**Westhill District**

**Amateur Swimming Club**



**Minnows Meet**

WESTHILL SWIMMING POOL

On

Sunday 14th September 2025

[www.westhilldistrictasc.org.uk](http://www.westhilldistrictasc.org.uk)

**MEET INFORMATION**

**(UNDER WORLD AQUATICS AND SASA SWIMMING REGULATIONS**)

|  |  |
| --- | --- |
| **POOL** | 25 Metres, 6 Lanes, Anti-turbulence ropes, Starting Blocks start end only. Level Deck Pool; overall depth 2m. Electronic timing. Backstroke Ledges. |
| **SESSIONS** | Session One Warm Up 08:30 - Start 09:35 Session Two Warm Up 13:30 - Start 14:35 (SUBJECT TO CHANGE IF NECESSARY) |
| **EVENTS** **INDIVIDUAL EVENTS****RELAY EVENTS** | All individual events are single sex events and heat declared winner. See attached sheet for full programme of events.50m Backstroke Age 8-12 years50m Breaststroke Age 8-12 years50m Butterfly Age 8-12 years50m Freestyle Age 8-12 years100m Individual Medley Open (8-12 years)100m Backstroke Age 10-12 years only100m Breaststroke Age 10-12 years only100m Butterfly Age 10-12 years only100m Freestyle Age 10-12 years only4 x 50m Mixed Freestyle Relay4 x 50m Mixed Medley RelayEach club may enter a maximum of 2 Relay teams in each event. Athletes must have been entered for at least one individual swim and they may only swim in one team per relay event. |
|  | Age is as on day of competition i.e., 14th September 2025Age Groups for 50m events for Females and Males & Open will be:8,9,10, 11, and 12 yearsAge Groups for 100m stroke events for Females and Males & Open will be: 10, 11, and 12 yearsHeats will be swum with all age groups combined and athletes seeded by entry times.Age Groups for 100m Open Individual Medley for Females and Males & Open will be: 8-12 yearsThe 100m Individual Medley will be swum as one event per sex and is not split into separate age groups. There will be only one set of medals for this event.Age Group for Relay events will be: 8 – 12 yearsRelays will be swum with mixed age teams with a maximum of two athletes aged 12, with two younger athletes making up the team. Teams must be made up of 2 females and 2 males & open.All athletes may only participate in one distance for each stroke, e.g., either 50m **OR** 100m freestyle.Medals will not be presented on poolside and should be collected from the medal table in the foyer after results have been confirmed. |
| **ENTRY FEES** | £7.00 PER INDIVIDUAL EVENT £9.00 PER RELAY EVENTEntry fees should be paid by BACS to:**Westhill District ASC A/C no: 00285386 Sort Code: 83 28 40**Please include your club name in your payment reference.Please note the entry file and summary sheet must be received by email by the closing date.**Payment must be received within 3 banking days of the closing date. Any entry that is not accompanied by payment in the specified timeframe will be rejected.** |
|  | **CLOSING DATE FOR ENTRIES IS 5pm on FRIDAY 15th August 2025** |
| **MEET 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.** Entry files may be obtained by downloading from Swim Scotland, North District website ([www.sasanorth.org.uk](http://www.sasanorth.org.uk)), or by contacting Meet Coordinator at meet.entries@westhilldistrictasc.org.ukEntries must be submitted using the most up to date personal best times for all athletes at time of entry. Athletes entered with No Time (NT) will be rejected.**CLOSING DATE FOR ENTRIES IS 5pm FRIDAY 15th August 2025****Please note that, following a recent H&S review for the pool facility, the number of athletes attending may have to be limited.** Entries may have to be limited dependent upon numbers received.Age Group Events - heats will be swum with all age groups combined and athletes seeded by entry times. Where possible the accepted entries for each age group will be equal, but if an age group is under-subscribed, the organising committee reserves the right to include additional entries in other age groups. **Athletes may only be entered for either 50m OR 100m events in each stroke.**Westhill District ASC reserves the right to swim a slower heat for their athletes if entry numbers allow.**There is no consideration time for the Individual Medley. To enter, an athlete must be eligible for and entered in at least one 50m or 100m event**The organising committee retains the right on the final selection for the number of heats per event. Westhill District ASC reserves the right to include our own athletes in empty lanes after all reserves have been accommodated**.** Although entered into the Meet, these athletes will not be eligible for medals; however, their times will be accredited as part of the meet.Lists of accepted participating athletes and a draft programme will be emailed to each club.Please email the entry file and summary sheet to: -meet.entries@westhilldistrictasc.org.uk |
| **ENTRY TIMES** | We have set entry times in order that we can provide a good quality meet which encourages young inexperienced athletes.**Times must be slower than: -** |
|  | **Event** | **Males & Open** | **Females** |
| 50m Freestyle | 00:36.39 | 00:40.51 |
| 50m Breaststroke | 00:48.53 | 00:47.71 |
| 50m Backstroke | 00:42.72 | 00:42.40 |
| 50m Butterfly | 00:41.00 | 00:45.41 |
|  | 100m Freestyle | 01:20.02 | 01:29.16 |
|  | 100m Breaststroke | 01:45.99 | 01:44.26 |
|  | 100m Backstroke | 01:31.57 | 01:30.57 |
|  | 100m Butterfly | 01:32.97 | 01:42.80 |
