**Aberdeen ASC Nifty Fifties + 2023**

**(UNDER WORLD AQUATICS AND SASA RULES)**

**Saturday 11th & Sunday 12th November 2023**

**AQUATICS CENTRE, ABERDEEN SPORTS VILLAGE**

**Regent Walk, Aberdeen, AB24 1SX**

**Licence No:** L2/ND/067/NOV23

**MEET INFORMATION**

**Pool** 25 metres, 10 lanes, deck level, full electronic timing, backstroke ledges. There will be no separate swim-down facility available.

**Sessions** **Session One** Warm-Up 1400 Start 1505

**Session Two** Warm-Up 0800 Start 0905

(SUBJECT TO CHANGE IF NECESSARY)

**Events** 50m Backstroke, Butterfly, Breaststroke and Freestyle (Heats & Finals)

100m Individual Medley (Qualifying event for skins)

4 x 50m Medley & Freestyle Relays (HDW)

Skins Invitational Event

**Skins Event** The top 10 swimmers from the 100 IM heats will be invited to take part. A reserve will not be brought in if any swimmer declines to take part. Elimination will be as follows:

Round 1 – 10 swimmers, 2 swimmers eliminated, down to 8 swimmers

Round 2 – 8 swimmers, 2 swimmers eliminated, down to 6 swimmers

Round 3 – 6 swimmers, 2 swimmers eliminated, down to 4 swimmers

Round 4 – 4 swimmers, 2 swimmers eliminated, down to 2 swimmers

Round 5 – 2 swimmers, 1 swimmer eliminated, winner

The first start will be a normal start and thereafter, each round will start with a 10 second verbal warning, then the starting signal. Starting before the signal will result in disqualification. The turnaround time will be 2 minutes. The stroke for each round of the skins will be decided by draw. If Freestyle is drawn, this means any stroke apart from Breaststroke, Butterfly or Backstroke, as per World Aquatics rules for Medley swimming. The draw will be such that all strokes are drawn at least once. It is the swimmers’ responsibility to ready for the start.

**Ages** Junior: 14 years/under (50’s & Junior Relays)

Senior: 15 years/over (50’s, Individual Medley, Skins & Relays)

Age as on 12th November 2023 (Age on last day of meet)

Events will be swum in age groups as above.

**Entries** There are no consideration times, but times must be submitted on entry for seeding purposes. These should be real times but do not need to be accredited. Entries with no times will not be accepted, including relay times.

If the meet is over-subscribed, entries will be accepted fastest first across age groups as evenly as is practical. If an event or an age group is undersubscribed, any time made available will be allocated to other events or age groups in that session.

Only Club entries will be accepted, and entries will not be accepted from Composite Teams.

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

Entry files may be obtained by emailing Sean directly:

[Smdawson23@outlook.com](mailto:Smdawson23@outlook.com)

They will also be available on the North District website: <http://www.sasanorth.org.uk>

Please email entry files and summary sheet to:

[Smdawson23@outlook.com](mailto:Smdawson23@outlook.com)

**NO POSTAL returns will be accepted**

Entry fees (£7.00 per individual swim, £10.00 per relay) should be sent to Account No:

**80-06-19  00996374  Aberdeen ASC Reference should be N50 followed by the club code e.g. N50NANX**

**CLOSING DATE FOR ENTRIES, SUMMARY SHEET AND FEES IS MONDAY 16TH OCTOBER 2023.**

**Early Withdrawals**

Withdrawals prior to the event should be e-mailed by the club’s meet entries secretary to: [Smdawson23@outlook.com](mailto:Smdawson23@outlook.com)

to arrive by 5pm at the latest on **Friday 10th November 2023.**

NB: All details must be included on e-mail withdrawals i.e. Name, Time, Comp No. Club etc. Telephone withdrawals will not be accepted.

Refunds for swimmers who withdraw though illness or injury, will only be considered where medical evidence confirming that they are unable to swim is received by the meet convenor no later than 7 days following the meet.

**Withdrawals at Meet**

Withdrawals from heats at the meet should be notified on the withdrawal form issued. The sheets should be handed in to the recorders table at least 1 hour prior to the start of the appropriate session. Withdrawals from finals should be within 20 minutes of the finalist announcement.

**Marshalling**

There will be marshalling for heats, finals and skins but not for relays. All swimmers must check in to marshalling before their events and are advised to do this in good time. Swimmers who have not marshalled before swimmers leave the last marshalling area will not be allowed to race.

The start of a race will not be delayed for absent competitors. Swimmer with a fast turnaround between finals should check in for future races when they marshal for their first race. Reserves should marshal unless they have been withdrawn.

