



ALFORD OTTERS ASC

100 200 MEET



Sunday 1st March 2026

ABOUT OUR MEET	<p>Our meet is licensed at level 2 and will be held at Alford Community Campus, Greystone Road, Alford, AB33 8TY. The pool is 25m, 4 lanes, level deck with anti-turbulence lane ropes.</p> <p>Session One Warm Up 08.30 Start 09.35 Session Two Warm Up 13.15 Start 14.20</p> <p>(SUBJECT TO CHANGE IF NECESSARY)</p>
WHO OUR MEET IS FOR	<p>The meet is intended to provide racing opportunities to gain accredited times, for swimmers who want to get good value for their time spent, and to spend time with their teammates.</p> <p>For this reason, swimmers eligible to enter will have up to five individual events available to them, plus relays, and entries will be accepted by club on a first come first served basis.</p>
LICENCE	L2/ND/015/MAR26
EVENTS AVAILABLE	<p>Individual events: 100m, 200m Freestyle; 100m, 200m Backstroke; 100m, 200m Butterfly; 100m, 200m Breaststroke; 100m, 200m Individual Medley</p> <p>200m Relays to be swum as 4 x 50m Freestyle and 4 x 50m Medley, mixed sex teams, each comprising 2 swimmers that are female and two, male & open.</p> <p>Swimmers can only enter one event from each of the following categories – Freestyle, Backstroke, Butterfly, Breaststroke, Individual Medley.</p>
CONDITIONS	<p>Age as at 1st March 2026 for all events.</p> <p>Age Groups for all individual events are 10 – 12, 13 – 14, 15+</p> <p>Upper age limit of 18 years.</p> <p>There are no consideration times for this meet.</p> <p>Relay events are open to all age groups.</p> <p>The maximum combined age for relay events is 56.</p>
ENTRIES	<p>This is a club meet and entries will not be accepted from composite teams.</p> <p>All entries must be on Hy-tek Team Manager entry file.</p> <p>Events files may be obtained by downloading from the North District website or by contacting ottersentries@gmail.com</p> <p>Please return entry files along with summary sheet and declaration to the same email address.</p> <p>Entry fees should be paid by BACS to:</p> <p>Alford Otters ASC Sort: 83-15-14 Account: 00102135</p> <p>CLOSING DATE FOR ENTRIES IS MONDAY 9th FEBRUARY 2026 OR WHENEVER THE MEET IS FULL, WHICHEVER COMES FIRST</p> <p>All paperwork, entry files and payment must be received by this date.</p> <p>Team lines will be required one hour before the start of the session in which the relay takes place and only those swimmers that have been accepted into the meet can take part in relays.</p>



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ENTRY FEES	<p>Individual event: £7.00 PER INDIVIDUAL EVENT</p> <p>Relays: £10.00 PER RELAY TEAM</p>
TECHNICAL OFFICIALS	<p>Please offer the services of your technical officials to ensure that this meet receives its accreditation.</p> <p>A completed technical officials sheet should be sent to Calum Leat by email to arrive before Sunday 15th February 2026.</p> <p>Contact Calum at alfordotterssto2024@gmail.com</p> <p>Requests for mentoring should also be made directly to Calum and will be accommodated on the day, only if the session referee considers it practical.</p>
INDIVIDUAL AWARDS	<p>There will be medals for 1st, 2nd and 3rd places in individual events and relays.</p> <p>Keepsake trophies will be presented to the overall best boy and overall best girl at the meet using standard Hy-Tek points scoring by event. In the event of a tie the result of the Individual Medley by time will determine the winner and if they are the same then, with 200m Individual Medley before the 100m event.</p> <p>Shields and keepsake trophies will be presented to the overall best boy and overall best girl swimming for Alford Otters using standard Hy-Tek points scoring by event. In the event of a tie the result of the Individual Medley will determine the winner.</p> <p>There is a trophy for the best overall Club. This is an annual trophy and must be returned on request by Alford Otters. The best Club will be determined using standard Hy-Tek points with no enhancement for relay events. In the event of a tie the Club with best relay results will be declared the winner.</p>
MARSHALLING	<p>Marshalling will take place through the changing rooms and into the disabled suite.</p> <p>All swimmers must attend marshalling before their events and are advised to attend in good time. 4 heats in advance is the minimum suggested. The start of a race will not be delayed for absent competitors and swimmers who have not presented themselves to the marshalls prior to their heat leaving the marshalling area to walk to the start end will be considered withdrawn and will not be permitted to swim.</p>
WITHDRAWALS	<p>Withdrawals from swimmers prior to the competition should be emailed to ottersentries@gmail.com to arrive no later than 5pm on Thursday 26th February 2026.</p> <p>Withdrawals after this time should be submitted to the recorders table prior to the start of each warm up on the withdrawal forms made available.</p> <p>Refunds for swimmers who are withdrawing through illness or injury will be granted only if the swimmer has been withdrawn in time according to the meet information and when the swimmer can provide medical evidence confirming that they are unfit to swim to the Meet Convenor within 7 days following the Meet. The letter should be dated not more than 4 weeks before the Meet and not more than 2 days after the meet.</p> <p>No other refunds will be available.</p>



