



# CULTS OTTERS ASC

Invite you to our Ninth Novice Gala on Sunday 7<sup>th</sup> February 2016  
Cults Swimming Pool, Quarry Road, Cults, Aberdeen

Under FINA and SASA rules - Licence Number ND/L2/177/FEB16  
Accreditation will be applied for

**Pool:** 25m, six lanes, anti turbulence lane ropes; deck level pool; space poolside for swimmers and coaches; spectator seating in accordance with Aberdeen City Council Health & Safety regulations.

Cults Academy dining facilities will be used as additional space for officials and competitors at lunchtime.

**Age Groups:** 8, 9, 10, 11 years. All events are age on the day – 7<sup>th</sup> February 2016

**Events:** 8 Years 25m all strokes  
9 Years 25m Butterfly and 50m Freestyle, Breaststroke and Backstroke  
10 Years 50m all strokes  
11 years 50m all strokes  
Open 100m Individual Medley  
8 / 9 years mixed 4 x 25m Freestyle and Medley relays  
10 / 11 years mixed 4 x 50m Freestyle and Medley relays

Heats will be combined to promote competitive swimming but medals will be awarded in age groups.

50m event entries will be accepted on a “slower than” basis - please see below for qualifying times. There are no qualifying times for 25m events. There are no qualifying times for the Open 100m IM event but swimmers must qualify for and swim in an individual event to enter the Open 100m IM.

## Boys and Girls “Slower Than” Times:

	25m Free	25m Back	25m Breast	25m Fly
<b>8 years</b>	Open	Open	Open	Open
	50m Free	50m Back	50m Breast	25m Fly
<b>9 years</b>	00:39.00	00:44.00	00:50.00	Open
	50m Free	50m Back	50m Breast	50m Fly
<b>10 – 11 years</b>	00:39.00	00:44.00	00:50.00	00:44.00



- Trophies:** Medals will be awarded in age groups for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> in each event. There will be awards for best boy and girl in each age group, and a trophy will be awarded to the Best Club, worked on a points system. There will be a trophy for the best performance by a Cults Otters swimmer.
- Special Conditions:** Coaches and meet secretaries, please note that this gala is intended for novice swimmers only (i.e. **those swimmers not competing at North District level**).
- Entries will be accepted on a first come, first accepted basis. Clubs will be accepted as a whole or not at all.***
- We would like to encourage clubs to enter as many relay teams as they wish to promote team spirit and fun at this junior event.
- Coaches should ensure that swimmers are capable of completing the stroke / distance before entering swimmers into an event.
- Entries:** Entries to be on the Hy-tek Team Manager events file. Events files may be obtained by download from the SwimScotland website ([www.swimscotland.co.uk](http://www.swimscotland.co.uk)) North District website ([www.sasanorth.org.uk](http://www.sasanorth.org.uk)) or by email from [four.gibsons@gmail.com](mailto:four.gibsons@gmail.com). All entry files must be returned by email and the fees and other paperwork to be sent on as soon as possible after this.
- Receipt of entry file will be confirmed by email.
- Deadline for entries:** Entries will be on a first come first accepted basis until the gala is full. The entry period will close once the gala is full. Absolute closing date will be **Sunday 27<sup>th</sup> December 2015** (six weeks before date of meet).
- Entry Fees:** £4.00 per individual swim, £7.00 per relay team. Cheques to be made payable to Cults Otters ASC.
- Coach's pass:** One coach's pass will be included for each Club, and will include programme, start sheets and lunch. Additional coaches' passes will be available at £5.00 each – please include this payment with the gala entry fee.
- Relay Teams:** Relay teams can be any combination of boys and girls (teams may be mixed boys and girls or all boys or all girls):
- Entries for the 8 / 9 year old relay team - combined ages must be no more than 35 years (i.e. no more than three nine year old swimmers).
- Entries for the 10 / 11 year old relay team - combined ages must be no more than 43 years old (i.e. no more than three 11 year old swimmers)



- Technical Officials:** We would be grateful for technical officials willing to help on the day. Please complete the attached form and return with your entry summary. We would appreciate extra officials from larger teams. Refreshments and lunch will be provided for technical officials.
- Withdrawals:** Must be notified to [four.gibsons@gmail.com](mailto:four.gibsons@gmail.com) by email before 5pm Friday 5<sup>th</sup> February 2016 and after this to the recorders table on the day – withdrawals should be notified at least 1 hour prior to the start of the appropriate session. Telephone withdrawals will not be accepted.
- Entries Secretary:** Mrs Jo Gibson  
2 Kirkbrae View  
Cults  
Aberdeen  
AB15 9RU
- Tel: 01224 869433  
email: [four.gibsons@gmail.com](mailto:four.gibsons@gmail.com)
- PLEASE NOTE:** Cults Otters ASC reserves the right to vary the proposed warm up and session timings to best accommodate the number of entries received and to maximise the available pool time for swimmers.



