



INVERNESS AMATEUR SWIMMING CLUB
GRADED MEET
29TH MARCH 2025

The license number for this event is:L2/ND/026/MAR25

About our Meet

Inverness ASC invites you to their Graded Meet at Inverness Aquadome, Bught Lane, Inverness, IV3 5SS on Saturday 29th March 2025. This is a level 2 licensed event and will be held in a 25m, 8 lane pool with electronic timing and anti-turbulence lane ropes.

This meet is intended to be a friendly, fun and welcoming opportunity for younger swimmers to experience and learn about competing. There are entry times for which a swimmer must be slower than the time for the event. TO add to the excitement of the day we will also have surprise hot heats where swimmers can compete to win a goody bag.

SESSIONS

Session 1	Warm up: 9.00am	Start: 10:00am
Session 2	Warm up: 1.30pm	Start: 2:30pm

AGE GROUPS

8-10yrs, 11-12yrs & 13-14yrs
Age on day – 29th March 2025

EVENTS

8-10yearas -50m individual stroke swims
11-4yrs – 100m individual stroke and IM swim

Please see attached sheet for order of events. All events are heat declared winners.

For relays, all members of the relay team(s) must have taken part in at least one individual event in that session. A maximum of two relay teams per event per club. Swimmers must swim in their respective age groups

Team lines will be required one hour before the start of the session in which the relay takes place.

Inverness ASC reserves the right to fill lanes with their own swimmers. There will be a maximum of 5 heats per event.

There will be medals to the first three swimmers in each event and can be picked up from the front desk. Speeding certificates will be awarded to swimmers who exceed the qualifying entry times (usually by 5% Faster than the attached qualifying times).

ENTRY TIMES

Entry times must be equal or slower than those on the qualifying times (see attached sheet). "No time" entries will not be accepted. Times are not required to be accredited but must be real times.

ENTRIES

All entries to be submitted on HY-TEK files and emailed to lesleygaton@gmail.com with Summary sheets. Entry file can be obtained from the SASA North District website or email Meet Secretary (as above). **CLOSING DATE 1st March 2025. Late entries will not be accepted.**



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ENTRY FEE £8.00 per swim, £10.00 per relay

Payment to be made by BACS quoting your club's name as the reference.
E.g.. NISX/Graded

Bank account details:

Sort Code: 80-91-26 Account : 10466360
Name: Inverness Amateur Swimming Club.

The entry sheet (and entry fee by cheque where applicable) should be sent to Lesley Gatton and received by **1st March 2025**.

Lesley Gatton
152 Shillinghill
Alness
IV17 0TD
Email to lesleygatton@gmail.com

LUNCH Technical officials will be offered a light lunch. Coaches and Team managers can request lunch at a cost of £10.00 per head and the request should be submitted with the summary sheet and payment included with the entry fee. Please advise IASC STO of any dietary requirements on the summary sheet.

OFFICIALS Please offer the services of your technical officials to ensure that this meet runs smoothly. Where possible attending clubs should provide at least one judge per session in addition to timekeepers. Please complete the enclosed form and return to iascsto@gmail.com by no later than **14th March 2025**. Requests for mentoring should also be made directly to IASC STO and will be accommodated if the meet referee considers it practical.

WITHDRAWALS Withdrawals from swimmers prior to the competition should be emailed to lesleygatton@gmail.com to arrive no later than 3pm on Thursday 27th March 2025. Withdrawals after this time should be submitted at the recorders desk prior to the start of each warmup on the withdrawal forms made available.

Refunds for swimmers 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 Convener within 7 days following the meet. The letter should be dated no earlier than the closing date for the meet and not more than 2 days after the meet.

VIDEO Please note anyone wishing to use photographic equipment, including video cameras, must register with the Front Desk and receive a wrist band to meet with the venue requirements. Mobile phones may not be used in any circumstances in the shower area, toilets or 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.

MEET SECRETARY Lesley Gatton lesleygatton@gmail.com



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NOTES

1. All swimmers entered must have paid their SASA membership fee for the current year with registration numbers shown on entry files.
2. Poolside access will be limited to 1 members of club staff per 10 swimmers and one further coach per additional 10 swimmers. All staff must have PVG and CWPS training.
3. No glassware to be taken into the changing rooms or onto the poolside.
4. Participating clubs will receive on copy of start sheets for each session. Results will be posted by the front desk during the event and after the event will be sent via email and published on the North District website.
5. Spectating is available at this meet and there are vending machines around the facility. There is also a café across from the pool at Inverness Botanic Gardens.
6. Participant information will be issues to all clubs with more details of the meet up to 7 days before the event.
7. This event is run in accordance with Scottish Swimming Competition Management Guidance, codes of conduct; 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. 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 here [Link](#) . 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. Clubs must confirm that swimmers entering into the female category were born female.
8. Scottish Swimming swimsuit rules will apply to all swimmers at this meet. For more information see [HERE](#)

