 2024-25.xls](#)

and return to the STO Co-ordinator, at [officials@gasc.co.uk](mailto:officials@gasc.co.uk)