## Programme of Events

### Session One

Warm up 1	9:00 am
Warm up 2	9.20 am
Warm up 3	9.40 am
Start	10.05 am
Finish	12.35 pm

101	Girls	Open	IM	100m
102	Boys	8 yrs	Back	25m
103	Girls	8 yrs	Back	25m
104	Boys	9 - 11 yrs	Back	50m
105	Girls	9 - 11 yrs	Back	50m
106	Boys	8 - 9 yrs	Fly	25m
107	Girls	8 - 9 yrs	Fly	25m
108	Boys	10 - 11 yrs	Fly	50m
109	Girls	10 - 11 yrs	Fly	50m
110	Mixed	8 - 9 yrs	Medley relay	4 x 25m
111	Mixed	10 - 11 yrs	Medley relay	4 x 50m

### *Medal Presentations for Session 1*

### Session Two

Warm up 1	1.25 pm
Warm up 2	1.45 pm
Warm up 3	2.05 pm
Start	2.30 pm
Finish	5.00 pm

201	Boys	Open	IM	100m
202	Girls	8 Yrs	Brs	25m
203	Boys	8 Yrs	Brs	25m
204	Girls	9 - 11 yrs	Brs	50m
205	Boys	9 - 11 yrs	Brs	50m
206	Girls	8 yrs	Free	25m
207	Boys	8 yrs	Free	25m
208	Girls	9 - 11 yrs	Free	50m
209	Boys	9 - 11 yrs	Free	50m
210	Mixed	8 - 9 yrs	Freestyle relay	4 x 25m
211	Mixed	10 - 11 yrs	Freestyle relay	4 x 50m

### *Medal Presentations for Session 2*



### **General Information:**

1. The meet will be held under FINA and SASA rules.
2. All events are Heat Declared Winner.
3. Over the top starts will be used when applicable.
4. The Gala Convenor reserves the right to alter the meet programme and warm up times if necessary.
5. Manual timing with three timekeepers per lane will be used.
6. All entries must be accompanied by a signed registration declaration form.
7. Swimmers must report to marshalling ahead of their event and to medal marshalling ahead of medal presentations.
8. Swimmers must follow instructions given to them by meet officials and must behave in a reasonable manner at all times.
9. Gala programmes will be available on the day at a cost of £2.00.
10. No photographic or video equipment will be allowed in any area without prior agreement of the Gala Convenor. Application forms will be available from the Gala Convenor and must be countersigned by a club official. Those wishing to use photography must be able to prove that they have a child swimming at the session permission is applied for.
11. Unless it has been notified in writing to the Gala Convenor it will be assumed that all parents of children swimming give permission for their child to be photographed by approved parties.
12. No mobile phones will be allowed in the venue at any time to ensure that there is no misuse of camera phones.
13. Please use the lockers provided, do not leave items in the cubicles and ensure that any valuables are locked away.
14. To comply with our child protection policy, please ensure that swimmers wear t-shirts and shorts or track suits and pool shoes when leaving poolside.
15. Please note that there is limited spectator seating at Cults Pool: priority must be given to swimmers and coaches, and spectators may be required to remain in the foyer area.



## CULTS OTTERS ASC NOVICE GALA

Sunday 7<sup>th</sup> February 2016

### DECLARATION

All competitors have paid their current SASA registration fee.

Swimmers, coaches and spectators / parents have been made aware of the photographic / video restrictions at this venue.

Signed on \_\_\_\_\_ Position  
behalf of Club: \_\_\_\_\_ in Club: \_\_\_\_\_

### ENTRY SUMMARY

Name of Club / Code: \_\_\_\_\_

Contact name and address: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Post code: \_\_\_\_\_

Contact telephone number: \_\_\_\_\_

Contact email address: \_\_\_\_\_

\_\_\_\_\_ Girls Individual Entries @ £4.00 = £ \_\_\_\_\_

\_\_\_\_\_ Boys Individual Entries @ £4.00 = £ \_\_\_\_\_

\_\_\_\_\_ Mixed Relay Entries @ £7.00 = £ \_\_\_\_\_

\_\_\_\_\_ Additional Coach's Pass @ £5.00 = £ \_\_\_\_\_

Total £ \_\_\_\_\_

Please return this form together with the entry fee cheque made payable to Cults Otters ASC and officials list to: Mrs Jo Gibson, 2 Kirkbrae View, Cults, Aberdeen AB15 9RU.



**CULTS OTTERS NOVICE GALA**

**SUNDAY 7<sup>TH</sup> FEBRUARY 2016 – CULTS POOL, CULTS, ABERDEEN**

Club \_\_\_\_\_  
 STO Contact Name \_\_\_\_\_  
 Tel No \_\_\_\_\_  
 E-mail address \_\_\_\_\_

Please return to: Mrs Jo Gibson  
 2 Kirkbrae View  
 Cults  
 Aberdeen  
 AB15 9RU  
 Tel: 01224 869433  
 Email: four.gibsons@gmail.com

Name	Duty	Signature Required?	Session 1	Session 2

Mentoring Requests – please note that mentoring will be at the discretion of the Referee(s)

Name	J1/J2/J2S	Session 1 Duty Requested - eg CIT	Session 2 Duty Requested - eg CIT