

LICENCE: L2/ND/007/MAY24

Orkney Meet 2024

Saturday 11th / Sunday 12th May 2024

Pickaquooy Centre Pool, Kirkwall

Pool	25 metres, 6 lanes, Anti-turbulence ropes, Electronic timing equipment
Sessions	Session 1 : Warm up 08:00 Start 09:00 Session 2 : Warm up 13:00 Start 14:00 Session 3 : Warm up 08:00 Start 09:00 Session 4: Warm up 12:30 Start 13:30 <i>Subject to change if necessary</i>
Events	Individual: 50m/100m/200m all strokes, 200m individual medley Mixed Relays: Medley and Freestyle, must be 2 Male or Open/2 Female with 1 swimmer from each 10/11 years, 12/13 years, 14/15 years and 16+ years(Age up will be permitted).
Age Groups	Age as on last day of meet (12 May 2024) for all events. 8/9 years, 10/11 years, 12/13 years, 14/15 years, 16+ years
Consideration Times	No consideration time standards have been set. However if over subscribed there may be scratches.
Start Rule	One start will be implemented throughout the competition. Over the top starts will be used where practicable.
Entries	All swimmers entered must be registered with SASA and have paid their SASA membership fee for the current year. Registration numbers must be included in entry file. Times do not require to be accredited but should be real times achieved at accredited or non-accredited meets or club time trials. An entry time must be submitted for each entry. Orkney ASC reserves the right to restrict the number of heats in any event/s, reserves the right to swim a slower heat for their swimmers and reserves the right to fill any empty lanes with Orkney ASC swimmers. All entries must be on Hy-tek Team Manager entry file. Entry file may be obtained by contacting Pauline Duncan paulineduncan724@gmail.com Please e-mail entry files to paulineduncan724@gmail.com and post summary sheet and entry fees to: Pauline Duncan, 7 Garrioch Street, Kirkwall, Orkney, KW15 1PL; Tel. 01856 876435 / 07748581212 CLOSING DATE FOR ENTRY FILES IS Tuesday 23rd April 2024 All paperwork and fees to be received by Friday 26 th April 2024
Entry Fees	£7.00 per Individual event. £9:00 per Relay Cheques should be made payable to Orkney Amateur Swimming Club (in full) Online payments to Orkney ASC, sort code 80-08-66, account no. 00609522 Ref. ORKMEET24 Entries may have to be limited dependent upon numbers received.
Awards	Medals will be awarded for 1st, 2nd and 3rd places
Technical Officials	We would be very grateful for help from your officials. Please send your officials sheet to Derek Allan at clynelish50@btinternet.com by Friday 26 th April 2024 to ensure the meet can go ahead as planned
Withdrawals	Withdrawals prior to the competition should be e-mailed to Pauline Duncan paulineduncan724@gmail.com

Notes	<p>1 Registration must be shown on entry files. A licence has been granted for this competition and accreditation will be applied for to SASA North District</p> <p>2 All swimmers will be required to marshal prior to their event</p> <p>3 Warm ups must be supervised</p> <p>4 Food must not be eaten poolside. No glassware should be taken into the changing rooms or poolside.</p> <p>5 Shoes, t-shirts and shorts must be worn by swimmers in spectator gallery.</p> <p>6 Technical officials and coaches will be provided with tea/coffee and a buffet lunch between sessions 1 and 2, and between sessions 3 and 4</p> <p>7 All participants must adhere to SASA's Acceptable use of mobile phone policy. The following areas are mobile phone free & there is a zero-tolerance policy with regards to use of mobile phones by any individual in these areas</p> <ul style="list-style-type: none"> - Changing rooms - Toilets - Showers
Transgender and Non-Binary Inclusion	<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: https://www.scottishswimming.com/about-us/equality</p> <p>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.</p> <p>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>
Photography	<p>Please note that anyone wishing to use photographic equipment, including video cameras must register with meet management at the recorders table.</p>
Risk Assessment	<p>A risk assessment covering the health and safety considerations is in place for this event.</p>
Meet Convenor	<p>Pauline Duncan: 07748581212. paulineduncan724@gmail.com</p>

EVENTS

Session 1 –Saturday morning

- 101 Female 50m butterfly
- 102 Male & Open 50m butterfly
- 103 Female 200m backstroke
- 104 Male & Open 200m backstroke
- 105 Female 100m breaststroke
- 106 Male & Open 100m breaststroke
- 107 Female 200m individual medley

Session 2 –Saturday afternoon

- 201 Female 50m breaststroke
- 202 Male & Open 50m breaststroke
- 203 Female 200m freestyle
- 204 Male & Open 200m freestyle
- 205 Female 100m backstroke
- 206 Male & Open 100m backstroke
- 207 Mixed 4x50 medley relay

Session 3 – Sunday morning

- 301 Male & Open 50m freestyle
- 302 Female 50m freestyle
- 303 Male & Open 200m breaststroke
- 304 Female 200m breaststroke
- 305 Male & Open 100m butterfly
- 306 Female 100m butterfly
- 307 Male & Open 200m individual medley

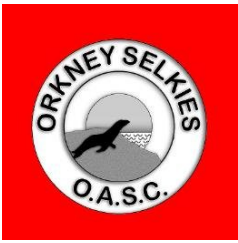
Session 4 – Sunday afternoon

- 401 Male & Open 50m backstroke
- 402 Female 50m backstroke
- 403 Male & Open 200m butterfly
- 404 Female 200m butterfly
- 405 Male & Open 100m freestyle
- 406 Female 100m freestyle
- 407 Mixed 4x50 freestyle relay

All events will be swum with age groups combined but medals will be awarded to each age group (8/9 years, 10/11 years, 12/13 years, 14/15 years, 16+ years). All heat declared winners.

COMPETITION DISCLAIMER

In the event of cancellation or abandonment of the event, refunds, if any, will be made at the absolute discretion of Orkney ASC. Orkney ASC will have no legal liability to make a refund or to pay any form of consequential or indirect damage such as loss of enjoyment, travel, catering and accommodation.



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Technical Officials

Please provide as many technical officials per session per club as possible. Refreshments will be provided for officials and coaches on Saturday and Sunday.

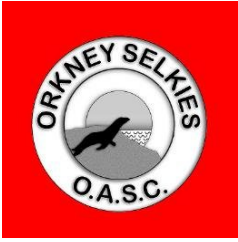
Please return this sheet with your entry.

Name	Duty (e.g. T/K, J1 etc.)	Signature Required? <u>Please</u> <u>indicate</u> <u>IT/CIT/etc.</u>	Session 1	Session 2	Session 3	Session 4

Club Name & Code _____

STO Contact Name & Tel No: _____

Email: _____



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Summary sheet

Contact Details

Club: _____

Meet Secretary: _____

Address: _____

Tel. No.: _____

Email address: _____

Declaration

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

Signed: _____

Position in club: _____

Date: _____

Entry summary

Individual entries _____ @ £7.00 = £ _____
Relay entries _____ @ £9.00 = £ _____

TOTAL = £ _____

CLOSING DATE: Tuesday 23rd April 2024

Cheques payable to Orkney Amateur Swimming Club or send confirmation of online payment - CLUB BANK A/C – SORT CODE 80-08-66, ACCOUNT NO 00609522, Ref: ORKMEET 24