**Prizes** There will be a prize pot of £920.00

Individual events: £25 for each winner, 4 events (not IM), Senior & Junior, Male & Female (£400.00)

Relays: £40 for each winning Open team, M & F, Free & Med (£160.00)

£20 for each winning 14/under team, M & F, Free & Med (£80.00)

Skins: £10 for each winner of the 1st 4 rounds of the Skins, M & F (£80.00)

£100 prize for the winner of the final round, M & F (£200.00)

Prize money should be collected from the Club Welcome desk at the entrance to the spectators’ area.

**Technical Officials**

A list of Technical Officials available should be emailed on the form for this purpose to the Meet Officials Convenor:

[aasc.technicalofficialstraining@gmail.com](mailto:aasc.technicalofficialstraining@gmail.com)

Mentoring requests will be considered by the session referees. It may be more likely for requests to be honoured if the attending clubs also provide a supply of qualified officials (Judge 1 & above), however we cannot guarantee all requests to be granted.

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

Any queries or changes to Technical Officials after the closing date should be directed to:

[aasc.technicalofficialstraining@gmail.com](mailto:aasc.technicalofficialstraining@gmail.com)

**Additional Notes**

1. All swimmers entered must have paid their SASA membership fee for the current year. Registration numbers must be shown on entry files.
2. All participants are required to adhere to the Scottish Swimming Code of Ethics, and relevant codes of conduct.
3. A Licence has been granted for this competition and accreditation will be applied for through SASA North District.
4. **The use of mobile phones is not permitted at any time in the changing village, showers or toilets and they must be switched to silent in the pool hall.**
5. Poolside/changing room access will be limited to team coaches and chaperones up to a maximum of one coach/chaperone per 10 swimmers, with a maximum of 3 coaches/chaperones at any one time.
6. **Clubs are responsible for clearing their seating area of belongings, litter, etc. before leaving at the end of the competition day**. Bin liners for plastic bottles/recyclable items and for general waste will be distributed around the pool - please use them. **Glass bottles or containers and hot drinks are not permitted in the pool hall – this includes the spectator areas.**
7. Coaches should ensure that their swimmers enter and exit the warm up at the allotted times. Swimmers must not enter the pool until their warm-up start is announced and must follow any instructions announced. Full warm up details will be issued prior to the meet.
8. Start Sheets, results etc for coaches will be by a WhatsApp broadcast. More information to follow.
9. Please note there will be no access to poolside for spectators.

**Photos/Videos**

Anyone taking photos/videos should try to restrict filming to their own swimmer.

**Meet Convenor:** Dave Mcdonald [dave167mcd@btinternet.com](mailto:dave167mcd@btinternet.com)

**Aberdeen ASC Nifty Fifties +**

**November 2023 – ABERDEEN SPORTS VILLAGE AQUATICS CENTRE**

**Programme of Events**

**Session One Saturday 11th November 2023 – Warm-Up 1400 – Start 1505**

Event 101 Heats Male Open 100m Individual Medley (Qualifying event for the Skins)

Event 102 Heats Male 14/u 50m Butterfly

Event 103 Heats Female 14/u 50m Breaststroke

Event 104 Heats Male 15/o 50m Butterfly

Event 105 Heats Female 15/o 50m Breaststroke

Event 106 Heats Male 14/u 50m Backstroke

Event 107 Heats Female 14/u 50m Freestyle

Event 108 Heats Male 15/o 50m Backstroke

Event 109 Heats Female 15/o 50m Freestyle

Event 110 Male Open Skins (based on 100m IM result)

Event 102 Final Male 14/u 50m Butterfly

Event 103 Final Female 14/u 50m Breaststroke

Event 104 Final Male 15/o 50m Butterfly

Event 105 Final Female 15/o 50m Breaststroke

Event 106 Final Male 14/u 50m Backstroke

Event 107 Final Female 14/u 50m Freestyle

Event 108 Final Male 15/o 50m Backstroke

Event 109 Final Female 15/o 50m Freestyle

Event 111 HDW Male 14/u 4x50 Medley Relay (HDW)

Event 112 HDW Male Open 4x50 Medley Relay (HDW)

Event 113 HDW Female 14/u 4x50 Freestyle Relay (HDW)

Event 114 HDW Female Open 4x50 Freestyle Relay (HDW)

**Session Two Sunday 12th November 2023 – Warm-Up 0800 – Start 0905**

Event 201 Heats Female Open 100m Individual Medley (Qualifying event for the Skins)

Event 202 Heats Female 14/u 50m Butterfly

Event 203 Heats Male 14/u 50m Breaststroke

Event 204 Heats Female 15/o 50m Butterfly

Event 205 Heats Male 15/o 50m Breaststroke

Event 206 Heats Female 14/u 50m Backstroke

Event 207 Heats Male 14/u 50m Freestyle

Event 208 Heats Female 15/o 50m Backstroke

Event 209 Heats Male 15/o 50m Freestyle

Event 210 Female Open Skins (based on 100IM result)

