



Ythan Amateur Swimming Club

Junior Age Group Sprint & Relay Meet

**Ellon Community Campus on Saturday 17th September 2022
L2/ND/007/MAY22**

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| TIMINGS | <p>Access to the pool building will be from 8.10am with first Warm-Up at 8.30am. There will be 3 20 minute warm ups per session. Warm up Information attached separately.</p> <p>Session 1: Warm Up: 8.30am Start: 9.35am Finish approx: 12.30pm</p> <p>Session2: Warm Up: 1.30pm Start: 2.35pm Finish approx 5.20pm</p> |
| COVID GUIDANCE | <p>There are currently no restrictions but we do ask any swimmers, officials and parents not to attend the meet if they are unwell .</p> |
| PARKING | <p>There is limited parking at the front of the school. However, there is additional parking at the rear of the school. Please use last entrance on the right signposted staff car park.</p> |
| POOLSIDE | <p>Seating will be allocated for each club poolside. It is very warm poolside so please ensure all swimmers and coaches have plenty to drink. We may need to limit each team to 10 swimmers on poolside at any one time. There will be additional seating in the sunken social area to allow swimmers off poolside when they are not swimming. Swimmers in this area must be supervised by someone from your club and must wear T-shirt, shorts and shoes in this area. Please note the rest of the school is out of bounds to all swimmers.</p> |
| CHANGING VILLAGE | <p>There is a communal changing village. Outdoor shoes should not be worn in the changing village. We ask that swimmers clothing and bags are removed from the cubicles and placed in the lockers which use £1 coins. Any bags left in cubicles may be removed by pool staff. Unsecured items are left at the owners own risk.</p> <p>All electronic devices with cameras are strictly forbidden in the changing rooms, toilets and showers. Anyone caught using a device in these areas will be removed from the meet.</p> |
| MARSHALLING: | <p>There will be marshalling for all events and swimmers must attend marshalling in good time-at least 6 events in advance as the race start will not be delayed for those not attending marshalling. Marshalling will be in the family changing rooms.</p> |

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| PHOTOGRAPHY: | No photographic or video equipment will be permitted in any area without prior approval of the club. Forms will be available in the front foyer and must be signed by a Ythan ASC representative. |
| SPECTATING | There will be some spectating available. If your swimmer is not swimming then please vacate the area to allow other parents in to see their swimmer. |
| TECHNICAL SUIT REGULATIONS | As of 1 st September 2022, new regulations will come into force regarding technical swimsuits. From this date all swimmers 13 years and younger cannot compete wearing technical suits in Scottish Swimming licensed or registered events. For further information and FAQ's please see link below. https://www.scottishswimming.com/compete/swimming/important-documents.aspx |
| SKINS EVENTS AND RELAYS | The top 5 teams in the freestyle relay will be asked to nominate a swimmer to participate in the Skins event. Please complete the nomination form and give to the recorder asap after the relay. Nomination forms will be provided on the day. Please get all relay lines to the recorders desk during the first warm up of each session. |
| WITHDRAWALS: | Withdrawals should be e-mailed to ythanasc@outlook.com before 5pm on Thursday 15 th September 2022 and thereafter at the recorder's desk prior to each warm-up session. Medical withdrawals: Anyone withdrawing on medical grounds must provide a letter from a suitably qualified medical professional confirming withdrawal is recommended. The letter must be received no later than 7 days after the meet and should not be dated any earlier than the closing date or later than 3 days from the date of the competition. |
| MEDALS AND TROPHIES | Medals will be awarded to 1 st , 2 nd and 3 rd place in each age group. These will not be presented but will be available at a desk in the foyer. The prizes for the Skins Winners and the trophy for best club will be presented at the end of the meet. There will also be trophies for most improved Ythan girl and boy. |
| CATERING | Lunch will be provided for all officials and coaches. This will be served in Community Room 4&5. Swimmers should bring their own food and drink as the Community Coffee bar will not be open. |
| FUNDRAISING | Ythan ASC are planning some fundraising during the meet. There will be a chocolate tombola ,bottle stall, homebakes to name a few in the sunken social area so please bring some change on the day to support our fundraising. |