



GRADED MEET

Saturday 20th April 2024

Fraserburgh Community & Sports Centre, Maconochie Road

Fraserburgh, AB43 9TH

MEET INFORMATION

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| POOL | 25 Metres, 6 Lanes, Anti-turbulence ropes, Starting Blocks start end only. Level Deck Pool; overall depth 2m; Space poolside for swimmers and coaches. Please note spectator space available in the café area only |
| SESSIONS | Session One Warm Up 08:15 - Start 09:15 Session Two Warm Up 13:00 - Start 14:00 (Subject to change if necessary) |
| EVENTS | 8 Years 50m all strokes & 100IM 9-16 Year 100m all strokes & 100IM Relay - 8 x 50 Freestyle & Medley cannon relays. The relays will consist of 8x50m freestyle and medley events – teams of 8 must include four boys and four girls and the total of the swimmers ages on the day of the meet must not exceed 100 years. Relay team members must also be swimming in an individual event. Each club may enter up to two teams in each relay event. The medley relay will be swum in the order: Back, breast, fly, free, back breast, fly, free. Swimmers 1 & 5 will start in the pool. Please note we will have 'HOT HEATS' throughout the day. These will be chosen at random, and a prize awarded to the winner of that heat. Swimmers will be notified of this prior to the start of the heat by music and the announcer will clarify this is a HOT HEAT. No Swimmer under the age of 8 is permitted to swim. Entries will not be accepted from composite teams. |
| AGE | All events are age on the day (20 th April 2024) |
| AWARDS | Medals will be awarded for 1st, 2nd, & 3rd places for the following – Age groups - 8, 9, 10, 11-12, 13-14 & 15-16 for 50m, 100m & 100IM. |





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| | <p>There will be no medal presentations during the event. Medals will be available for collection from the medals desk which will be located in the foyer.</p> |
| ENTRY FEES | <p>£6.00 for 50m events. £7.00 for 100m & 100IM events. £8.00 for all relay events.</p> <p>Payment can be made by BACS. Account No: RBS Broch Asc A/C 00574024 Sort Code: 80-06-86. Reference should be BASCGM followed by your club code eg BASCGMNBHX. Please contact Broch ASC Treasurer for details if required treasurerbrochasc@gmail.com</p> |
| ELIGIBILITY TO ENTER | <p>All swimmers entered must have paid their SASA membership fee for the current year. Registration numbers must be shown on entry files.</p> |
| ENTRIES | <p>All entries must be on Hy-tek Team Manager entry file (District Rule SW 4.1.). Entry files may be obtained by downloading from the North District website (www.sasanorth.org.uk) Swim Scotland (Swim Scotland Results and Information Service) or contact Shona Watt at BrochASC@hotmail.co.uk</p> <p>Entries may have to be limited dependent upon numbers received. In the event of an oversubscription, entries will be accepted as evenly across the programme as is practical.</p> <p>A Draft Programme will be emailed to all participating clubs, with notice of entries/scratches. No withdrawals for refund will be accepted unless notice of Doctors Note is given within 7 days of last day of meet.</p> <p>Please note Summary Sheet and Payment must be received within 3 postal days of CLOSING DATE (MIDNIGHT 18th March 2024). There will be zero tolerance of late payment. Any entry or payment not received within the timeframe will be rejected without delay. Please return entry files, payment notification and summary sheet to – BrochASC@hotmail.co.uk</p> |
| EARLY WITHDRAWALS | <p>Withdrawals prior to the event may be sent by email to: BrochASC@hotmail.co.uk to arrive by 5pm at the latest on Wednesday 17th April 2024.</p> <p>NB: All details must be included on e-mail withdrawals ie Name, Event No, Stroke, Comp No etc. Telephone withdrawals will not be accepted.</p> |
| WITHDRAWALS ON THE DAY | <p>Withdrawals on the day should be submitted on the withdrawal forms made available and should be presented to the Recorders table at least 1 hour prior to the start of the first session and updated accordingly one hour before the start of each session thereafter.</p> |
| CONSIDERATION TIMES | <p>Yes - consideration times have been set for this meet. (Apart from 50m races) Broch ASC reserves the right to restrict the number of heats in any event(s), to swim a slower heat for their Swimmers and to fill any empty lanes with Broch ASC Swimmers.</p> |

