**ABERDEEN DOLPHIN**

**Dolphin Dash 2025**

**L2/ND/033/JUN25**

**Sunday 1st June 2025**

**Aberdeen Aquatics Centre, Regent Walk,**

**Aberdeen AB24 1SX**

**MEET INFORMATION**

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| **POOL** | 25 Metres, 10 Lanes, Anti-turbulence ropes, Starting Blocks start end only. Level Deck Pool; overall depth 2m; Electronic timing  |
| **SESSIONS** | **Session One**  Warm Up 08:15 (3 x 15min – clubs to be advised) Start 09:05  **(Subject to change if necessary)** |
| **EVENTS**  | **Individual**25m Butterfly 8 year olds 50m Butterfly 9, 10, 11 year olds50m Backstroke, Breaststroke, and Freestyle 8 – 11year olds**Relay -** Mixed Freestyle & Mixed Medley 2 boys + 2 girls per team and a combined total age of 42 |
| **AGE** | All events are age on the day (1st June 2025) |
| **ENTRY FEES** | £6.50 per individual swim. £ 8.00 per relay.Entry fees to be paid by BACS to:**Sort Code: 80 05 14 Account No: 0010494383**Please ensure fees are paid within 3 working days of submitting your entry. Include your club name in your payment reference. |
|  | **CLOSING DATE FOR ENTRIES IS 30th April 2025** |
| **MEET ENTRIES** | **Entries to be made using the Hytek Team Manager entry file.** Entry files may be obtained by downloading from the North District website ([www.sasanorth.org.uk](http://www.sasanorth.org.uk)), or by contacting galaconvenors.adsc@gmail.comEntries must be submitted by email to Julie King - meetsec.adsc@gmail.com along with the summary sheet. Receipt of entry file will be confirmed by email. |
| **CONSIDERATION TIMES** | Heats will be combined to promote competitive swimming. 50m event entries will be accepted on a “slower than” basis - please see below for qualifying times information. ‘No Time’ (NT) entries will be accepted, however, we reserve the right to restrict the numbers of heats in any event(s).**OPEN CONSIDERATION TIME FOR 8 YEAR OLDs**  |
|  | **50m Freestyle** | **50m Backstroke** | **50m Breaststroke** | **50m Butterfly** |
| **9 Years** | 00:42.00 | 00:47.00 | 00:53.00 | 00:46.00 |
| **10 Years** | 00:40.00 | 00:45.00 | 00:51.00 | 00:44.00 |
| **11 Years** | 00:38.00 | 00:43.00 | 00:49.00 | 00:42.00 |
| **CHANGING ROOM** | Lockers provided in the changing rooms (£1 coin required) should be used to store all belongings. The meet organisers and the facility management cannot be held responsible for items lost during the course of the event. No swimming bags/kit bags should be poolside. No phones permitted**Photography of any description is prohibited in the changing room, showers, and toilets.** |
| **WITHDRAWALS** | Withdrawals prior to the competition should be emailed to: Julie King meetsec.adsc@gmail.com To arrive no later than 3pm 28th May 2025.All details must be included on e-mail withdrawals i.e., Name, Event No, Stroke, SASA No. Date of birth. NB: Telephone withdrawals will not be accepted under any circumstances. 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.**No refunds will be provided for withdrawals after the draft programme has been issued to the clubs unless for medical reasons.** |
| **MEDICAL****WITHDRAWALS** | Please note that anyone withdrawing on medical grounds, refunds will only be granted on production of a letter from a suitably qualified professional confirming withdrawal is recommended. The letter must be received within 7 days following the meet and should be dated no earlier than the closing date or later than 3 days from the date of the competition. |
| **MARSHALLING** | Marshalling will take place poolside. All swimmers including reserves must attend marshalling before their events and are advised to attend in good time. (The suggested minimum is 4/5 heats or 1 event in advance.) The start of a race will not be delayed for absent swimmers. If a swimmer is not present when the heat leaves for the final marshalling point, the reserve will swim. |
| **TECHNICAL OFFICIALS** | We would be grateful for the offer of technical officials (qualified timekeepers, judges). Please complete the technical official sheet and email this to Craig Stevenson stoconvenor.adsc@gmail.comAny queries or changes to technical officials after the closing date should also be directed to Craig. All clubs are expected to provide a minimum of 1 Judge per session. Clubs that have 10 swimmers or more accepted should provide a minimum of 2 technical officials per session, at least one of which should hold a minimum qualification of Judge 1. The Referee will consider mentoring requests. It may be more likely for mentoring requests to be honoured if the clubs attending the meet provide a supply of qualified officials (Judge & above), however we cannot guarantee all requests to be granted. Please note that timekeepers or judges-in-training requiring specific signatures, i.e. Chief timekeeper or stroke, should make this request when names are submitted. |
