



# DYCE (ABERDEEN) ASC GRADED LC & OPEN SPRINT

Incorporating the SDS National Performance Championships 2019

**SUNDAY 9<sup>TH</sup> JUNE 2019**

## MEET INFORMATION

(UNDER FINA AND IPC RULES & SASA SWIMMING REGULATIONS)

**Venue** Aberdeen Sports Village – Aquatics Centre - 50 Metres, 10 Lanes, with full Electronic Timing  
Regent Walk, Aberdeen AB24 1SX

**Sessions** **Session One** Warm Up 08.00 - Start 08.45  
**Session Two** Warm Up 12.15 - Start 13.00  
(SUBJECT TO CHANGE IF NECESSARY)

### Events **Individual**

Age Group Graded – 100m Butterfly, Backstroke, Breaststroke and Freestyle

Open Sprint Events – 50m Butterfly, Backstroke, Breaststroke and Freestyle

**SDS Only Events** – 200m & 400m Freestyle and 200m Individual Medley.

**Team** (Maximum of 2 teams per club per event)

4 x 50m Freestyle relay      4 x 50m Medley relay

### **SDS Multi Classification**

50m Butterfly (S1-S7)	100m Butterfly (S8-S15)	200m Freestyle (S1-S5 & S14)
50m Backstroke (S1-S5)	100m Backstroke (S6-S15)	200m IM (SM5-SM15)
50m Breaststroke (SB1-SB3)	100m Breaststroke (SB4-SB15)	400m Freestyle (S6-S13 & S15)
50m Freestyle (S1-S15)	100m Freestyle (S1-S15)	

**Age** **Individual Age Groups:** 9-11 Years, 12 Years, 13 Years & 14 Years & Over

**Open Sprint Events** : 11 Years & Over

**Team Relays** : 12 Years & Under and 13 Years & Over  
(swimmers may swim up an age groups)

**All events are swum as age at 9<sup>th</sup> June 2019**

**CLOSING DATE FOR ALL ENTRIES IS SATURDAY 11 MAY 2019**

Entry file and summary sheet must be received by the closing date.

**For Scottish Disability Sport (SDS) Entries, individual entry forms are available from Scottish Swimming (Contact: Paul Wilson).**

**Entry Fees** £6.00 PER INDIVIDUAL EVENT    £10.00 PER TEAM EVENT

Cheques should be made payable to **DYCE (ABERDEEN) ASC**, alternatively payment can be made by Direct Bank Transfer to Sort Code: 80-22-60, Account: 15040860  
(Reference should be LC19 followed by the club code e.g. LC19NDAX)



Licence No: **ND/L2/024/JUN19**



**Awards** Medals will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places.  
The Hunting Trophy will be awarded annually to the Top Club.

Points will be awarded: 1st - 3 points, 2nd - 2 points, 3rd - 1 point.  
In the event of a points tie, consideration will be given the most Gold medals accumulated and then Silver medals.

### Age Group Graded LC Qualifying Times

**Qualifying Times** Eligible Slower than times for the individual graded event are shown on the table below.  
**Times** A Swimmer entering an Age Group Graded event may not enter the equivalent Open Sprint event for the same stroke (except for SDS entrants).

MALE					FEMALE			
9-11 Years	12 Years	13 Years	14+ Years	<b>100m GRADED EVENTS</b>	9-11 Years	12 Years	13 Years	14+ Years
01:30.00	01:20.00	01:14.00	01:08.00	Butterfly	01:30.00	01:23.00	01:17.00	01:12.00
01:30.00	01:21.00	01:15.00	01:09.00	Backstroke	01:30.00	01:22.00	01:18.00	01:13.00
01:40.00	01:28.00	01:22.00	01:18.00	Breaststroke	01:40.00	01:32.00	01:27.00	01:22.00
01:20.00	01:10.00	01:04.00	01:00.00	Freestyle	01:20.00	01:15.00	01:09.00	01:05.00

Entries should be submitted using Long Course or converted Short Course time.

**Meet Entries/** Entries must be on Hy-tek Team Manager entry file.  
Entry files may be obtained by downloading from the North District ([www.sasanorth.org.uk](http://www.sasanorth.org.uk)) or Swim Scotland ([www.swimscotland.co.uk](http://www.swimscotland.co.uk)) websites.

