

# Alford Otters ASC 3<sup>rd</sup> Junior Meet

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## About our meet

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Our meet is licensed at level 3 and will be held at Alford Community Campus, Greystone Road, Alford, AB33 8TY. The pool is 25m, 4 lanes, level deck with anti-turbulence lane ropes.

Session 1	Warm Up	08.30	Start	09.35
Session 2	Warm Up	13.15	Start	14.20

This competition is intended to be a friendly, welcoming opportunity for learning. We want the swimmers that enter our meet to be able to enjoy the time with their team-mates, so entries will be accepted on a **first come first served** basis with whole club entries accepted up to the maximum permitted by the facility. If, for the final club acceptance, we are only able to accommodate a part of a club's entries we will let the club know and ask them what they would like to do.

For clubs and swimmers that are oversubscribed, some reserve spaces will be offered.

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## Who our meet is for

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The meet is for young and developing swimmers aged 7 to 11.

Age is at 26 May 2024 and age groups are as follows:

7/8, 9, 10, 11

7/8 and 9 year old swimmers will swim in one session only, swimming short events, as an introduction to competition. Females will swim in the morning and male & open will swim in the afternoon. 10 and 11 year old swimmers, female, and male & open, will swim in both sessions and a wider range of events will be offered.

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## Events available

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For 7/8 and 9 year old swimmers:

- Individual 50m Freestyle, 50m Backstroke, 50m Breaststroke and 25m Butterfly plus a 4 x 25m Freestyle Relay

For 10 and 11 year old swimmers:

- Individual 50m Freestyle, 50m Backstroke, 50m Breaststroke, 50m Butterfly, 100m Individual Medley and 200m Freestyle plus 4 x 50m Freestyle and 4 x 50m Medley Relays

There is one fixed fee for swimming all individual events offered (please note that there is no requirement to enter all events but there will be no subsidy for swimmers not entering all events).

Relay events are free of charge. Team lines will be required one hour before the start of the session in which the relay takes place.

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## Awards

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There will be medals to the first three swimmers in each event.

Flashes will be provided to fall those who take part.

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## Conditions

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There are no consideration times and no time entries will be accepted. Swimmers will be seeded fastest to slowest in each event, with no time entries seeded as slowest.

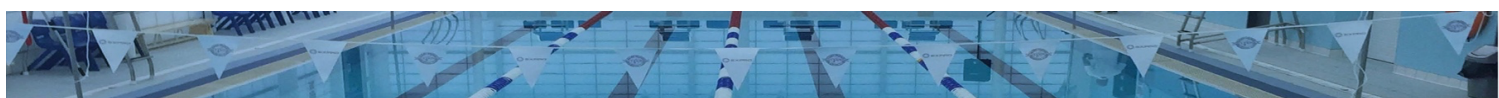
Because this competition is intended to be a friendly, welcoming opportunity for learning for young swimmers, the full technical rules of swimming will **not** be applied. The meet will be run under the following conditions:

Forward facing starts with a dive from the blocks, from the side or from in the water will all be permitted.

Swimmers will only be disqualified for the following:

- Starting before the signal (although a restart will usually be offered) or doing a "flyer" in a relay
- Swimming the wrong stroke in either an individual event or a relay
- Not completing the full distance (including not touching the end at a turn)
- Actions that are against the rules AND gain a clear unfair advantage eg pulling on the lane rope or swimming underwater

Technical officials will record any technical infractions observed, and these will be shared with relevant club coaches after the session, to assist swimmers with their development in training.



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## Entries

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This is a club meet and entries will not be accepted from composite teams.

All entries must be on Hy-tek Team Manager entry file. Events files may be obtained by downloading from the North District website or by contacting [ottersentries@gmail.com](mailto:ottersentries@gmail.com)

Please return entry files along with summary sheet to: [ottersentries@gmail.com](mailto:ottersentries@gmail.com)

The fee for entry is:

£18.00 per swimmer age 7/8 or 9

£28.00 per swimmer age 10 or 11

There is no additional cost for relay entry and the number of relay entries is not limited other than by the number of swimmers available to each club.

