



BRIDGE OF DON ASC
8th Spring Time Banded Meet
 Bridge of Don Swimming Pool, Aberdeen
 Saturday the 18th of April 2020



MEET INFORMATION

(UNDER FINA RULES AND SASA SWIMMING REGULATIONS)

Date Saturday the **18th of April 2020**

Venue Bridge of Don Swimming Pool, Braehead Way, AB22 8RR
 5 lane 25m pool, anti-turbulence ropes
 There will be no splashboards at the turn end.
 This is a Level 2 meet; therefore, swimmers must start with a dive.

Licence Number L2/ND/007/APR20

Sessions

Session One:	Warm Up	8.15am Start	9.20am
Session Two:	Warm Up	1.15pm Start	2.20pm

(Subject to change if necessary)

Events Boys/Girls ages 10 – 18 year’s old

100m Individual Medley	Open*
50m Butterfly	Time Bands A, B, C and D
50m Breaststroke	Time Bands A, B, C and D
50m Freestyle	Time Bands A, B, C and D
50m Backstroke	Time Bands A, B, C and D

Mixed 4 x 50m Medley Relay
 Mixed 4 x 50m Freestyle Relay

Age on day – 18th of April 2020

Please see the attached sheet for the qualifying times for each time band (A, B, C, D)

The meet will operate using the one-start rule and we reserve the right to use over the top starts as necessary. The organising committee also reserve the right to restrict the number of entries to keep the meet to a manageable size.

*** Swimmers must have qualified and swam in 1 or more individual events to qualify for the 100 Individual Medley, if because of being scratched from individual swims the swimmers only swim is the 100IM then this will be permitted.**



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Relays

Changes to the Relay Team entry! This is now a point system. Each Relay Team will be mixed and comprise of 4 swimmers, 2 girls and 2 boys, and must total to 10 or less points.

Swimmer of Band A – 4 points
Swimmer of Band B – 3 points
Swimmer of Band C – 2 points
Swimmer of Band D – 1 point

Relay Team Example:

A, B, C, D = 4+3+2+1 = 10 points

B, B, C, C = 3+3+2+2 = 10 points

A, A, D, D, = 4+4+1+1 = 10 points

The swimmer shall qualify to swim in the freestyle or medley relay in the same band they have swam the individual swim in e.g. if they are to swim breaststroke in the medley relay they must have swam it as an individual swim and the Band they swam it in will account for the points towards the total.

There will be a maximum of 2 relay teams permitted for both the freestyle and medley relay events from each participating club.

Swimmers must have qualified and swam in the freestyle event to qualify for the freestyle relay.

Swimmers must have qualified and swam in the event for the stroke they shall swim in the medley relay.

Note: The ages for this meet are 10 to 18. The Hy-Tek file will have over 18 ages, but this was to allow us to enter the different time band times into Time Standards.

Fees

£5 per individual event
£7 per Relay Team Entry

Entry fees can be paid by bank transfer to:

Account: Bridge of Don Amateur Swimming Club
Bank Name: Bank of Scotland
Account No: 00179837
Sort Code: 80-05-11

Please use your Club name/BANDED for reference, e.g. BOD/BANDED

Alternatively, if paying by cheque please make payable to Bridge of Don ASC and send to the Meet Coordinator.



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Awards

Medals for 1st, 2nd and 3rd for individual events and relay events.

Entries

All entries are to be submitted electronically using Hy-Tek Team Manager format. To obtain the meet entry file either download from the SASA North District website or by emailing meetcoordinator@bodasc.co.uk.

Please email entry files & summary sheet to meetcoordinator@bodasc.co.uk

Or by post to:

Claudia Kari
28 Glashieburn Avenue
Bridge of Don
Aberdeen
AB22 8UQ

CLOSING DATE FOR ENTRIES IS T THE 20th MARCH 2020

Receipt of entry file will be confirmed by email.

Clubs will be notified of any rejected swims prior to the meet along with a draft programme.

Meet Convenor

Lyn Strachan
Email: president@bodasc.co.uk

Medical Withdrawals

Please note that anyone withdrawing on medical grounds will only be granted a refund 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.

Withdrawals

Withdrawals prior to the event should be e-mailed to:

Claudia Kari meetcoordinator@bodasc.co.uk

to arrive by 5 pm at the latest on Thursday 16th of April 2020.

No telephone withdrawals will be accepted. All details must be included on e-mail withdrawals i.e. Name, Event No, Stroke, Comp No etc. Withdrawals received prior to the closing date will be refunded in full.

Withdrawals at the Meet: should be notified on the relevant withdrawal form. The sheets should be handed in to the recorders 45 minutes prior to the start of the first session and updated accordingly 45 minutes before session two. Reserves for heats must marshal unless they have also withdrawn as above.



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Officials

We would be grateful for a list of Officials willing to help on the day. A completed Technical Officials sheet should be sent to our STO by email to arrive **no later than 14 days before the first day of the meet.**

STO Convenor, Audra Torliefson, stoconvenor@bodasc.co.uk

All clubs are respectfully requested to provide a minimum of 1 official per session when 5 or more swimmers are accepted. Clubs that have 10 swimmers or more accepted should provide a minimum of 2 technical officials per session, at least one of which should hold a minimum qualification of Judge 1.

Mentoring requests will be considered by the Referees.

Please note that probationary Judges and Timekeepers wishing specific signatures, i.e. Chief timekeeper or stroke, should make this request to the STO Convenor when names are submitted.

Technical officials will be offered lunch.

Meet Notes

Bridge of Don ASC reserves the right to accommodate empty lanes with their own club swimmers after all reserve swimmers have been accommodated.