| **MEET REGULATIONS** | No guarantee can be given by ADSC that the event will take place at a particular time, or any date and ADSC reserves the right to reschedule the event without notice and without liability for so doing. This would only happen because of unforeseen circumstances, e.g., venue/facility failure or adverse weather.In the event of postponement, cancellation or abandonment of the event, refunds if any, will be made at the absolute discretion of ADSC. ADSC will have no legal liability to make a refund or to pay any form of consequential or indirect damage such as travel, and accommodation costs. |
| **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. 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. |
| **NOTES** | * All swimmers entered must have paid their SASA membership fee for the current year.
* Level 2 Licensed Meet
* All events are heat declared winner with medals to all heat winners, 2nd place and 3rd place.
* Over the top starts will be used when applicable.
* Relays to be mixed (2:2 Male:Female) with max combined age of 42 per team. 2 relay teams per club
* The Gala Convenor reserves the right to alter the meet programme and warm up times if necessary.
* Electronic timing to be used with manual timing with three timekeepers per lane will be used where required
* All entries to be accompanied by a signed registration declaration form.
* Swimmers report to marshalling ahead of their event.
* Swimmers please follow instructions given to them by meet officials and marshals and must always behave in a reasonable manner.
* 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.
* Unless it has been notified in writing to the Gala Convenor it will be assumed that all parents of children swimming give permission for their child to be photographed by approved parties.
* Swimmers are not permitted phones in the changing rooms.
* Please use the lockers provided, do not leave items in the changing areas and ensure that any valuables are locked away.
* To comply with our child protection policy, please ensure that swimmers wear t-shirts and shorts or track suits and pool shoes when leaving poolside.
* Glass bottles or containers are not permitted in the changing area or poolside.
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| **Data Protection** | **Entries and Results**Personal data acquired from competitors to allow for the operation of this meet will be held securely and used only for the purpose of managing the meet, including the reporting of results, in line with GDPR guidance. |
| **Technical Swimsuits** | On 1st September 2022, new regulations came into force regarding technical swimsuits.  From this date all swimmers 13 years and younger cannot compete wearing technical suits in Scottish Swimming licenced or registered events.For further information and FAQ’s please see link below.<https://scottishswimming.com/news/technical-swimsuit-policy-update/> |
| **Meet Convener** | Russell Halkett galaconvenors.adsc@gmail.com  |
| **Meet Secretary** | Julie King meetsec.adsc@gmail.com |
| **STO** | Craig Stevenson stoconvenor.adsc@gmail.com |

**Dolphin Dash 2025**

**PROGRAMME OF EVENTS**

**SESSION ONE WARM UP 08.15; 08.30; 08.45 START 09.05**

Event 101 Girls 8 year olds 25m Butterfly

Event 102 Boys 8 year olds 25m Butterfly

Event 103 Girls 9 - 11 50m Butterfly

Event 104 Boys 9 – 11 50m Butterfly

Event 105 Girls 8 year olds 50m Breaststroke

Event 106 Boys 8 year olds 50m Breaststroke

Event 107 Girls 9 - 11 50m Breaststroke

Event 108 Boys 9 – 11 50m Breaststroke

Event 109 Girls 8 year olds 50m Backstroke

Event 110 Boys 8 year olds 50m Backstroke

Event 111 Girls 9 - 11 50m Backstroke

Event 112 Boys 9 – 11 50m Backstroke

Event 113 Girls 8 year olds 50m Freestyle

Event 114 Boys 8 year olds 50m Freestyle

Event 115 Girls 9 - 11 50m Freestyle

Event 116 Boys 9 – 11 50m Freestyle

Event 117 Mixed all ages groups 4 x 25m IM relay

Event 118 Mixed all ages groups 4 x 25m Freestyle relay