

ALFORD OTTERS

7th 200 MEET

(UNDER FINA AND SASA RULES)

Sunday 21 April 2019

Fraserburgh Swimming Pool

Meet Information

Pool	Fraserburgh Swimming Pool 25 Metres, 6 Lanes, anti-turbulence ropes, Electronic Timing & Level Deck
Sessions	Session One Warm Up 08.30 - Start 09.35 Session Two Warm Up 13.15 - Start 14.20 (SUBJECT TO CHANGE IF NECESSARY)
Events	Individual 200m Freestyle, 200m Backstroke, 200m Butterfly, 200m Breaststroke for all age groups and 200m Individual Medley as an open event (11 – 18 for girls and 11 – 18 for boys). 200m Relays to be swum as 4 x 50m Freestyle and 4 x 50m Medley mixed sex teams each comprising 2 girls and 2 boys.
Age	As at 21 April 2019 for all events. Age Groups for 200m Stroke Events will be: Girls – 11, 12, 13/14, 15 - 18 Boys – 11, 12, 13/14, 15 - 18 Age Groups for 200M Individual Medley will be: Girls – 11 to 18 Boys – 11 to 18 Relay events are open to all age groups subject to a maximum age restriction of 54 years total. There must be 2 girls and 2 boys in each team but swimmers can swim in any order. Team lines will be required one hour before the start of the session in which the relay takes place. Competitors may swim only in their own age groups and swimmers entered into relay events must be eligible for and entered into at least one individual event. Please note that the 200m 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 awards for this event. However, there are different "slower than" times for each age group and entries will be taken in a proportionate way from each age group if numbers have to be reduced.
Consideration Times	Consideration times are attached. Entries will be accepted on a slower than basis and are short course times. Converted times <u>will not be</u> accepted and swimmers who have swum too fast in a long course pool will not be rejected.

<p>Entries</p>	<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. Entry 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 entry fees to:</p> <p>Anne Jessiman Carnethy Forbes Alford AB33 8QL ottersentries@gmail.com</p> <p>CLOSING DATE FOR ENTRIES IS FRIDAY 22 MARCH 2019 All paperwork & entry files to be received by this date</p>
<p>Entry Fees</p>	<p>£6.00 PER INDIVIDUAL EVENT £8.00 PER TEAM RELAY EVENT</p> <p>Cheques should be made payable to Alford Otters ASC.</p> <p>Entries may have to be limited dependent upon numbers received and will be accepted evenly across the age groups where possible.</p> <p>Entries for each Team Event (relay) are limited to three per Club per event.</p> <p>Alford Otters ASC may offer our Club swimmers the opportunity to swim in the slowest heat even if faster applications have been received.</p>
<p>Awards</p>	<p>Medals will be awarded for 1st, 2nd and 3rd places.</p> <p>There is a trophy for the best overall Club. 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> <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 will determine the winner.</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>

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 Durno Jessiman by email to arrive before Friday 5 April 2019:</p> <p>Contact Durno at carnethy6@hotmail.com</p> <p>Judges and Timekeepers in training who are wishing specific signatures, eg. chief timekeeper or stroke, should make this request but requests will be accommodated only if the meet referee considers it practical.</p>
Withdrawals	<p>Withdrawals prior to the competition should be emailed to Anne Jessiman at ottersentries@gmail.com to arrive no later than 5pm on Thursday 18 April.</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>
Marshalling	<p>Marshalling will take place at the entrance to the changing village.</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 marshals prior to their heat leaving the marshalling area to walk to the start end will be considered withdrawn, will not be permitted to swim and will not be refunded.</p>
Notes	<ol style="list-style-type: none"> 1 All swimmers entered must have paid their SASA membership fee for the current year. 2 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. 3 Due to lack of space poolside access will be limited to one Coach per 10 swimmers. 4 Food must not be eaten on poolside and no glassware should be taken into the changing rooms or onto the poolside. 5 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. 6 Technical Officials will be offered lunch. Coaches and Team Managers can request lunch at a cost of £6 per head and requests should be submitted with the summary sheet and payment included with entries. 7 Spectator space will be extremely limited and priority seating will be given to swimmers and coaches. 8 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.