Entry fees should be paid by BACS to:

Sort: 83-15-14 Account: 00102135

Please include your club code in your payment reference.

**CLOSING DATE FOR ENTRIES IS WEDNESDAY 8 MAY 2024 OR WHENEVER THE MEET IS FULL WHICHEVER COMES FIRST**

**All paperwork, entry files and payment must be received by this date.**

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## Withdrawals

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Withdrawals from swimmers prior to the competition should be emailed to [ottersentries@gmail.com](mailto:ottersentries@gmail.com) to arrive no later than 3pm on Thursday 23 May.

Withdrawals after this time should be submitted to the recorders table prior to the start of each warm-up on the withdrawal forms made available.

Refunds for swimmers withdrawing through illness or injury will be granted only if the swimmer has been withdrawn in time according to the meet information and when the swimmer can provide medical evidence confirming that they are unfit to swim to the Meet Convenor within 7 days following the Meet. The letter should be dated no earlier than the closing date for the meet and not more than 2 days after the meet.



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## Officials

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Please offer the services of your technical officials to ensure that this meet runs smoothly. A completed technical officials sheet should be sent to Neil Glennie by email to arrive on or before Wednesday 15 May 2024:

Contact Neil at [n.glennie@btopenworld.com](mailto:n.glennie@btopenworld.com)

Requests for mentoring should also be made directly to Neil and will be accommodated if the meet referee considers it practical.

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## Marshalling

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Marshalling will take place through the changing rooms.

All swimmers must attend marshalling before their events and are advised to attend in good time. 4 heats in advance is the minimum suggested.



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## Photography

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Applications to use photographic equipment, including video cameras, tablets and mobile phones must be made to the Meet Convenor on the electronic form

Mobile phones may not be used under any circumstances in the shower area, toilets or changing rooms. They must be switched to silent in the pool hall and can only be used for photography if they have been registered as above.

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## Notes

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1. All swimmers entered must have paid their SASA membership fee for the current year with registration numbers shown on entry files.
2. Poolside access will be limited to 2 members of club staff per 10 swimmers and one further coach per additional 10 swimmers. All staff must have a PVG and CWPS training.
3. Food must not be eaten on poolside and no glassware should be taken into the changing rooms or onto the poolside.
4. Participating clubs will receive one copy of start sheets for each session. Results will be posted at the pool during the event and after the event will be sent via e-mail and published on the North District website.
5. Technical Officials will be offered light lunch. Coaches and Team Managers can request lunch at a cost of £7 per head and requests should be submitted with the summary sheet and payment included with entries.
6. A large room will be made available for swimmers and club staff for lunch. This is also available during the sessions for swimmers that have finished swimming.
7. Spectating is available but the view may be limited.
8. Participant information will be issued to all clubs with more details about the running of the meet.
9. In the event of cancellation for any reason, Alford Otters ASC cannot be held liable for any loss of expense or enjoyment.
10. As of the 1<sup>st</sup> January 2024 the Scottish Swimming Transgender & Non-Binary Competition Policy was implemented nationally across all aquatics sports. The policy and FAQs can be found [HERE](#). Any policy related matters that arise during the event should be reported to and will be recorded by the Meet Convenor/Lead Referee and these matters will be communicated to and managed post event by the relevant Scottish Swimming Staff. At no point will members be challenged on the day of a competition with any matters being resolved post event. Clubs must confirm that swimmers entering into the female category were born female.
11. Scottish Swimming swimsuit rules will apply to all swimmers at this meet. No technical swimsuits can be worn. For more information see [HERE](#).