|  | 100m Individual Medley | There is no consideration time for the Individual Medley. To enter, an athlete must be eligible for and entered in a 50m or 100m event. |
| **AWARDS** | Medals will be awarded to 1st, 2nd and 3rd place.Points will be awarded for the first six places in each age group event. i.e., 1st - 6 points, 2nd - 5 points, 3rd - 4 points, 4th - 3 points, 5th - 2 points, 6th - 1 point. **Note:** Points will not be awarded for relays or 100m IM.**The Peco Trophy** will be awarded to the top club by points attending the Meet. In the event of a tie, the Club with the best relay results will be awarded the winner.**The Gilbert Trophy** will be awarded to the top Westhill District athlete by points. In the event of a tie, the result of the Individual Medley will determine the winner.**The Apache Shield** will be presented to the top visiting athlete. In the event of a tie, the result of the Individual Medley will determine the winner. |
| **WITHDRAWALS** | Withdrawals prior to the competition should be emailed to: -**Meet Coordinator:** meet.entries@westhilldistrictasc.org.uk**To arrive no later than 5pm Thursday 11th September 2025**All details must be included on e-mail withdrawals i.e., Name, Event No, Stroke, SASA No. etc.**Withdrawals made after the draft programme has been issued will not be refunded unless it is on medical grounds, please refer to medical withdrawals below.****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. |
| **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 on walkway to changing village and at poolside. All athletes 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 athletes. If an athlete is not present at second marshalling area, then the reserve will swim. |
| **TECHNICAL OFFICIALS** | Lists of Technical Officials should be submitted to STO Coordinator at below email by Friday 29th August 2025. Queries or changes to Technical Officials after this date should be directed to:officials@westhilldistrictasc.org.uk All clubs are respectfully requested to provide 1 official per session when 6 or more athletes are accepted. Clubs that have 12 or more athletes accepted should provide a minimum of 2 officials per session, one of which should be a qualified Judge 1 or above. Without sufficient officials the meet will not be able to gain accreditation.Judges and Timekeepers in training, who are requiring specific signatures, should make this clear in their request. Requests will be accommodated only if the referee considers it practical. |
| **PHOTOGRAPHY/****MOBILE PHONES** | Please note that anyone wishing to use photographic equipment for non-commercial purposes, including video cameras must complete Photography Permission Form accessed by QR code, available on Participant Information and on posters at venue on the day.NB: Individuals may be asked to provide evidence of completion of form on the day.No person may for commercial purposes take photographs or use any video recording equipment inside the event without the express written permission of Westhill District ASC.No flash photography is permitted at any time within the competition pool area.Mobile phones may not be used in the pool hall or in the changing village. Use of mobile phones within the building is limited to designated areas. |
| **MEET REGULATIONS** | No guarantee can be given by Westhill District ASC that the event will take place at a particular time, or any date and Westhill District ASC reserves the right to reschedule the event without notice and without liability for so doing. It is expected that 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 Westhill District ASC. Westhill District 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, and accommodation costs. |
| **NOTES** | All athletes entered must have paid their SASA membership fee for the current year. Registration numbers **must** be shown on entry files. A licence has been granted for this competition and accreditation will be applied for to the SASA North District. |
|  | Poolside access will be limited to one Coach per 10 athletes, with a maximum of 4 Coaches at any one time. |
|  | Participating clubs will receive one copy of start sheets and results will be posted at the pool during the events and after the event on the North District website. |
|  | Westhill District ASC reserves the right to amend the programme at any time. |
|  | **Please can all clubs inform the Meet Convener in advance if any of their athletes have any known severe food allergies, e.g., peanuts.** |
|  | Lockers provided in the changing rooms (20p 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. |
|  | Seating areas will be allocated to each team. Teams are responsible for clearing their seating area of belongings, litter etc. before leaving at the end of the competition day. |
| **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****Transgender and Non-binary policy** | On 1st September 2022, new regulations came into force regarding technical swimsuits.  From this date all athletes 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/>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](https://www.scottishswimming.com/about-us/equality). 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. |
| **Meet Convener** | Bev MacLennan /Gillian Milne Email: meet.convener@westhilldistrictasc.org.uk  |