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| | <p>Heats will be swum slowest to fastest. Entries to the events will be restricted and will be accepted based on entry times. No NT (except for the 50M & age 8 100IM) entries will be accepted. Any entry not accepted will be refunded. Programme of Events & Consideration Times on separate sheet.</p> |
| MARSHALLING | <p>Marshalling will be beside the smaller pool. All swimmers must attend marshalling before their events and are advised to attend in good time, 4/5heats in advance. The start of a race will not be delayed for absent swimmers who have not presented themselves to the marshals prior to their heat leaving. They will not be permitted to swim.</p> |
| TECHNICAL OFFICIALS | <p>Lists of Technical Officials for all sessions can be entered on the attached sheet and must be emailed to Gillian Cardno-Strachan at stobrochasc@gmail.com no later than 5th April 2024.</p> <p>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. For Trainee Judge 1, Judge 2 or Judge 2S, please see the Officials Sheet.</p> <p>Lunch will be provided for morning Officials. We are adopting a plastic free policy to help the environment, could all Officials bring their own water bottle? Water and juice will be available throughout the day for top ups.</p> <p>Any queries or changes to Technical Officials after the closing date should be directed to Gillian Cardno-Strachan at stobrochasc@gmail.com</p> <p>Lunch for coaches can be provided at a cost of £5 (see Summary sheet)</p> |
| TECHNICAL SWIMSUITS | <p>Please note that as of 1st September 2022, new regulations came into force regarding technical swimsuits. From this date, all swimmers aged 13 years and younger cannot compete wearing technical suits in Scottish Swimming licenced or registered events. For further information and FAQs please see link below: https://scottishswimming.com/news/technical-swimsuit-policy-update</p> |
| TRANSGENDER NON-BINARY | <p>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 Equality Scottish Swimming . 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</p> |





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| | <p>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.</p> |
| SWIMWEAR | <p>British Swimming and Scottish Swimming advise that World Aquatics BL8.1 only applies to Olympic Games and World Aquatics events. A suit check will only be made if a World or European record is claimed. There is no requirement for officials to check that costumes are on the approved World Aquatics list. Bylaws BL 8.2 and BL 8.3 cover our requirement for design and material.</p> <p>SW8.0 Scottish Swimming Rules SW8.8 Swimwear Policies</p> <p>SW8.8.1. For events held under the direct jurisdiction and control of Scottish Swimming the Scottish Swimming "Swimwear Policies" shall also apply. The policies are included in full in the appendices of Scottish Swimming Regulations. These can be found here.</p> <p>At this meet the policy on Agreed Swimwear & the policy on Technical Swimsuits shall apply.</p> |
| PHOTOGRAPHY & VIDEO | <p>Please note that anyone wishing to use any photographic equipment, including video cameras must register with the Meet Convenor & fill out the appropriate paperwork. Video and Photographs should not be posted on unsecure social websites but may be posted on secure sections of club websites.</p> |
| MEET CONVENOR | <p>Jennifer Reid: chairbrochasc@gmail.com</p> |
| IMPORTANT INFORMATION | <ul style="list-style-type: none">• All swimmers entered must have paid their SASA membership fee for the current year.• All participants are required to adhere to the Scottish Swimming Code of Ethics, and relevant codes of conduct.• A Licence has been granted for this competition and accreditation will be applied for through SASA North District• Each competitor should bring (as a minimum):<ul style="list-style-type: none">• Sufficient water in a plastic water bottle(s);• Shorts & t-shirt to wear over the swimsuit/swim shorts at all times when not swimming;• Poolside shoes (e.g. crocs/clean trainers/flip flops)• 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. |





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| | <ul style="list-style-type: none"> • Belongings should be placed in the lockers provided, any left in changing cubicles will be removed by pool staff. • Seating areas will be allocated to each team. Teams are responsible for ensuring that their swimmers recognize the importance of “giving people space”, especially when moving through the seating and marshalling areas. • Participating clubs will receive one copy of start sheets for each session. • Coaches should ensure that their swimmers enter and exit the warmups at the allotted times. Swimmers must not enter the pool until their warm-up start is announced and must follow all instructions. Full warm up details will be issued prior to the meet. • Over the top starts will be used when applicable. • The Gala Convenor reserves the right to alter the meet programme and warm up times if necessary. • 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. • The meet organisers and the facility management cannot be held responsible for items lost or damaged during the course of the event. • 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, containers and hot drinks are not permitted in the pool area. • Entry to the building will be permitted from 08.00am onwards. • Everyone must be clear of the building by 17.30pm |
| <p>REFRESHMENTS</p> | <p>Teas, Coffees, and Snacks will be available to purchase.</p> <p>There will also be a Chocolate Tombola and Lucky squares</p> |