Entries for SDS Events should be submitted using the Individual Entry form for the SDS National Performance Championships 2019, available from Scottish Swimming (Contact: Paul Wilson)

Entry files received late will not be accepted.  
This is a club competition therefore entries from Composite Teams will not be accepted.  
Please return entry files along with summary sheet and entry fees to: -

Sandra Middleton  
19 Slains Terrace  
Bridge of Don  
Aberdeen, AB22 8TU

e-mail: [dycetrophymeet@hotmail.com](mailto:dycetrophymeet@hotmail.com)





**Meet Regulations** No guarantee can be given by Dyce (Aberdeen) Amateur Swimming Club that the event will take place at a particular time or any particular date and Dyce (Aberdeen) Amateur Swimming Club reserves the right to reschedule the event without notice and without liability for doing so. It is expected that this would only happen as a result 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 Dyce (Aberdeen) Amateur Swimming Club.

Dyce (Aberdeen) Amateur Swimming Club 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.

Dyce (Aberdeen) ASC reserve the right to restrict entries to facilitate the efficient running of the event in order to comply with the meet licence granted, however all SDS entries will be given priority over all other entries received.

Dyce (Aberdeen) ASC reserve the right to accommodate empty lanes with their own club swimmers, after all reserve swimmers have been accommodated for such event.

**Meet Rules.** All swimmers entered must have paid their SASA membership fee for the current year. Registration numbers must be shown on entry files. Swimmers without registration numbers will be automatically rejected.

A Licence has been granted for this competition and accreditation will be applied for to the SASA North District.

Entries must be submitted using the most up to date personal best times for all swimmers at time of entry, using times from Competition results or a Club Time Trial. Swimmers entered with No Time (NT) will be rejected, except for SDS and relay entries.

**Any swimmer who achieves a time faster than the 'consideration time' at any time prior to the entry closing date must be withdrawn from the qualifying event. A full refund will be given for these withdrawals if evidence (published result) is provided within 7 days of the closing date. Entries proved to be incorrect after this time, will have their entry fee forfeited and will be withdrawn before or during the event.**

**Any Swimmer entered for both an Age Group Graded and Open Sprint event for the same stroke will have their Open Sprint event entry automatically rejected and will be considered only for their Age Group Graded event entry. There will be no guarantee given that the Age Group entry will be accepted and if the Age Group Graded entry is subsequently rejected a reinstatement of the Open Sprint event entry will not be considered.**





**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 not earlier than the closing date or later than 3 days from the date of the competition.

**Withdrawals prior to the event** should be e-mailed to [dycetrophymeet@hotmail.com](mailto:dycetrophymeet@hotmail.com) to arrive by 5.00 pm at the latest on Saturday 8 June 2019. No telephone withdrawals will be accepted. NB: All details must be included on e-mail withdrawals i.e. Name, Event No, Stroke, Comp No etc. Withdrawals received prior to the closing date will be refunded in full.

**Withdrawals at the Meet** should be notified on the relevant withdrawal form. The sheets should be handed in to the recorders at least 45 minutes prior to the start of each session and Reserves for heats must marshal unless they have also withdrawn as above.

**Coaches Pack** will be issued to all participating clubs prior to session one, containing the following: -

1. WarmUp arrangements (There will be 1 specific disability lane during both warm-ups)
2. Marshalling arrangements (Individual events only).
3. Photographic Permission Forms

**Start Sheets** will be issued to participating clubs, one copy per session.

Participants must follow the instructions given to them by the meet officials and behave in a reasonable manner at all times and should adhere to the Scottish Swimming Code of Ethics, and relevant codes of conduct.

Over the top starts may be used, except in Backstroke events.

## Meet Notes

Lockers provided in the changing rooms should be used for clothes and other belongings at all times, to keep cubicles free for other swimmers. The meet organisers and the facility management cannot be held responsible for items lost during the course of the meet.

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 must be made along with the entry fees.

Footwear must be used outside the pool area.

There will be no medal presentations during the event. Medals will be available for collection from the medals desk which will be located on poolside. The Hunting Trophy will be presented at the end of session 2.

The use of mobile phones is STRICTLY not permitted in the changing village, showers and toilets.

Seating areas may 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.





Glass bottles or containers are not permitted in the changing village and pool hall – this includes the spectator areas.

**Photography** Please note that anyone wishing to use any photographic equipment, including video cameras must register with the Meet Director (application should be made on the appropriate SASA Health and Safety form and signed by the relevant club official). Video and Photographs should not be posted on unsecure social websites but may be posted on secure sections of club websites.

**Technical Officials** Lists of Technical Officials for all sessions must be forwarded to the Meet Officials Convenor, Rod Agnew, [dycestoconvenor@hotmail.com](mailto:dycestoconvenor@hotmail.com) **no later than Thursday 30 May 2019**. Any queries or changes to Technical Officials after the closing date should also be directed to the Meet Officials Convenor above.

