



BRIDGE OF DON ASC
7th Spring Time Banded Meet
Bridge of Don Swimming Pool, Aberdeen
Saturday the 20th of April 2019



MEET INFORMATION
(UNDER FINA RULES AND SASA SWIMMING REGULATIONS)

Date	Saturday the 20th of April 2019			
Venue	Bridge of Don Swimming Pool, Braehead Way, AB22 8RR, 5 lane 25m pool, anti-turbulence ropes. There will be no splashboards at the turn end. This is a Level 2 meet, therefore swimmers must start with a dive.			
Licence Number	L2/ND/020/APR19			
Sessions	Session One:	Warm Up	8.15am	Start 9.20am
	Session Two:	Warm Up	1.15pm	Start 2.20pm
	(Subject to change if necessary)			
Events	Boys/Girls ages 10 – 18 year's old			

100m Individual Medley	Open*
50m Butterfly	Time Bands A, B, C and D
50m Breaststroke	Time Bands A, B, C and D
50m Freestyle	Time Bands A, B, C and D
50m Backstroke	Time Bands A, B, C and D
Mixed 4 x 50m	Medley Relay
Mixed 4 x 50m	Freestyle Relay

Age on day – 20th of April 2019

Please see the attached sheet for the qualifying times for each time band(A, B, C, D)

The meet will operate using the one-start rule and we reserve the right to use over the top starts as necessary. The organising committee also reserve the right to restrict the number of entries to keep the meet to a manageable size.

*** Swimmers must have qualified and swam in 1 or more individual events to qualify for the 100 Individual Medley, if because of being scratched from individual swims the swimmers only swim is the 100IM then this will be permitted.**

Relays

Relay teams will be mixed and comprise of 4 swimmers, 2 girls and 2 boys, one swimmer to be from each time band.

There will be a maximum of 2 relay teams permitted for both the freestyle and medley relay events from each participating club.

Swimmers must have qualified and swam in the freestyle event to qualify for the freestyle relay.

Swimmers must have qualified and swam in the event for the stroke they shall swim in the medley relay.

NB The ages for this meet are 10 to 18. The Hy-Tek file will have over 18 ages, but this was to allow us to enter the different time band times into Time Standards.

Fees

£4.50 per individual event
£6.50 per Relay Team Entry

Entry fees can be paid by bank transfer to :-

Account: Bridge of Don Amateur Swimming Club
Bank Name: Bank of Scotland
Account No: 00179837
Sort Code: 80-05-11

Please use your Club name/BANDED for reference, e.g BOD/BANDED

Alternatively if paying by cheque please make payable to Bridge of Don ASC

Awards

Medals for 1st, 2nd and 3rd for individual events and relay events.

Entries

All entries are to be submitted electronically using Hy-Tek Team Manager format. To obtain the meet entry file either download from the SASA North District website or by emailing meetcoordinator@bodasc.co.uk.

Please email entry files to meetcoordinator@bodasc.co.uk

Please note the change of email address from previous years

CLOSING DATE FOR ENTRIES IS FRIDAY THE 22nd OF MARCH 2019

Please send the associated paperwork and the summary sheet to:

Mark Perry,
22 Seaview Avenue,
Bridge of Don,
Aberdeen,
AB23 8RJ
Email: meetcoordinator@bodasc.co.uk

Receipt of entry file will be confirmed by email.

Clubs will be notified of any rejected swims prior to the meet along with a draft programme.

Meet Convenor

Nickie Scorgie

Email: president@bodasc.co.uk

Withdrawals

Medical Withdrawals Please note that anyone withdrawing on medical grounds will only be granted a refund 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.

Withdrawals prior to the event should be e-mailed to meetcoordinator@bodasc.co.uk to arrive by 12 pm at the latest on Friday 19th of April 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 45 minutes prior to the start of the first session and updated accordingly 45 minutes before session two. Reserves for heats must marshal unless they have also withdrawn as above.

Officials

Lists of Technical Officials for the two sessions can be submitted on the officials sheet below by the 3rd of April and any queries after this date can be directed to the STO Convenor, Audra Torliefson, stoconvenor@bodasc.co.uk.

All clubs are respectfully requested to provide a minimum of 1 official per session when 6 or more swimmers are accepted. 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.

Mentoring requests will be considered by the Referees.

Please note that probationary Judges and Timekeepers wishing specific signatures, i.e. Chief timekeeper or stroke, should make this request to the STO Convenor when names are submitted.

Technical officials will be offered lunch.

Meet Notes

Bridge of Don ASC reserves the right to accommodate empty lanes with their own club swimmers after all reserve swimmers have been accommodated.

Entries must be submitted using the fastest short course time from a competition or club time trial that a swimmer has recorded. Times converted from long course competitions or time trials must not be used.

If the meet is oversubscribed and cuts have to be made in order to meet the capacity of the building, swimmers with the fewest swims in a session will be rejected first regardless of where they lie in the seeding.

Swimmers with no entry time (NT) will be rejected.