PROGRAMME OF EVENTS

| SESSION 1 | | |
|-----------|------------------------|------------------------|
| EVENT 101 | Male & Open 9-16 years | 100m Individual Medley |
| EVENT 102 | Mixed 8 years | 50m Backstroke |
| EVENT 103 | Female 9-16 years | 100m Backstroke |
| EVENT 104 | Male 9-16 years | 100m Breaststroke |
| EVENT 105 | Mixed 8 years | 50m Butterfly |
| EVENT 106 | Female 9-16 years | 100m Butterfly |
| EVENT 107 | Male 9-16 years | 100m Freestyle |
| EVENT 108 | Mixed 8 years | 100m Individual Medley |
| EVENT 109 | Relay - cannonball | 8 x 50 Freestyle |
| SESSION 2 | | |
| EVENT 201 | Female 9-16 Years | 100m Individual Medley |
| EVENT 202 | Mixed 8 years | 50m Breaststroke |
| EVENT 203 | Male 9-16 years | 100m Backstroke |
| EVENT 204 | Female 9-16 years | 100m Breaststroke |
| EVENT 205 | Mixed 8 years | 50m Freestyle |
| EVENT 206 | Male 9-16 years | 100m Butterfly |
| EVENT 207 | Female 9-16 years | 100m Freestyle |
| EVENT 208 | Relay - cannonball | 8 x 50 Medley |

| CONSIDERATION TIMES | | | | | | | | |
|---------------------------------|---------|---------|---------|-------------------|---------|-------------|---------|---------|
| NOT FASTER THAN THE TIMES BELOW | | | | | | | | |
| NO CONSIDERATION TIMES FOR 50M | | | | | | | | |
| FEMALE | | | EVENTS | | | MALE & OPEN | | |
| 9/10 | 11/12 | 13/14 | 15/16 | | 9/10 | 11/12 | 13/14 | 15/16 |
| 1:33.00 | 1:32.00 | 1:24.00 | 1:20.00 | 100 Back | 1:32.00 | 1:30.00 | 1:22.00 | 1:18.00 |
| 1:46.00 | 1:44.00 | 1:34.00 | 1:32.00 | 100 Breast | 1:45.00 | 1:43.00 | 1:32.00 | 1:30.00 |
| 1:37.00 | 1:35.00 | 1:30.00 | 1:29.00 | 100 Fly | 1:36.00 | 1:34.00 | 1:28.00 | 1:26.00 |
| 1:26.00 | 1:21.00 | 1:11.00 | 1:08.00 | 100 Free | 1:23.00 | 1:18.00 | 1:09.00 | 1:06.00 |
| | | | | | | | | |
| 1:35.00 | 1:33.00 | 1:24.00 | 1:16.00 | 100 IM | 1:33.00 | 1:31.00 | 1:22.00 | 1:08.00 |

SUMMARY & DECLARATION SHEET



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| CLUB NAME/ABBR | MEET SECRETARY |
| | ADDRESS |
| | |
| | TEL NO |
| | EMAIL |

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|---------------|--------------------------------|---------|-------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | Mixed 50m Male/Female Entries | @ £6.00 | | <p>Paperwork and Payment must be received within 3 postal days of closing date.</p> <p>Have you enclosed: BACS, Hy-tek TM Entry Zip File Summary Sheet</p> |
| | 100m & 100IM Male Entries | @ £7.00 | | |
| | 100m & 100IM Female Entries | @ £7.00 | | |
| | 8x50 Relay Mixed Relay Entries | @ £8.00 | | |
| | Coaches Meal Pass | @ £6.00 | | |
| Total: £..... | | | | |

PAYMENTS VIA BACS Account No: RBS Broch ASC A/C 00574024 Sort Code: 80-06-86

Payment Reference BASCGM followed by club code eg BASCGMNHXB

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| | FOR REFUNDS AFTER MEET |
| CLUB A/C NAME: | |
| SORT CODE: | BANK ACCOUNT NUMBER |

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

I confirm that all Coaches and/or team staff from our Club who will be on poolside are members of Scottish swimming and have current PVG Disclosure.

Signed:

Position in Club:

Date:

(This declaration must be completed by all Clubs)

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OFFICIALS SHEET

Please complete and return with entry fees.

Club:

STO Contact Name:

STO Email Address:

| NAME | DUTY | SESSION 1 | SESSION 2 | SIGNATURE REQUIRED |
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STO CONTACT – Gillian Cardno-Strachan, stobrochasc@gmail.com