**All clubs are expected to provide a minimum of 1 official per session, but the quota of meet officials required to run the meet in a 10 lane facility will require clubs to provide more than the minimum. Clubs that have 10 swimmers or more accepted should provide a minimum of 1 official, per session, that holds a minimum qualification of Judge 1.**

Mentoring requests will be considered by the Meet Referee. 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 probationary Judges and Timekeepers wishing specific signatures, i.e. Chief timekeeper or stroke, should make this request to the Meet Officials Convenor when names are submitted. For Trainee Judge 1 or Judge 2S, please see the Officials Sheet.

Technical officials will be offered lunch if officiating at both sessions only.

**Meet Convenor** Michelle MacKay  
Email: [dyceascsecretary@hotmail.com](mailto:dyceascsecretary@hotmail.com)



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## **SCHEDULE OF EVENTS**

### **Session One**

- Event 101 – Girls 100m Backstroke
- Event 102 – Boys 100m Butterfly
- Event 103 – Girls 50m Backstroke
- Event 104 – Boys 50m Butterfly
- Event 105 – Girls 200m Freestyle (SDS Event)
- Event 106 – Boys 200m Freestyle (SDS Event)
- Event 107 – Girls 100m Breaststroke
- Event 108 – Boys 100m Freestyle
- Event 109 – Girls 50m Breaststroke
- Event 110 – Boys 50m Freestyle
- Event 111 – Girls 400m Freestyle (SDS Event)
- Event 112 – Boys 12 Years & Under 4x50m Medley Relay
- Event 113 – Girls 12 Years & Under 4x50m Medley Relay
- Event 114 – Boys 13 Years & Over 4x50m Medley Relay
- Event 115 – Girls 13 Years & Over 4x50m Medley Relay

### **Session Two**

- Event 201 – Boys 100m Backstroke
- Event 202 – Girls 100m Butterfly
- Event 203 – Boys 50m Backstroke
- Event 204 – Girls 50m Butterfly
- Event 205 – Boys 200m Individual Medley (SDS Event)
- Event 206 – Girls 200m Individual Medley (SDS Event)
- Event 207 – Boys 100m Breaststroke
- Event 208 – Girls 100m Freestyle
- Event 209 – Boys 50m Breaststroke
- Event 210 – Girls 50m Freestyle
- Event 211 – Boys 400m Freestyle (SDS Event)
- Event 212 – Girls 12 Years & Under 4x50m Freestyle Relay
- Event 213 – Boys 12 Years & Under 4x50m Freestyle Relay
- Event 214 – Girls 13 Years & Over 4x50m Freestyle Relay
- Event 215 – Boys 13 Years & Over 4x50m Freestyle Relay





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## Summary Sheet

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

Club Contact: \_\_\_\_\_

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

Post Code: \_\_\_\_\_ Telephone No: \_\_\_\_\_

E-mail address \_\_\_\_\_

Total Male Entries		@ £ 6.00	=	£
Total Female Entries		@ £ 6.00	=	£
Total Relay Entries		@ £10.00	=	£
Total Coaches Meals		@ £ 7.00	=	£
<b>Total Value of Cheque Enclosed</b>			=	<b>£</b>

**Closing Date for Entries is SATURDAY 11 MAY 2019**

Entry files, summary sheet and entry fees must be received by this date.

Cheques should be made payable to **DYCE (ABERDEEN) ASC**, alternatively payment can be made by Direct Bank Transfer to Sort Code: 80-22-60, Account: 15040860 (Reference should be LC19 followed by the club code e.g. LC19NDAX)

### **Declaration**

I confirm that all swimmers entered in this competition have paid their 2019 SASA membership fee.

Signed..... Position in Club.....

Date..... (This declaration must be completed by all competing clubs)



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# DYCE GRADED LC & OPEN SPRINT

9 June 2019 – Aberdeen Aquatics Centre  
OFFICIALS SHEET

CLUB Name \_\_\_\_\_  
STO Contact \_\_\_\_\_

Email Address \_\_\_\_\_  
Tel. Number \_\_\_\_\_

	Judges	Judge Level	Session(s)		Timekeepers	Session(s)		Judge Mentoring	Training Level	Session(s)
	Name				Name			Name		
1				1			1			
2				2			2			
3				3			3			
4				4			4			
5				5			5			
6				6			6			
7				7			7			
8				8			8			
9				9			9			
10				10			10			

Please ensure that our Technical Official Convenor is updated if mentor signatures are no longer required.

Please return this form with your entries or return it by 30<sup>th</sup> MAY 2019 to: Rod Agnew – [dycestoconvenor@hotmail.com](mailto:dycestoconvenor@hotmail.com)



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