Entries must be submitted using the fastest short course time from a competition or club time trial that a swimmer has recorded. Times converted from long course competitions or time trials must not be used.

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.

Swimmers with no entry time (NT) will be rejected.

The meet is licenced, and Level 2 accreditation will be applied for.

Swimmers must be registered members of Scottish Swimming. Registration numbers must be shown on the entry files.

There will be no entry to the changing area before 8am.

Lockers provided in the changing rooms should be used for clothes and other belongings at all times, to keep cubicles free for other swimmers.

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



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No glassware should be taken onto poolside or into the changing area.

Coaches can request lunch at a cost of £5 and requests should be submitted with the summary sheet and payment must be made along with the entry fees.

Footwear must be used outside the pool area.

The use of mobile phones is not permitted at any time in the changing area, toilets or shower areas and they must be switched to silent in the pool hall.

Seating areas may 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. Glass bottles or containers are not permitted in the pool hall – this includes the spectator areas.

Participating clubs will receive one copy of start sheets for each session.

There is no café at Bridge of Don Swimming Pool. There will be a tuck-shop, but it will only offer snacks and juice.

Depending on the session timings, medal presentations may take place in the Dining Hall at the end of session's 1 & 2.

Photos/Videos

Please note that anyone wishing to use photographic equipment, including video cameras must register with the Meet Convenor (application should be made on the appropriate SASA Health and Safety form).

In line with Child Protection guidelines, the use of mobile phones will not be permitted either in the toilets, shower areas or in the changing areas in order to prevent any misuse of mobiles with integrated digital camera/video equipment.

Videos and photographs should only be posted on secure social media pages & club websites. We would be grateful if you could ensure that all members of your club are aware of this requirement.



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Session 1 – Warm-up 8.15 Start 9.20

Event 101	Girls	100m IM	Open
102	Boys Band D	50m Breaststroke	55.00 & Over
103	Girls Band D	50m Breaststroke	55.00 & Over
104	Boys Band C	50m Breaststroke	50.00 – 54.99
105	Girls Band C	50m Breaststroke	50.00 – 54.99
106	Boys Band B	50m Breaststroke	45.00 – 49.99
107	Girls Band B	50m Breaststroke	45.00 – 49.99
108	Boys Band A	50m Breaststroke	40.00 – 44.99
109	Girls Band A	50m Breaststroke	40.00 – 44.99
110	Boys Band D	50m Freestyle	45.00 & Over
111	Girls Band D	50m Freestyle	45.00 & Over
112	Boys Band C	50m Freestyle	40.00 – 44.99
113	Girls Band C	50m Freestyle	40.00 – 44.99
114	Boys Band B	50m Freestyle	35.00 – 39.99
115	Girls Band B	50m Freestyle	35.00 – 39.99
116	Boys Band A	50m Freestyle	31.00 – 34.99
117	Girls Band A	50m Freestyle	31.00 – 34.99
118	Mixed Medley Relay	4 x 50m Medley Relay	

Session 2 – Warm-up 13.15 Start 14.20

Event 201	Boys	100m IM	Open
202	Girls Band D	50m Butterfly	48.00 & Over
203	Boys Band D	50m Butterfly	48.00 & Over
204	Girls Band C	50m Butterfly	43.00 – 47.99
205	Boys Band C	50m Butterfly	43.00 – 47.99
206	Girls Band B	50m Butterfly	38.00 – 42.99
207	Boys Band B	50m Butterfly	38.00 – 42.99
208	Girls Band A	50m Butterfly	33.00 – 37.99
209	Boys Band A	50m Butterfly	33.00 – 37.99
210	Girls Band D	50m Backstroke	50.00 & Over
211	Boys Band D	50m Backstroke	50.00 & Over
212	Girls Band C	50m Backstroke	45.00 – 49.99
213	Boys Band C	50m Backstroke	45.00 – 49.99
214	Girls Band B	50m Backstroke	40.00 – 44.99
215	Boys Band B	50m Backstroke	40.00 – 44.99
216	Girls Band A	50m Backstroke	35.00 – 39.99
217	Boys Band A	50m Backstroke	35.00 – 39.99
218	Mixed Freestyle Relay	4 x 50m Freestyle Relay	



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BRIDGE OF DON ASC – Summary Sheet

Entries Coordinator: Claudia Kari
Email address: meetcoordinator@bodasc.co.uk

Contact Details

Club Name/Abbr _____
 Match Secretary _____
 Address _____

 Post Code _____ Tel. No. _____
 Email Address _____

ENTRIES SUMMARY	Entries	@	Total
Individual Entries		£5.00	£
Relays Entries		£7.00	£
Coaches Pass		£5.00	£
Total			£

THE CLOSING DATE IS FRIDAY THE 20 MARCH 2020

Entry fees can be paid by bank transfer to **Bridge of Don ASC, Account no 00179837, Sort Code 80-05-11.**

Cheques should be made payable to Bridge of Don ASC.

Please use your Club name/BANDED for reference, e.g. BOD/BANDED

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

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

Signed _____ Position in Club _____

Date _____



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Meet Officials Convenor: Audra Torliefson, email: stoconvenor@bodasc.co.uk

CLUB _____

STO Contact _____

Telephone No _____

Email Address _____

OFFICIALS SHEET

Name	Judge	Timekeeper	Mentor	Session 1	Session 2	Signature Required
Mr Example		X	J1	y	y	Yes CIT

OFFICIALS SHEET - Please Note: This sheet is to be emailed to the STO Convenor NOT the Meet Co-ordinator by Friday the 3rd of April 2020