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| **Pool** | Inverurie Swimming Pool  25 Metres, 4 Lanes, Anti-turbulence Ropes |
| **Sessions** | **Saturday Session One** Warm Up 8:00 am - Start 9.05am  **Session Two** Warm Up 1.00 pm - Start 2.05 pm  **Sunday Session Three**Warm Up 8:00 am - Start 9.05am  **Session Four**Warm Up 1.00 pm - Start 2.05 pm  (SUBJECT TO CHANGE IF NECESSARY) |
| **Licence** | **L2/ND/007/JAN18** |
| **Events** | 50m and 100m events for all strokes, 100m, 200m and 400m Individual Medley, 400 Freestyle and 200m Mixed Medley Relay. The mixed relay event should comprise of 2 girls and 2 boys.  Entries will be accepted on a time basis, however please note this is a club competition and entries from composite teams will not be accepted. 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 from other age groups.  In the event that the meet is over-subscribed and cuts have to be made in order to meet the conditions of the licence, swimmers will be accepted fastest first across the events and age groups in so far as this is practical.  If the meet is over subscribed 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.  All entries will be heat declared winners. The programme of events is attached.  Garioch ASC reserve the right to include slower heats of its own swimmers to fill unused lanes with eligible swimmers in attendance. |
| **Age** | 10-12, 13-14 and 15 and over. As at last day of meet for all events. |
| **Starts** | As per FINA rules. One start will be implemented throughout. Over the top starts will be used where practicable. |
| **Entries** | All entries must be on Hy-tek Team Manager entry file. Entry files may be obtained by downloading from the Garioch ASC website [www.gasc.co.uk/club-info/swimmer-info](http://www.gasc.co.uk/club-info/swimmer-info)or the SASA North District website or by contacting Shona Strachan at meetentries@gasc.co.uk.  Timecards are not required.  Please return entries and summary sheet by email to Shona Strachan at meetentries@gasc.co.uk  **CLOSING DATE FOR ENTRIES, SUMMARY SHEET AND FEES IS FRIDAY 29 DECEMBER 2017** |
| **Entry Fees** | £4.50 per 50m events  £6.00 per 100M, 200M, and 400M events  £8.00 per mixed medley relay  Entry fees should be paid by bank transfer to GASC.  Account No 30246563, Sorting code 82-65-21.  Please use Club name/MIX as reference  e.g.Garioch/MIX |
| **Awards** | Medals will be awarded to the first three positions in each age group per event.  Medals will be handed to Team Coaches. |
| **Withdrawals** | Withdrawals prior to the competition should be emailed to Shona Strachan at meetentries@gasc.co.uk to arrive no later than 12:00 noon on Friday 19 January 2018.  Please include the swimmers name, event and entry time when notifying withdrawals.NO telephone withdrawals will not be accepted in any circumstances.  Withdrawals on the day should be submitted to the recorders table prior to the start of each warm (or at least 1 hour prior to start of the appropriate session)or on the withdrawal forms made available in the coaches pack. |
| **Technical Officials** | We would be grateful for a list of technical officials willing to help on the day to ensure this meet receives its full accreditation.  A completed technical officials sheet should be sent to Christine Cheyne at [officials@gasc.co.uk](mailto:officials@gasc.co.uk)to arrive before 5th January 2018.  Light lunch will be provided for technical officials.  Judges and timekeepers in training who are wishing specific signatures, eg. Chief Timekeeper or stroke should make this request but requests will be accommodated only if the meet referee considers it practical. |
| **Marshalling** | There will be marshalling. All swimmers must attend marshalling before their events and are advised to attend in good time. The start of a race will not be delayed for absent competitors. |
| **Photography/**  **Mobile Phones** | Please note that anyone wishing to use photographic equipment including video cameras must register with the Meet Convenor on the appropriate SASA Health and Safety form.  Garioch ASC may take photographs for use with club publicity. The Garioch CPO will approve all such photographs.  Mobile phones may not be used in the poolhall or in the changing rooms. Use of mobile phones is limited to the main reception area. | |
| **Meet Regulations** | 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 the event without notice and liability for doing so. It is expected that this would happen as a result of unforeseen circumstances, eg venue/facility failure or adverse weather.  In the event of postponement, cancellation or abandonment of the event, refunds if any will be made at the absolute discretion of Garioch ASC. Garioch ASC will have no legal liability to make a refund or to pay any form of consequential or indirect damage such as loss of enjoyment, travel and accommodation costs. | |
| **Meet Convenor** | Shona Strachan – officials@gasc.co.uk | |
| **Notes** | 1. All swimmers entered must have paid their SASA membership fee for the current year and the appropriate declaration shown on the summary sheet. Registration numbers **MUST** be shown on the entry sheets. 2. This is a Level 2 meet. All swimmers must be capable of starting the race from a dive. 3. Due to lack of poolside space access will be limited to one Coach per 10 swimmers. 4. Seating areas will be located to each team. Teams are responsible for clearing their seating area of belongings, litter etc. before leaving at the end of the competition day. 5. Lockers provided in the changing rooms should be used to store all belongings. The meet organisers and the facility management cannot be held responsible for items lost during the course of the event. 6. Participating clubs will receive one copy of start sheets and results sheets for each session 7. A light lunch will be provided for Technical Officials. Coaches can request a lunch pass at a price of £10.00 and this should be submitted with the summary sheet and payment included with entries. 8. 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. | |

