The license number for this event is L2/ND/024/MAR24

Inverness ASC invites you to their Graded Meet to be held at Inverness Aquadome on Saturday 30th March 2024. (25m ,8 lane pool, electronic timing)

**MEET CONVENOR Trish Sheldon Iascconvenor@gmail.com**

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| **SESSIONS** | Session 1 | Warm up: 9.00am | Start: 10:00am |
|  | Session 2 | Warm up: 1.30pm | Start: 2:30pm |
|  | |  | |
| **AGE GROUPS** | 8-10yrs, 11/12yrs and 13/14yrs | | |
|  | **Age on day – 30th March 2024 (minimum age 8, maximum 14 years)** | | |
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| **EVENTS** | Please see attached sheet for order of events.  All events are heat declared winners. | | |
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| **ENTRIES** | All entries to be submitted on HY-TEK files and emailed to [lesleygatton@gmail.com](mailto:lesleygatton@gmail.com) with summary sheets Entry file can be obtained from the SASA North District website or email Meet Secretary (as above). **CLOSING DATE 1st March 2024. Late entries will not be accepted.** | | |
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| **ENTRY TIMES** | Entry times must be equal to or slower than those on attached sheet.  Swimmers with No Times will not be accepted.  Times do not need to be accredited but must be real times | | |
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| **ENTRY FEE** | £8.00 per swim and £10.00 per relay event. Cheques should be made payable to Inverness Swimming Club. Alternatively you can pay by BACS please contact Lesley gatton on the above email for the bank details.  Please forward entry sheet and fees to:  Lesley Gatton  152 Shillinghill  Alness  IV17 0TD  Email to lesleygatton@gmail.com | | |
| **LUNCH** | Lunch for coaches can be provided at a cost of £9.50 | | |
| **MEDALS** | Medals will be presented to 1st, 2nd and 3rd place and can be picked up at the top desk.  Certificates will be presented to swimmers who exceed the cut-off times (5% faster than the attached qualifying times).  A trophy will be presented to the club gaining the most points ,1st place 8 points, 2nd place 7 points, ect. With double points for relays | | |
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| **OFFICIALS** | Clubs must provide a list of officials willing to help on the day. Where possible attending clubs should provide at least one judge per session in addition to time-keepers.  Please complete the enclosed form and return it to **Paul Morley** iascsto@gmail.com. | | |
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| **WITHDRAWALS** | Withdrawals and relay team lines **MUST** be notified to the recorders desk at least one hour prior to the start of the appropriate session. | | |
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| **VIDEO** | Please note anyone wishing to use photographic equipment, including video cameras, must register with the admin Desk. | | |
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| **MEET SECRETARY** | Lesley Gatton [lesleygatton@gmail.com](mailto:lesleygatton@gmail.com)  This event is run in accordance with Scottish Swimming Competition Management Guidance, codes of conduct; requirements for the meet may need to be changed in accordance with any change in regulations/legislation. A risk assessment has been carried out and takes into consideration the information contained within this document.  As of the 1 st January 2024 the Scottish Swimming Transgender &amp; 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.  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. | | |
|  |  | | |

**2024 ENTRY TIMES**

Entry times must be equal to or slower than:

|  |  |  |  |
| --- | --- | --- | --- |
|  |  | Male & Open | Female |
| 10 yrs and under | 50m Freestyle | 00:38.00 | 00:40.00 |
|  | 50m Backstroke | 00:45.00 | 00:46.00 |
|  | 50m Breaststroke | 00:50.00 | 00:52.00 |
|  | 50m Butterfly | 00.49.00 | 00:50.00 |
|  |  |  |  |
| 11/12 yrs | 100m Freestyle | 01:18.00 | 01:21.00 |
|  | 100m Backstroke | 01:30.00 | 01:32.00 |
|  | 100m Breaststroke | 01:43.00 | 01:44.00 |
|  | 100m Butterfly | 01:34.00 | 01:35.00 |
|  | 100m IM | 01:31.00 | 01:33:00 |
|  |  |  |  |
| 13/14 yrs | 100m Freestyle | 01:09.00 | 01:11.00 |
|  | 100m Backstroke | 01:22.00 | 01:24.00 |
|  | 100m Breaststroke | 01:32.00 | 01:34.00 |
|  | 100m Butterfly | 01:24.00 | 01:30.00 |
|  | 100m IM | 01:22.00 | 01:24.00 |

All members of the relay team(s) must have taken part in at least one individual event.

A maximum of two relay teams per event per club.

There will be a maximum of five heats in each event. Inverness ASC reserves the right to fill lanes with their own swimmers.