**WESTHILL MINNOWS MEET 2025**

**PROGRAMME OF EVENTS**

**SESSION ONE WARM UP 08.30 START 09.35**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Event No | 101 | Female | 8-12 years (Open) | 100m IM |  |
|  | 102 | Male & Open | 8-12 years | 50m Freestyle |  |
|  | 103 | Male & Open | 10-12 years | 100m Freestyle |  |
|  | 104 | Female | 8-12 years | 50m Butterfly |  |
|  | 105 | Female | 10-12 years | 100m Butterfly |  |
|  | 106 | Male & Open | 8-12 years  | 50m Breaststroke |  |
|  | 107 | Male & Open | 10-12 years | 100m Breaststroke |  |
|  | 108 | Female | 8-12 years | 50m Backstroke |  |
|  | 109 | Female | 10-12 years | 100m Backstroke |  |
|  | 110 | Mixed | 8-12 years | 4 x 50m Freestyle Relay |  |

**SESSION TWO WARM UP 13.00 START 14.05**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Event No | 201 | Male & Open | 8-12 years (Open) | 100m IM |  |
|  | 202 | Female | 8-12 years  | 50m Freestyle |  |
|  | 203 | Female | 10-12 years | 100m Freestyle |  |
|  | 204 | Male & Open | 8-12 years | 50m Butterfly |  |
|  | 205 | Male & Open | 10-12 years | 100m Butterfly |  |
|  | 206 | Female | 8-12 years | 50m Breaststroke |  |
|  | 207 | Female | 10-12 years | 100m Breaststroke |  |
|  | 208 | Male & Open | 8-12 years | 50m Backstroke |  |
|  | 209 | Male & Open | 10-12 years | 100m Backstroke |  |
|  | 210 | Mixed | 8-12 years  | 4 x 50m Medley Relay |  |

**PECO Trophy for Top Club
Apache Shield for Top Visiting Swimmer**

**Gilbert Trophy for Top Westhill District Swimmer**

**WESTHILL MINNOWS MEET 2025**

**Sunday 14th September 2025 - Westhill Swimming Pool**

**SUMMARY SHEET**

**Contact Details**

Club Name/Abbr :\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Match Secretary: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Post Code: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Tel. No: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- | --- |
| **Individual Age Group Male Entries** | **………………** | **@ 7.00** | **= £…………** |
| **Individual Open Male Entries** | **………………** | **@ £7.00** | **= £…………** |
| **Individual Age Group Female Entries** | **………………** | **@ £7.00** | **= £…………** |
| **Individual Open Female Entries** | **………………** | **@ £7.00** | **= £…………** |
| **Mixed Team Entries** | **………………** | **@ £9.00** | **= £…………** |
| **Coach Lunch voucher** | **………………** | **@ £7.00** | **= £…………..** |
|  |  | **TOTAL** | **= £…………** |

**CLOSING DATE FOR ENTRIES IS 5pm Friday 15th August 2025**

**Payment by BACS transfer to Westhill District ASC: A/C no: 00285386 Sort Code: 83 28 40. Please use your club name as reference.**

**Declaration** (This declaration **must** be completed by all competing clubs)

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

Signed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Position in Club\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_