**PROGRAMME OF EVENTS**

**Session 1 – Saturday 20 January 2018**

Event 101 10 & Over Girls 100 Breaststroke

Event 102 10 & Over Boys 50 Breaststroke

Event 103 10 & Over Girls 50 Freestyle

Event 104 10 & Over Boys 100 IM

Event 105 10 & Over Girls 200 IM

Event 106 10 & Over Boys 400 Freestyle

**Session 2 – Saturday 20 January 2018**

Event 201 10 & Over Boys 50 Butterfly

Event 202 10 & Over Girls 100 IM

Event 203 10 & Over Boys 100 Breaststroke

Event 204 10 & Over Girls 50 Backstroke

Event 205 10 & Over Boys 50 Freestyle

Event 206 10 & Over Girls 400 Freestyle

Event 207 10 & Over Boys 200 IM

**Session 3 – Sunday 21 January 2018**

Event 301 10 & Over Boys 100 Freestyle

Event 302 10 & Over Girls 50 Butterfly

Event 303 10 & Over Boys 50 Backstroke

Event 304 10 & Over Girls 100 Freestyle

Event 305 10 & Over Boys 400 IM

Event 306 10 & Over Girls 400 IM

**Session 4 – Sunday 21 January 2018**

Event 401 10 & Over Girls 100 Backstroke

Event 402 10 & Over Boys 100 Backstroke

Event 403 10 & Over Girls 100 Butterfly

Event 404 10 & Over Boys 100 Butterfly

Event 405 10 & Over Girls 50 Breaststroke

Event 406 10 & Over Mixed Medley Relay

**SUMMARY SHEET**

|  |  |
| --- | --- |
| Club |  |
| Contact Name |  |
| Address |  |
| Post Code |  |
| Tel No |  |
| Email |  |

(Must be reliable for distribution of returns and all future information)

|  |  |  |
| --- | --- | --- |
|  | Number of Entries | Total Cost |
| Boys 50m Entries @ £4.50 |  |  |
| Boys Entries @ £6 |  |  |
| Girls 50m Entries @ £4.50 |  |  |
| Girls Entries @ £6 |  |  |
| Total Relay Entries @ £8 |  |  |
| Coaches Lunch Passes @ £10 |  |  |
| TOTAL (cheques payable to GASC) | |  |

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| **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: Shona Strachan (Meet Entry Secretary), to email: [meetentries@gasc.co.uk](mailto:meetentries@gasc.co.uk)**CLOSING DATE FOR RECEIPT OF ENTRIES IS 6.00 PM FRIDAY 29 December 2017.**

**OFFICIALS SHEET – SESSION 1**

**Club**: **STO Convenor:**

STO Contact Name: Christine Cheyne

Tel No: E-mail: [officials@gasc.co.uk](mailto:officials@gasc.co.uk)

E-mail:

**Session 1**

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| **Mentoring Requirements** | | | | **Judges** | | | | **Timekeepers** | | |
|  | Name | Club | Level |  | Name | Club | Level |  | Name | Club |
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**OFFICIALS SHEET – SESSION 2**

**Session 2**

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| **Mentoring Requirements** | | | | **Judges** | | | | **Timekeepers** | | |
|  | Name | Club | Level |  | Name | Club | Level |  | Name | Club |
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**OFFICIAL SHEET – SESSION 3**

**Session 3**

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| **Mentoring Requirements** | | | | **Judges** | | | | **Timekeepers** | | |
|  | Name | Club | Level |  | Name | Club | Level |  | Name | Club |
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**OFFICIAL SHEET – SESSION 4**

**Session 4**

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| **Mentoring Requirements** | | | | **Judges** | | | | **Timekeepers** | | |
|  | Name | Club | Level |  | Name | Club | Level |  | Name | Club |
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