**PROGRAMME OF EVENTS**

**Session 1 – Warm Up 9.00am Start 10.00am**

|  |  |  |  |
| --- | --- | --- | --- |
| 101 | 11/12 years | Male & Open | 100m Backstroke |
| 102 | 11/12 years | Female | 100m Backstroke |
| 103 | 13/14 years | Male & Open | 100m Breaststroke |
| 104 | 13/14 years | Female | 100m Breaststroke |
| 105 | 10yrs and under | Male & Open | 50m Backstroke |
| 106 | 10yrs and under | Female | 50m Backstroke |
| 107 | 11/12 years | Male & Open | 100m Freestyle |
| 108 | 11/12 years | Female | 100m Freestyle |
| 109 | 13/14 years | Male & Open | 100m IM |
| 110 | 13/14 years | Female | 100m IM |
| 111 | 10yrs and under | Male & Open | 50m Butterfly |
| 112 | 10yrs and under | Female | 50m Butterfly |
| 113 | 11/12 years | Male & Open | 100m IM |
| 114 | 11/12 years | Female | 100m IM |
| 115 | 13/14 years | Male & Open | 100m Backstroke |
| 116 | 13/14 years | Female | 100m Backstroke |
| 117 | 11/12 years | Male & Open | 4x50m Medley Relay |
| 118 | 11/12 years | Female | 4x50m Medley Relay |
| 119 | 13/14 years | Male & Open | 4x50m Medley Relay |
| 120 | 13/14 years | Female | 4x50m Medley Relay |

**Session 2 – Warm Up 1.30pm Start 2.30pm**

|  |  |  |  |
| --- | --- | --- | --- |
| 201 | 11/12 years | Male & Open | 100m Breaststroke |
| 202 | 11/12 years | Female | 100m Breaststroke |
| 203 | 10yrs and under | Male & Open | 50m Freestyle |
| 204 | 10yrs and under | Female | 50m Freestyle |
| 205 | 13/14 years | Male & Open | 100m Butterfly |
| 206 | 13/14 years | Female | 100m Butterfly |
| 207 | 10yrs and under | Male & Open | 50m Breaststroke |
| 208 | 10yrs and under | Female | 50m Breaststroke |
| 209 | 11/12 years | Male & Open | 100m Butterfly |
| 210 | 11/12 years | Female | 100m Butterfly |
| 211 | 13/14 years | Male & Open | 100m Freestyle |
| 212 | 13/14 years | Female | 100m Freestyle |
| 213 | 10yrs and under | Male & Open | 4x50m Freestyle Relay |
| 214 | 10yrs and under | Female | 4x50m Freestyle Relay |
| 215 | 11/12 years | Male & Open | 4x50m Freestyle Relay |
| 216 | 11/12 years | Female | 4x50m Freestyle Relay |
| 217 | 13/14 years | Male & Open | 4x50m Freestyle Relay |
| 218 | 13/14 years | Female | 4x50m Freestyle Relay |

**ENTRY SUMMARY**

|  |  |
| --- | --- |
| Please complete and return with entry fees within 3 days of closing date, 1stMarch 2024 | |
|  | |
| I confirm that all swimmers entered from have paid their current SASA membership fees. | |
|  | |
| **Signed:** |  |
| **Position in Club:** |  |
|  | |
| **Refunds will be by bank Transfer** |  |
| **Email Address** |  |
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| --- | --- |
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| Coaches lunch £9.50 |  |
| 10 years and under swims @£8.00 |  |
| 11/12 year swims@ £8.00 |  |
| 13/14 year swims @ £8.00 |  |
| Relay Teams 10yrs & Under @£10.00 |  |
| Relay Teams 11/12 years @£10.00 |  |
| Relay Teams 13/14 years @£10.00 |  |
| **TOTAL** |  |

Cheques to be made payable to Inverness Swimming Club.

BACS payment please email [lesleygatton@gmail.com](mailto:lesleygatton@gmail.com) for details

Please return to: Lesley Gatton , 152 Shillinghill, alness IV17 0TD , lesleygatton@gmail.com

**OFFICIALS SHEET**

Please complete and return with entry fees.

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| --- | --- |
| Club: |  |
|  |  |
| STO Name: |  |
|  |  |
| Email address for STO: |  |
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| --- | --- | --- | --- | --- |
| **NAME** | **DUTY** | **SESSION 1** | **SESSION 2** | **SIGNATURE REQUIRED?** |
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***STO CONTACT – (Paul Morley, iascsto@gmail.com)***