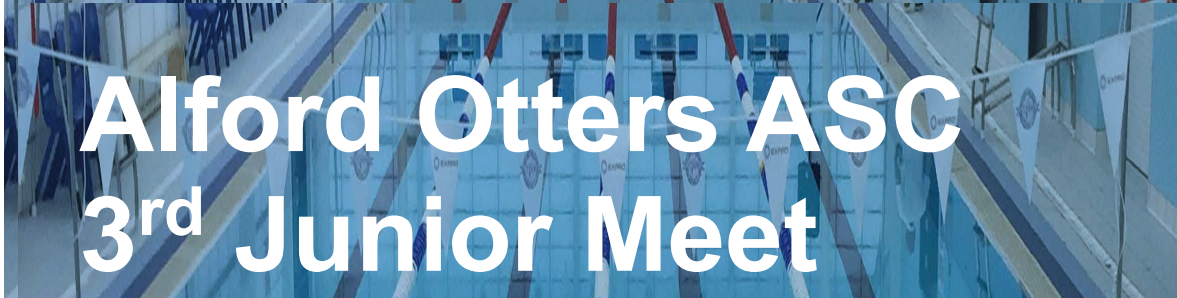
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## Convenor

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If you have any questions please contact the Meet Convenor:

Anne Glennie – [alfordotterspresident@gmail.com](mailto:alfordotterspresident@gmail.com)



**SESSION 1      Warm Up 8.30am                      Session Start 9.35am**

101	Female 7/8 and 9 50m Backstroke
102	Female 10 and 11 50m Backstroke
103	Male & Open 10 and 11 50m Backstroke
104	Female 7/8 and 9 25m Butterfly
105	Female 10 and 11 100m Individual Medley
106	Female 7/8 and 9 50m Freestyle
107	Male & Open 10 and 11 200m Freestyle
108	Female 7/8 and 9 50m Breaststroke
109	Female 10 and 11 50m Breaststroke
110	Male & Open 10 and 11 50m Breaststroke
111	Female 7/8 and 9 4 x 25m Freestyle Relay
112	Female 10 and 11 4 x 50m Freestyle Relay
113	Male & Open 10 and 11 4 x 50m Medley Relay

**SESSION 2      Warm Up 1.15pm                      Session Start 2.20pm**

201	Male & Open 7/8 and 9 50m Backstroke
202	Male & Open 10 and 11 50m Butterfly
203	Female 10 and 11 50m Butterfly
204	Male & Open 7/8 and 9 25m Butterfly
205	Male & Open 10 and 11 100m Individual Medley
206	Male & Open 7/8 and 9 50m Freestyle
207	Female 10 and 11 200m Freestyle
208	Male & Open 7/8 and 9 50m Breaststroke
209	Male & Open 10 and 11 50m Freestyle
210	Female 10 and 11 50m Freestyle
211	Male & Open 7/8 and 9 4 x 25m Freestyle Relay
212	Male & Open 10 and 11 4 x 50m Freestyle Relay
213	Female 10 and 11 4 x 50m Medley Relay



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## Summary Sheet

### Contact Details

Club: \_\_\_\_\_

Match Secretary: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Tel. No. \_\_\_\_\_

Email Address: \_\_\_\_\_

### Entry Summary

SWIMMERS AGED 7/8 or 9	..... @	£18.00	= £ .....
SWIMMERS AGED 10 or 11	..... @	£28.00	= £ .....
COACHES MEAL TICKET	..... @	£7.00	= £ .....
TOTAL			= £ .....
CLOSING DATE: 8 May 2024			

### Declaration

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

I confirm all staff on poolside will have a PVG and CWPS training.

I confirm all swimmers entered into the female category were born female.

Signed: \_\_\_\_\_ Position in Club \_\_\_\_\_

Date: \_\_\_\_\_

(This declaration must be completed by all competing clubs)

**Alford  
Community  
Campus  
26 May 2024**

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## Officials Sheet

NAME	QUALIFIED LEVEL	SIG. REQUIRED?	SESSION 1	SESSION 2
Mr Example	J2S	No	Y	Y
NAME	TRAINEE LEVEL	SIG. REQUIRED?	SESSION 1	SESSION 2
Mrs Example	Trainee J1	Yes CIT	Y	Y

Club _____	Meet Officials Convenor: Neil Glennie Tel: 07801 283147 Email: n.glennie@btinternet.com
STO Contact Name _____	
Tel No: _____	
Email Address _____	