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PHOTOGRAPHY	Please note that anyone wishing to use photographic equipment, including video cameras, tablets and mobile phones must register with the Meet Convenor using the form that will be made available with the participant information.
MOBILE PHONES	Mobile phones may not be used under any circumstances in the shower area, toilets and changing rooms. They must be switched to silent in the pool hall and can only be used for photography if they have been registered as above.
SWIMSUIT REGULATIONS	<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 under cannot compete wearing technical suits in Scottish Swimming licensed or registered events. For further information and FAQs please see link below:</p> <p>https://scottishswimming.com/news/technical-swimsuit-policy-update/</p>
TRANSGENDER & NON-BINARY COMPETITION POLICY	<p>As of the 1st January 2024 the Scottish Swimming Transgender & Non-Binary Competition Policy was implemented nationally across all aquatic sports. The policy and FAQs can be found at https://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 the competition with any matters being resolved post event. Clubs must confirm that swimmers entering the female category were born female.</p>
NOTES	<ul style="list-style-type: none">• All swimmers entered must have paid their SASA memberships fees for the current year with registration numbers shown on entry files.• Poolside access will be limited to 1 member of club staff per 8 swimmers.• No food is to be eaten in the changing rooms and lunches are not to be eaten poolside. No glassware should be taken into the changing rooms or onto poolside.• The dining hall will be available for swimmers and club staff for lunch. The changing rooms will be closed over lunchtime.• Participating clubs will receive one copy of start sheets for each session. Results will be posted at the pool during the event and after the event will be sent via e-mail and published on the North District website.• Technical Officials will be offered light lunch. Coaches and Team Managers can request lunch at a cost of £7 per head and requests should be submitted with the summary sheet and payment included with entries.• Spectating is available but the view may be limited.• In the event of cancellation for any reason, Alford Otters ASC cannot be held liable for any loss of expense or enjoyment.
MEET CONVENOR	Sue Ruddick – alfordotterspresident@gmail.com



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PROGRAMME OF EVENTS

SESSION 1

Warm Up 8.30am

Session Start 9.35am

101	Female 10 – 18	100m Individual Medley
102	Female 10 – 18	200m Individual Medley
103	Male & Open 10 – 18	100m Freestyle
104	Male & Open 10 – 18	200m Freestyle
105	Female 10 – 18	100m Breaststroke
106	Female 10 – 18	200m Breaststroke
107	Male & Open 10 – 18	100 Butterfly
108	Male & Open 10 – 18	200 Butterfly
109	Female 10 – 18	100m Backstroke
110	Female 10 – 18	200m Backstroke
111	Mixed (2 Female 2 Male & Open)	4 x 50 Freestyle Relay

SESSION 2

Warm Up 1.15pm

Session Start 2.20pm

201	Male & Open 10 – 18	100m Individual Medley
202	Male & Open 10 – 18	200m Individual Medley
203	Female 10 – 18	100m Freestyle
204	Female 10 – 18	200m Freestyle
205	Male & Open 10 – 18	100m Breaststroke
206	Male & Open 10 – 18	200m Breaststroke
207	Female 10 – 18	100 Butterfly
208	Female 10 – 18	200 Butterfly
209	Male & Open 10 – 18	100m Backstroke
210	Male & Open 10 – 18	200m Backstroke
211	Mixed (2 Female 2 Male & Open)	4 x 50 Medley Relay



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SUMMARY SHEET

Contact Details

Club: _____

Match Secretary: _____

Address: _____

Tel. No. _____

Email Address: _____

Declaration

- I confirm that all swimmers entered in this competition have a current SASA membership.
- I confirm that all swimmers entered into the female category were recorded female at birth.

Signed: _____

Position in Club: _____

Date: _____

(This declaration must be completed by all competing clubs)

ENTRY SUMMARY

	Number	Cost
INDIVIDUAL SWIMS @ £7.00 EACH		
RELAY ENTRIES @ £10.00 EACH		
COACHES MEAL TICKET @ £7.00 EACH		
TOTAL		

Closing Date: Monday 9th February 2026 or whenever the meet is full, **whichever comes first.**



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OFFICIALS SHEET

Club: _____

STO Contact Name: _____

Tel No: _____

Email: _____

NAME	DUTY	SIGNATURE REQUIRED	SESSION 1	SESSION 2

Mentoring Requests – please note that mentoring will be at the discretion of the Referee(s) on the day.

NAME	J1/J2/J2S	SPECIAL REQUESTS eg CIT	SESSION 1	SESSION 2

Please return to Calum Leat by Sunday 15th February.

Email: alfordotterssto2024@gmail.com