The meet is licenced and Level 2 accreditation will be applied for.

Swimmers must be registered members of Scottish Swimming. Registration numbers must be shown on the entry files.

There will be no entry to the changing area before 8am.

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.

No glassware should be taken onto poolside or into the changing area.

Coaches can request lunch at a cost of £5 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.

The use of mobile phones is not permitted in the pool hall or the changing rooms.

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 pool hall – this includes the spectator areas.

Participating clubs will receive one copy of start sheets for each session.

There is no café at Bridge of Don Swimming Pool. There will be a tuck shop but it will only offer snacks and juice.

Depending on the session timings, medal presentations may take place in the Dining Hall at the end of session's 1 & 2

Photography Use of mobile phones will not be permitted on poolside or in the changing room in order to prevent any misuse of mobiles with integrated video/camera equipment. **We would greatly appreciate if you could ensure that all your members are aware of this requirement.**

**Bridge of Don ASC
7th Springtime Banded Meet**

Session 1 Warm up 8.15am Start 9.20am Time Band

Event 101	Girls	100m IM	Open
102	Boys Band D	50m Breaststroke	55.00 & Over
103	Girls Band D	50m Breaststroke	55.00 & Over
104	Boys Band C	50m Breaststroke	50.00 – 54.99
105	Girls Band C	50m Breaststroke	50.00 – 54.99
106	Boys Band B	50m Breaststroke	45.00 – 49.99
107	Girls Band B	50m Breaststroke	45.00 – 49.99
108	Boys Band A	50m Breaststroke	40.00 – 44.99
109	Girls Band A	50m Breaststroke	40.00 – 44.99
110	Boys Band D	50m Freestyle	45.00 & Over
111	Girls Band D	50m Freestyle	45.00 & Over
112	Boys Band C	50m Freestyle	40.00 – 44.99
113	Girls Band C	50m Freestyle	40.00 – 44.99
114	Boys Band B	50m Freestyle	35.00 – 39.99
115	Girls Band B	50m Freestyle	35.00 – 39.99
116	Boys Band A	50m Freestyle	31.00 – 34.99
117	Girls Band A	50m Freestyle	31.00 – 34.99
118	Mixed Medley Relay	4 x 50m Medley Relay	

Session 2 Warm up 1.15pm Start 2.20pm Time Band

Event 201	Boys	100m IM	Open
202	Girls Band D	50m Butterfly	48.00 & Over
203	Boys Band D	50m Butterfly	48.00 & Over
204	Girls Band C	50m Butterfly	43.00 – 47.99
205	Boys Band C	50m Butterfly	43.00 – 47.99
206	Girls Band B	50m Butterfly	38.00 – 42.99
207	Boys Band B	50m Butterfly	38.00 – 42.99
208	Girls Band A	50m Butterfly	33.00 – 37.99
209	Boys Band A	50m Butterfly	33.00 – 37.99
210	Girls Band D	50m Backstroke	50.00 & Over
211	Boys Band D	50m Backstroke	50.00 & Over
212	Girls Band C	50m Backstroke	45.00 – 49.99
213	Boys Band C	50m Backstroke	45.00 – 49.99
214	Girls Band B	50m Backstroke	40.00 – 44.99
215	Boys Band B	50m Backstroke	40.00 – 44.99
216	Girls Band A	50m Backstroke	35.00 – 39.99
217	Boys Band A	50m Backstroke	35.00 – 39.99
218	Mixed Freestyle Relay	4 x 50m Freestyle Relay	



Bridge of Don ASC 7th Spring Time Banded Meet 2019



Meet Officials Convenor : Audra Torliefson, email : stoconvenor@bodasc.co.uk

CLUB _____

STO Contact _____

Telephone No _____

Email Address _____

OFFICIALS SHEET

Name	Judge	Timekeeper	Mentor	Session 1	Session 2	Signature Required
Mr Example		X	J1	y	y	Yes CIT

OFFICIALS SHEET - Please Note: This sheet is to be emailed to the STO Convenor NOT the Meet Co-ordinator by Friday the 3rd of April 2019

BRIDGE OF DON ASC
7th SPRING TIME BANDED MEET

Club Name / Abbr _____

Match Secretary _____

Address _____

Tel No _____

Email _____

ENTRIES SUMMARY

Female Individual Entries _____ @ £4.50 £ _____

Male Individual Entries _____ @ £4.50 £ _____

Relays Entries _____ @ £6.50 £ _____

Coaches Pass _____ @ £5.00 £ _____

£ _____

THE CLOSING DATE IS FRIDAY THE 22nd OF MARCH 2019

Entries secretary :- Mark Perry

Email address :- meetcoordinator@bodasc.co.uk

Entry fees can be paid by bank transfer to Bridge of Don ASC, Account no 00179837, Sort Code 80-05-11

Please use your Club name/BANDED for reference, e.g BOD/BANDED

Alternatively if paying by cheque please make payable to Bridge of Don ASC

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)