Photography	<p>Please note that anyone wishing to use photographic equipment, including video cameras, tablets and mobile phones must register with the Meet Convenor (application should be made on the appropriate SASA Health and Safety form and signed by the relevant club official).</p> <p>Mobile phones may not be used under any circumstances in the shower area, toilets or 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.</p>
Meet Convenor	Liz Strachan - liz_strachan@btinternet.com

Consideration Times

Times must be short course and slower than:-

		Boys		Events	Girls			
15-18	13/14	12	11		11	12	13/14	15-18
2:03.90	2:14.60	2:23.10	2:30.90	200 Free	2:31.60	2:27.20	2:20.40	2:14.40
2:21.60	2:35.30	2:43.60	2:48.70	200 Back	2:49.00	2:44.00	2:37.20	2:30.80
2:38.50	2:53.70	3:08.50	3:18.40	200 Breast	3:13.70	3:10.10	3:03.00	2:52.60
2:24.50	2:42.60	2:59.00	3:08.00	200 Fly	3:07.70	3:00.10	2:49.30	2:37.90
2:22.10	2:31.40	2:43.00	2:52.00	200 IM	2:52.30	2:47.10	2:39.20	2:29.90

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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 paid their current SASA membership fee.

Signed: Position in Club

Date:

(This declaration must be completed by all competing clubs)

Entry Summary

FEMALE INDIVIDUAL ENTRIES.....	@	£6.00 = £
MALE INDIVIDUAL ENTRIES	@	£6.00 = £
MIXED RELAY ENTRIES	@	£8.00 = £
COACHES MEAL TICKET	@	£8.00 = £
 TOTAL		 = £
 CLOSING DATE: 22 March 2019		
PLEASE MAKE CHEQUES PAYABLE TO: ALFORD OTTERS ASC		
Or contact the Meet Convenor for Bank Details to pay by BACS		

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SESSION 1

Warm Up 8.30am

Session Start 9.35am

- 101 Girls 11 – 18 200 Individual Medley
- 102 Boys 11 + Boys 12 200 Breaststroke
- 103 Boys 13/14 + Boys 15-18 200 Freestyle
- 104 Girls 11 + Girls 12 200 Butterfly
- 105 Girls 13/14 + Girls 15-18 200 Backstroke
- 106 Boys 11 + Boys 12 200 Freestyle
- 107 Boys 14 + Boys 15 200 Breaststroke
- 108 Girls 11 + Girls 12 200 Backstroke
- 109 Girls 13/14 + Girls 15-18 200 Butterfly
- 110 Mixed (2 Girls 2 Boys) Max Age 54 4 x 50 Medley Relay

SESSION 2

Warm Up 1.15pm

Session Start 2.20pm

- 201 Boys 11 – 18 200 Individual Medley
- 202 Girls 11 + Girls 12 200 Breaststroke
- 203 Girls 13/14 + Girls 15-18 200 Freestyle
- 204 Boys 11 + Boys 12 200 Butterfly
- 205 Boys 13/14 + Boys 15-18 200 Backstroke
- 206 Girls 11 + Girls 12 200 Freestyle
- 207 Girls 13/14 + Girls 15-18 200 Breaststroke
- 208 Boys 11 + Boys 12 200 Backstroke
- 209 Boys 13/14 + Boys 15-18 200 Butterfly
- 210 Mixed (2 Girls 2 Boys) Max Age 54 4 x 50 Freestyle Relay

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OFFICIALS SHEET

Club _____

STO Contact Name _____

Tel No: _____

Email Address _____

Meet Officials Convenor: Durno Jessiman
 Carnethy
 Forbes
 Alford
 AB33 8QL
 Tel: 01975 563619

Email: carnethy6@hotmail.com

NAME	QUALIFIED LEVEL	SIGNATURE REQUIRED?	SESSION 1	SESSION 2
Mr Example	J2S	No	Y	Y
NAME	TRAINEE LEVEL	SIGNATURE REQUIRED?	SESSION 1	SESSION 2
Mrs Example	Trainee J1	Yes CIT	Y	Y