



## CULTS OTTERS NOVICE GALA

Sunday 23<sup>rd</sup> February 2020

Cults Swimming Pool,  
Quarry Road, Cults, Aberdeen, AB15 9TP

**Under FINA and SASA rules - Licence Number L2/ND/030/FEB20**

Cults Otters ASC invite you to our **Novice Gala** on Sunday 23<sup>rd</sup> February 2020 at the Cults Swimming Pool.

**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.

**Facilities:** 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 – 23<sup>rd</sup> February 2020

**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.

There are no qualifying times for 25m events.

50m event entries will be accepted on a “slower than” basis - please see below for qualifying times.

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  
(secs):

	Distance & Stroke			
Age	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	00:45.00	00:53.00	Open
	50m Free	50m Back	50m Breast	50m Fly
<b>10 years</b>	00:39.00	00:45.00	00:53.00	00:46.00
<b>11 years</b>	00:39.00	00:45.00	00:53.00	00:46.00

**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**). With the exception of Cults Otters, team entries will be accepted on a first come, first accepted basis. Clubs will be accepted as a whole or not at all. All Cults swimmers will be accepted.

Any swimmer with existing North District times or achieving North District times or entering a North District event after submission of the entry must be withdrawn from all swims and their entry fees will be refunded.

Coaches should ensure that swimmers are capable of completing the stroke / distance before entering swimmers into an event.

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.

**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 [cultsotters.galaorg@gmail.com](mailto:cultsotters.galaorg@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:** Cults Otters ASC reserve the right to restrict entries to enable the efficient running of the event to comply with the meet licence. The closing date will be **Sunday 26th January 2020** (four 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 Lunch Pass:** One coach's lunch 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 [cultsotters.galaorg@gmail.com](mailto:cultsotters.galaorg@gmail.com) by email before 5pm Friday 21st February 2020 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:** Richard Hodgkinson  
2 Cults Avenue,  
Cults,  
Aberdeen  
AB15 9RS.

email: [cultsotters.galaorg@gmail.com](mailto:cultsotters.galaorg@gmail.com)  
Tel: 07568157001

**Please Note:** Cults Otters ASC reserves the right to vary the proposed warm up and session to best accommodate the number of entries received and to maximise the available pool time for swims.



## 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 marshals and must behave in a reasonable manner at all times.
9. Gala programs 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. Photographic permission will not be issued for mobile phones.
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 phone use will be permitted in the spectator area of the venue at any time to ensure that there is no misuse of camera phones. Swimmers are not permitted phones poolside or in the changing rooms.
13. Please use the lockers provided, do not leave items in the changing areas 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 23<sup>rd</sup> February 2020

## 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 to:

R Hodgkinson, 2 Cults Avenue, Cults, Aberdeen, AB15 9RS.

Acknowledgement of receipt will be made by email.

