**Aberdeen ASC Nifty Fifties + 2016**

**(UNDER FINA AND SASA RULES)**

**30th October 2016**

**ABERDEEN SPORTS VILLAGE AQUATICS CENTRE**

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

**Licence No: ND/L2/266/OCT16**

**MEET INFORMATION**

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| Pool | 25 metres, 10 lanes, deck level, full electronic timing, backstroke ledges.There will be no separate 25 metre swim down facility available |
| **Sessions** | **Session One** Warm Up 08.00 - Start 09.05 - Finish 12.05**Session Two** Warm Up 12.45 - Start 13.50 - Finish 16.50 (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 |
| **Ages** **Times** **Entries** | Age Groups 14/under, 15/over (50’s)Open (Individual Medley, Skins & Relays)Age as of 30th October 2016 (Age on the Day)Events will be swum in age groups as aboveThere 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.In the event that the meet is over-subscribed, entries will be accepted fastest first across age groups as evenly as is practical. In the event that an event or an age group is undersubscribed, any time made available will be allocated to other events or age groups in that session. Entries must be submitted by Clubs and will not be accepted from Composite Teams.All entries must be on Hy-Tek Team Manager entry file. |

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| **Entries** | Entry files may be obtained by emailing: Tom Tracey:tomtracey@btinternet.com They will also be available on the North District website: <http://www.sasanorth.org.uk> and the SwimScotland website:Please email entry files and summary sheet to: Tom Tracey**NO POSTAL returns will be accepted** Entry fees (£5.50 per individual swim, £8.00 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 ELECTRONIC ENTRIES, SUMMARY SHEET AND FEES IS FRIDAY 23rd SEPTEMBER 2016.**  |
| **Early Withdrawals**  | Withdrawals prior to the event should be e-mailed to: Tom Tracey:tomtracey@btinternet.com to arrive by 5pm at the latest on **Saturday 29th October 2016.**NB: All details must be included on e-mail withdrawals i.e. Name, Event No, Stroke, Comp No etc. Telephone withdrawals will not be accepted. |
| **Withdrawals at the 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****Prizes****Technical Officials** | 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.There will be a prize pot of £550.Individual events: £15 for winnerRelays: £40 award for the winning teamSkins: £5 award for the winner of each round of the Skins and £50 for the overall winner. A list of Technical Officials available should be emailed on the form for this purpose to the Meet Officials Convenor, Kenny Dryburgh:dry.sto@btinternet.com 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: dry.sto@btinternet.com |
| **AdditionalNotes** |       | 1. All swimmers entered must have paid their SASA membership fee for the current year. Registration numbers must be shown on entry files. A Licence has been granted for this competition and accreditation will be applied for. All participants are required to adhere to the Scottish Swimming Code of Ethics, and relevant codes of conduct.
2. The use of mobile phones is not permitted at any time in the changing village and they must be switched to silent in the pool hall.
3. 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.

Access will be granted with a pass. Passes are free and issued to clubs in their club packs. Seating areas may be allocated to each club. **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 are not permitted in the pool hall – this includes the spectator areas.** 1. 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 instruction announced. Full warm up details will be issued prior to the meet.
2. Participating clubs will receive one copy of start sheets for each session.
3. The stroke for each round of the skins will be decided by draw
4. Skins will be swum on a 2 minute turnaround with 2, 2, 2, then 1 swimmer eliminated in each round. Each round will start with a 10 second verbal warning, then the starting signal. Starting before the signal will result in disqualification.
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| **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 form. |
| **Lunches****Meet Convenor** |  | Lunches will be provided for the officials officiating at both sessions.Coaches may purchase a lunch ticket, cost £6.50. The Meet Convenor is Joan Gomes: joangomes@btinternet.com  |

**Aberdeen ASC Sprint Meet 2016**

**30th OCTOBER – ABERDEEN SPORTS VILLAGE AQUATICS CENTRE**

**Programme of Events**

# Session One – Sunday 30th October - Warm Up 08.00am – Start 09.05am

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 Open 4x50 Medley Relay (HDW)

Event 112 HDW Female Open 4x50 Freestyle Relay (HDW)

# Session Two – Sunday 30th October - Warm Up 12.45pm – Start 13.50pm

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 Open 4x50 Medley Relay (HDW)

Event 212 HDW Male Open 4x50 Freestyle Relay (HDW)

**ABERDEEN ASC SPRINT MEET 30TH OCTOBER 2016**

**SUMMARY SHEET Meet Secretary:**

 **Address:**

**Club Name: Tel. No:**

 **E-mail address:**

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| …... Individual Male Entries @ £5.50…... Individual Female Entries @ £5.50…… Relay Entries @ £8.00 …… Lunch Tickets @ £6.50 |  | **CLOSING DATE – FRIDAY 23rd SEPTEMBER 2016** **Entries secretary: Tom Tracey****Email:** tomtracey@btinternet.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 SPRINT MEET 30th OCTOBER 2016**

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

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

STO Contact Name: Kenny Dryburgh

Tel No: E-mail: dry.sto@btinternet.com

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 |  |  |  |  |  |  |