Event 202 Final Female 14/u 50m Butterfly

Event 203 Final Male 14/u 50m Breaststroke

Event 204 Final Female 15/o 50m Butterfly

Event 205 Final Male 15/o 50m Breaststroke

Event 206 Final Female 14/u 50m Backstroke

Event 207 Final Male 14/u 50m Freestyle

Event 208 Final Female 15/o 50m Backstroke

Event 209 Final Male 15/o 50m Freestyle

Event 211 HDW Female 14/u 4x50 Medley Relay (HDW)

Event 212 HDW Female Open 4x50 Medley Relay (HDW)

Event 213 HDW Male 14/u 4x50 Freestyle Relay (HDW)

Event 214 HDW Male Open 4x50 Freestyle Relay (HDW)

**ABERDEEN ASC NIFTY FIFTIES + 2023**

**SUMMARY SHEET Entering Club Meet Secretary:**

**Address:**

**Club Name: Tel. No:**

**E-mail address:**

|  |  |  |  |
| --- | --- | --- | --- |
| Individual Male Entries @ £7.00 = £  Individual Female Entries @ £7.00 = £  Relay Entries @ £10.00 = £ | |  | **CLOSING DATE – Monday 16th October 2023**  **Entries secretary: Sean Dawson**  **Email:** [**Smdawson23@outlook.com**](mailto:Smdawson23@outlook.com)  **ENTRY FEES SHOULD BE DEPOSITED AT:**  **80-06-19  00996374  Aberdeen ASC** |
|  | TOTAL | £ | **Have you attached:**  **Hy-Tek Team Manager Entry File**  **Declaration and Summary Sheet** |
|  |  |  |  |

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

Signed Position in Club: Date

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

**ABERDEEN ASC NIFTY FIFTIES + 2023**

**OFFICIALS SHEET - Please Note: This sheet to be emailed to the Meet Officials Convenor NOT the Entries Secretary**

**Entering Club**: **Meet Officials Convenor:**

STO Contact Name: Colin Craik

Tel No: E-mail: aasc.technicalofficialstraining@gmail.co

E-mail:

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Session 1** |  |  |  | Judges | | | |  | Timekeepers | |
|  | Name | Club |  |  | Name | Club | Level |  | Name | Club |
| Referees |  |  |  | 1 |  |  |  | 1 |  |  |
|  |  |  |  | 2 |  |  |  | 2 |  |  |
|  |  |  |  | 3 |  |  |  | 3 |  |  |
| Starter |  |  |  | 4 |  |  |  | 4 |  |  |
|  |  |  |  | 5 |  |  |  | 5 |  |  |
| Recorders |  |  |  | 6 |  |  |  | 6 |  |  |
|  |  |  |  | 7 |  |  |  | 7 |  |  |
|  |  |  |  | 8 |  |  |  | 8 |  |  |
| AOE |  |  |  | 9 |  |  |  | 9 |  |  |
|  |  |  |  | 10 |  |  |  | 10 |  |  |
|  |  |  |  | 11 |  |  |  | 11 |  |  |
| Chief TK |  |  |  | 12 |  |  |  | 12 |  |  |
|  |  |  |  | 13 |  |  |  | 13 |  |  |
| Announcer |  |  |  | 14 |  |  |  | 14 |  |  |
|  |  |  |  | 15 |  |  |  |  |  |  |
|  | Mentoring Requirements | | | 16 |  |  |  |  |  |  |
|  | Name | Club | Level | 17 |  |  |  |  |  |  |
|  |  |  |  | 18 |  |  |  |  |  |  |

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| **Session 2** |  |  |  | Judges | | | |  | Timekeepers | |
|  | Name | Club |  |  | Name | Club | Level |  | Name | Club |
| Referees |  |  |  | 1 |  |  |  | 1 |  |  |
|  |  |  |  | 2 |  |  |  | 2 |  |  |
|  |  |  |  | 3 |  |  |  | 3 |  |  |
| Starter |  |  |  | 4 |  |  |  | 4 |  |  |
|  |  |  |  | 5 |  |  |  | 5 |  |  |
| Recorders |  |  |  | 6 |  |  |  | 6 |  |  |
|  |  |  |  | 7 |  |  |  | 7 |  |  |
|  |  |  |  | 8 |  |  |  | 8 |  |  |
| AOE |  |  |  | 9 |  |  |  | 9 |  |  |
|  |  |  |  | 10 |  |  |  | 10 |  |  |
|  |  |  |  | 11 |  |  |  | 11 |  |  |
| Chief TK |  |  |  | 12 |  |  |  | 12 |  |  |
|  |  |  |  | 13 |  |  |  | 13 |  |  |
| Announcer |  |  |  | 14 |  |  |  | 14 |  |  |
|  |  |  |  | 15 |  |  |  |  |  |  |
|  | Mentoring Requirements | | | 16 |  |  |  |  |  |  |
|  | Name | Club | Level | 17 |  |  |  |  |  |  |
|  |  |  |  | 18 |  |  |  |  |  |  |