CONVENOR

If you have any question, please contact the Meet Convenor:
Trish Sheldon – iasconvenor@gmail.com



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2025 ENTRY TIMES

Entry times must be equal to or slower than:

		Male & Open	Female
10 yrs and under	50m Freestyle	00:38.00	00:40.00
	50m Backstroke	00:45.00	00:46.00
	50m Breaststroke	00:50.00	00:52.00
	50m Butterfly	00:49.00	00:50.00
11/12 yrs	100m Freestyle	01:18.00	01:21.00
	100m Backstroke	01:30.00	01:32.00
	100m Breaststroke	01:43.00	01:44.00
	100m Butterfly	01:34.00	01:35.00
	100m IM	01:31.00	01:33.00
13/14 yrs	100m Freestyle	01:09.00	01:11.00
	100m Backstroke	01:22.00	01:24.00
	100m Breaststroke	01:32.00	01:34.00
	100m Butterfly	01:24.00	01:30.00
	100m IM	01:22.00	01:24.00



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PROGRAMME OF EVENTS

Session 1 – Warm Up 9.00am

Start 10.00am

101	11/12 years	Male & Open	100m Backstroke
102	11/12 years	Female	100m Backstroke
103	13/14 years	Male & Open	100m Breaststroke
104	13/14 years	Female	100m Breaststroke
105	10yrs and under	Male & Open	50m Backstroke
106	10yrs and under	Female	50m Backstroke
107	11/12 years	Male & Open	100m Freestyle
108	11/12 years	Female	100m Freestyle
109	13/14 years	Male & Open	100m IM
110	13/14 years	Female	100m IM
111	10yrs and under	Male & Open	50m Butterfly
112	10yrs and under	Female	50m Butterfly
113	11/12 years	Male & Open	100m IM
114	11/12 years	Female	100m IM
115	13/14 years	Male & Open	100m Backstroke
116	13/14 years	Female	100m Backstroke
117	11/12 years	Male & Open	4x50m Medley Relay
118	11/12 years	Female	4x50m Medley Relay
119	13/14 years	Male & Open	4x50m Medley Relay
120	13/14 years	Female	4x50m Medley Relay

Session 2 – Warm Up 1.30pm

Start 2.30pm

201	11/12 years	Male & Open	100m Breaststroke
202	11/12 years	Female	100m Breaststroke
203	10yrs and under	Male & Open	50m Freestyle
204	10yrs and under	Female	50m Freestyle
205	13/14 years	Male & Open	100m Butterfly
206	13/14 years	Female	100m Butterfly
207	10yrs and under	Male & Open	50m Breaststroke
208	10yrs and under	Female	50m Breaststroke
209	11/12 years	Male & Open	100m Butterfly
210	11/12 years	Female	100m Butterfly
211	13/14 years	Male & Open	100m Freestyle
212	13/14 years	Female	100m Freestyle
213	10yrs and under	Male & Open	4x50m Freestyle Relay
214	10yrs and under	Female	4x50m Freestyle Relay
215	11/12 years	Male & Open	4x50m Freestyle Relay
216	11/12 years	Female	4x50m Freestyle Relay
217	13/14 years	Male & Open	4x50m Freestyle Relay
218	13/14 years	Female	4x50m Freestyle Relay



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ENTRY SUMMARY SHEET

Please complete and return with entry fees by **Saturday 1st March 2025**

Contact Details

Club

Meet Secretary

Address

Tel. No. **Email address**

Entry Summary

Swimmers Aged 8-10@£8.00 per swim	= £.....
Swimmers Aged 11-14 @£8.00 per swim	= £.....
Relay team @£10 per swim	= £.....
Coach meal ticket @£10.00 per person	= £.....
		Total £.....
Closing date: 1st March 2025		

DECLARATION I confirm that all swimmers in this competition have paid their current SASA fee. I confirm all staff poolside will have PVG and CWPS training. I confirm all swimmers entered into the female category were born female.

Signed..... **Position in club**

Date

Club bank details for any refunds:

Sort Code:

Account:



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OFFICIALS SHEET

Please complete and return by **Friday 14th March 2025** and send to **iascsto@gmail.com**

Club: _____

STO Name: _____

Email address for
STO: _____

NAME	DUTY	SESSION 1	SESSION 2	SIGNATURE REQUIRED?

STO CONTACT – (Paul Morley, iascsto@gmail.com)



**INVERNESS AMATEUR SWIMMING CLUB
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Media/Photography Refusal of Consent

Event: **Inverness ASC Graded Meet**

Date: **29th March 2025**

Name of Swimmer:.....

Club:.....

I refuse permission for the Official Photographer of IASC, our media partner or The Orion Group to take and/or publish the images of me/my child. This includes the sharing of photos/images on your website and social network sites.

Signed:

(Parent /carer if aged 16 or under)

Print Name:

Date: