

ALFORD OTTERS 2nd 100 200 MEET

(UNDER WORLD AQUATICS AND SASA RULES)

Sunday 10 March 2024
Alford Community Campus

About our meet

Our meet is licensed at level 2 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 One Warm Up 08.30 - Start 09.35

Session Two Warm Up 13.15 - Start 14.20

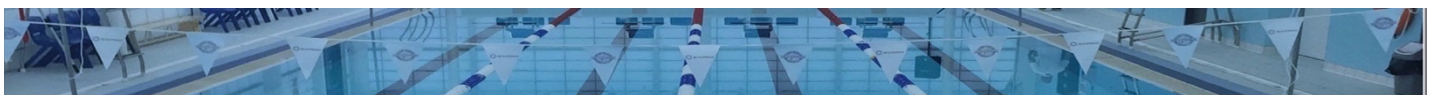
(SUBJECT TO CHANGE IF NECESSARY)

Who our meet is for

The meet is intended to provide racing opportunities to gain accredited times, for swimmers who want to get good value for their time spent, and to spend time with their team mates.

For this reason, swimmers eligible to enter will have up to five individual events available to them, plus relays, and entries will be accepted by club on a first come first served basis.

For clubs and swimmers that are oversubscribed, some reserve spaces will be offered. These will be allocated no later than 7pm on Wednesday 6 March 2024.



Events

Individual events: 100m, 200m Freestyle, 100m, 200m Backstroke, 100m, 200m Butterfly, 100m, 200m Breaststroke 100m, 200m Individual Medley

200m Relays to be swum as 4 x 50m Freestyle and 4 x 50m Medley, mixed sex teams, each comprising 2 swimmers that are female and two, male & open.

Swimmers can only enter one event from each of the following categories – Freestyle, Backstroke, Butterfly, Breaststroke, Individual Medley.

Age

Age as at 10 March 2024 for all events.

Age Groups for all individual events are 10 – 12, 13 – 14, 15 – 16

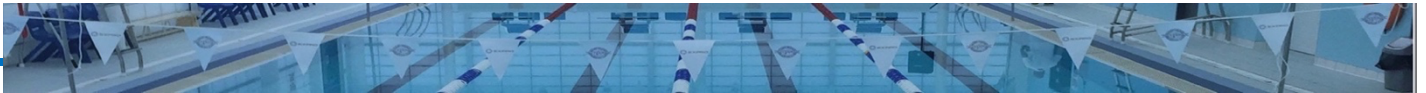
Relay events are open to all age groups.

The maximum combined age for relay events is 56.

Slower than times

There are no consideration times for events, however, swimmers with an accredited 200m Individual Medley short course time faster than the following must not be entered and will be rejected from all events. This rule applies whether or not the swimmer is entered into the 200m Individual Medley. A faster long course time will not exclude a swimmer.

	10 – 12	13 – 14	15 – 16
Male & Open	2:41.8	2:31.2	2:22.3
Female	2:43.8	2:38.8	2:31.2



Entries

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

Please return entry files along with summary sheet and declaration to the same email address.

Entry fees should be paid by BACS to:

Alford Otters ASC Sort: 83-15-14 Account: 00102135

CLOSING DATE FOR ENTRIES IS SUNDAY 11 FEBRUARY 2024 OR WHENEVER THE MEET IS FULL WHICHEVER COMES FIRST

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

Team lines will be required one hour before the start of the session in which the relay takes place and only those swimmers that have been accepted into the meet can take part in relays.

Entry Fees

Individual event:

£7.00 PER INDIVIDUAL EVENT

Swimmers entering 5 individual events (one from each category) can enter at a bonus rate of:

£30.00 FOR FIVE INDIVIDUAL EVENTS

£7.00 PER RELAY TEAM

Technical Officials

Please offer the services of your technical officials to ensure that this meet receives its accreditation.

A completed technical officials sheet should be sent to Neil Glennie by email to arrive before Friday 23 February 2024:

Contact Neil at n.glennie@btopenworld.com

Requests for mentoring should also be made directly to Neil and will be accommodated on the day, only if the session referee considers it practical.

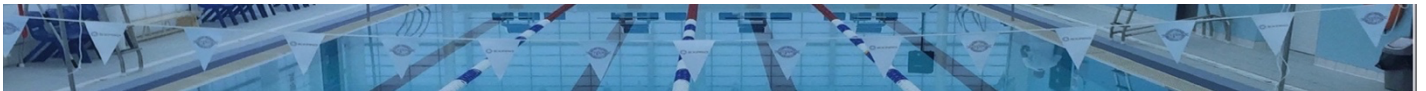
Individual Awards

There will be medals for 1st, 2nd and 3rd places in individual events and relays.

Keepsake trophies will be presented to the overall best boy and overall best girl at the meet using standard Hy-Tek points scoring by event. In the event of a tie the result of the Individual Medley by time will determine the winner and if they are the same then, with 200m Individual Medley before the 100m event.

Shields and keepsake trophies will be presented to the overall best boy and overall best girl swimming for Alford Otters using standard Hy-Tek points scoring by event. In the event of a tie the result of the Individual Medley will determine the winner.

There is a trophy for the best overall Club. This is an annual trophy and must be returned on request by Alford Otters. The best Club will be determined using standard Hy-Tek points with no enhancement for relay events. In the event of a tie the Club with best relay results will be declared the winner.



Marshalling

Marshalling will take place through the changing rooms and into the disabled suite.

All swimmers must attend marshalling before their events and are advised to attend in good time. 4 heats in advance is the minimum suggested. The start of a race will not be delayed for absent competitors and swimmers who have not presented themselves to the marshals prior to their heat leaving the marshalling area to walk to the start end will be considered withdrawn, will not be permitted to swim.

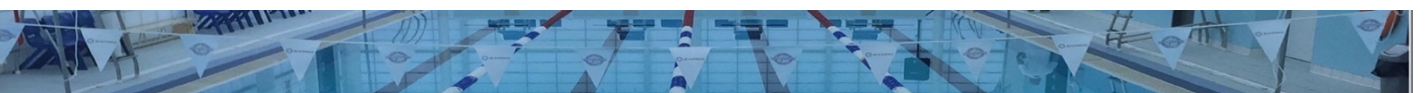
Withdrawals

Withdrawals from swimmers prior to the competition should be emailed to ottersentries@gmail.com to arrive no later than 5pm on Thursday 7 March 2024.

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 who are 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 not more than 4 weeks before the Meet and not more than 2 days after the meet.

No other refunds will be available.



Photography

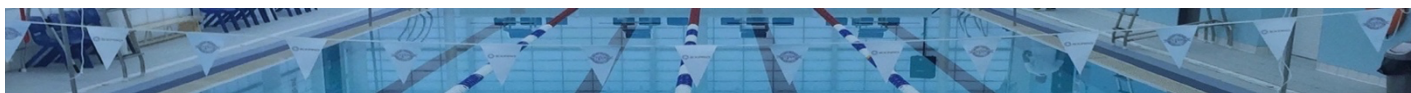
Please note that anyone wishing to use photographic equipment, including video cameras, tablets and mobile phones must register with the Meet Convenor using the form that will be made available with the participant information.

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.

Transgender and non-binary policy

As of the 1st 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/Meet 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.

As a result of this policy being implemented, any competitor intending to compete within the Female category at this event will be required to provide confirmation that their birth sex is female when signing up to the meet conditions through entry. By entering the Female category, athletes are therefore confirming their birth sex is female and are eligible to compete in the Female category.

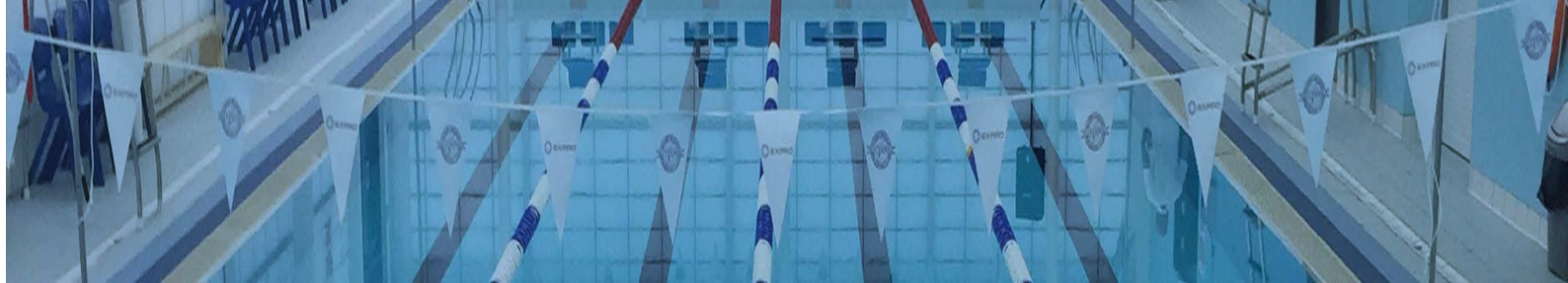


Notes

- 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 1 member of club staff per 8 swimmers.
- 3** 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 room will also be available during the sessions for swimmers that have completed their swimming.
- 7** Spectating is available but is limited.

Meet Convenor

Anne Glennie
alfordotterspresident@gmail.com



ALFORD OTTERS
2nd 100 200 MEET
Sunday 10 March 2024
Alford Community Campus

SESSION 1

Warm Up 8.30am

Session Start 9.35am

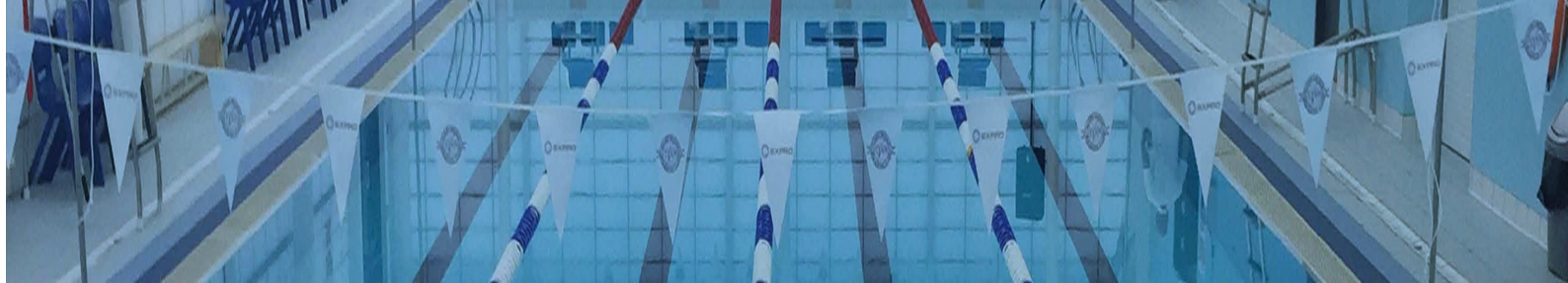
101	Female 10 – 16 100m Individual Medley
102	Female 10 – 16 200m Individual Medley
103	Male & Open 10 – 16 100m Freestyle
104	Male & Open 10 – 16 200m Freestyle
105	Female 10 – 16 100m Breaststroke
106	Female 10 – 16 200m Breaststroke
107	Male & Open 10 – 16 100 Butterfly
108	Male & Open 10 – 16 200 Butterfly
109	Female 10 – 16 100m Backstroke
110	Female 10 – 16 200m Backstroke
111	Mixed (2 Female 2 Male & Open) 4 x 50 Freestyle Relay

SESSION 2

Warm Up 1.15pm

Session Start 2.20pm

201	Male & Open 10 – 16 100m Individual Medley
202	Male & Open 10 – 16 200m Individual Medley
203	Female 10 – 16 100m Freestyle
204	Female 10 – 16 200m Freestyle
205	Male & Open 10 – 16 100m Breaststroke
206	Male & Open 10 – 16 200m Breaststroke
207	Female 10 – 16 100 Butterfly
208	Female 10 – 16 200 Butterfly
209	Male & Open 10 – 16 100m Backstroke
210	Male & Open 10 – 16 200m Backstroke
211	Mixed (2 Female 2 Male & Open) 4 x 50 Medley Relay



ALFORD OTTERS
2nd 100 200 MEET
Sunday 10 March 2024
Alford Community Campus
SUMMARY SHEET

Contact Details

Club: _____

Match Secretary: _____

Address: _____

Tel. No. _____

Email Address: _____

Declaration

- I confirm that all swimmers entered in this competition a current SASA membership.
- I confirm that all swimmers entered into the female category were recorded female at birth.

Signed: Position in Club

Date: (This declaration must be completed by all competing clubs)

Entry Summary

SWIMMER INDIVIDUAL SWIMS	@	£7.00	= £
PER EVENT FOR SWIMMERS ENTERING FEWER THAN 5 EVENTS			
BONUS FEE	@	£30.00	= £
PER SWIMMER FOR SWIMMERS ENTERING 5 EVENTS			
RELAY ENTRIES	@	£7.00	= £
COACHES MEAL TICKET	@	£7.00	= £
TOTAL			= £
CLOSING DATE: Sunday 11 February 2024			



ALFORD OTTERS
2nd 100 200 MEET
Sunday 10 March 2024
Alford Community Campus
OFFICIALS SHEET

Club _____

STO Contact Name _____

Tel No: _____

Email Address _____

Meet Officials Convenor: Neil Glennie
 Tel: 07801 283147
 Email: n.glennie@btopenworld.com

NAME	QUALIFIED LEVEL	SPECIAL REQUESTS?	SESSION 1	SESSION 2
Mr Example	J2S	No	Y	Y
NAME	TRAINEE LEVEL	SPECIAL REQUESTS?	SESSION 1	SESSION 2
Mrs Example	Trainee J1	Yes CIT	Y	Y