



2025 AGE GROUP OPEN MEET INFORMATION

University of Aberdeen Performance Swimming invites you to the 2025 Age Group Open:

Venue	Aquatics Centre, Aberdeen Sports Village, Regent Walk, Aberdeen, AB24 1SX
Pool	50 metres, 10 lanes, 2 metres deep, deck level, full electronic timing, backstroke ledges. There will be no swim down facility available
Dates	Friday 25th April (Evening Distance Session) Saturday 26th April & Sunday 27th April 2025
Licence Numbers	Licence No: L1/766/SS/APR25
Sessions	Session 1: Warm up: 1650 – 1720 pm Start: 1725 pm Finish: 1945 pm (Approx) Session 2: Warm up: 0800 – 0900 am Start: 0905 am Finish: 1200 pm (Approx) Session 3: Warm up: 1230 – 1330 pm Start: 1335 pm Finish: 1630 pm (Approx) Session 4: Warm up: 1700 – 1740 pm Start: 1745 pm Finish: 1945 pm (Approx) Session 5: Warm up: 0800 – 0900 am Start: 0905 am Finish: 1200 pm (Approx) Session 6: Warm up: 1230 – 1330 pm Start: 1335 pm Finish: 1630 pm (Approx) Session 7: Warm up: 1700 – 1740 pm Start: 1745 pm Finish: 1945 pm (Approx) (Subject to change if necessary)
Arrival	Entry to the Aquatics Centre building is from 1600 on the Friday evening with access to poolside from 1630. Entry to the Aquatics Centre building is from 0730 on both mornings with access to the pool deck at 0740 at the very earliest.
Competition Categories	Events will be swum separately in the following competition categories: Female and 'Male & Open'
Events	Age Group (Heats and Finals) 50m & 100m Backstroke, Butterfly, Breaststroke & Freestyle, 200m Individual Medley Age Group (HDW) 200m Backstroke, Butterfly, Breaststroke & Freestyle 400m Freestyle & Individual Medley, 800m & 1500m Freestyle (swimmers are only able to enter either the 800m or the 1500m events, it is not possible to enter both events) Team (HDW) 4 x 50m Mixed Freestyle Relay, 4 x 50m Mixed Medley Relay Maximum of 2 teams per club/team per event The Host Team reserves the right to enter more than 2 relay teams (space permitted)
Ages	All Events will be swum as Age at 31st December 2025 Individual Age Groups: 12-14 years, 15-16 years, 17 years and over Team Relays: 12-14 years and 15 years and over It is permissible to swim up an age group Relay teams must comprise of 2 'Male & Open' athletes and 2 Female athletes Age groups may be swum together, seeding will be based on time



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Accreditation	A licence has been granted and accreditation will be applied for to Scottish Swimming on conclusion of the meet
Rules	Meet will be held under World Aquatics rules and SASA regulations.
Eligibility to Enter	Entries will be considered from competitors registered as members of Scottish Swimming, Swim England or Swim Wales, or competitors from one of the countries affiliated to World Aquatics. Entries from composite teams are welcome at this meet.
International Entries	Where international entrants (Non-UK team) have entered an event that has been oversubscribed, they may be granted a reserve position instead of being scratched. Such decision will be at the discretion of the meet organisation team and the reserve position will be relative to their age group and time.
Consideration Times	There are consideration times which are listed below for this event. Times must be submitted on entry for seeding purposes. These should be real times but do not need to be accredited. Please note that NT entries will be rejected. Please note that entry times must also be submitted for relay team entries, NT entries will be rejected.
Entries	<p>All entries must be on Hy-Tek Team Manager entry file.</p> <p>Entry files may be obtained by: Downloading from North District Website (www.sasanorth.org.uk) Downloading from Swim Scotland Website (www.swimscotland.co.uk) By emailing entries secretary Mark Perry uoameetentries@gmail.com</p> <p>In the event that the meet is over-subscribed, entries will be accepted fastest first across age groups as evenly as is practical. In the event that an event or an age group is undersubscribed, any time made available will be allocated to other events or age groups in that session.</p> <p>A draft programme and a list of rejected swimmers, if applicable, will be emailed to each club for checking in advance of the meet.</p> <p>Please email completed entry files to – Mark Perry uoameetentries@gmail.com Summary sheet should be sent to – Mark Perry uoameetentries@gmail.com</p> <p>CLOSING DATE FOR ELECTRONIC ENTRIES IS Monday 31st March 2025 at 1700.</p> <p>Please note summary sheet and payment must be received by this date.</p> <p>NO LATE ENTRIES WILL BE CONSIDERED</p>
Entry Fees	<p>All individual events (50-400m) will be £9.00 per entry Distance individual events (800-1500m) will be £12.00 per entry All relay events will be £12.00 per entry</p> <p>Entry Fees must be received on or before the closing date and will only be accepted by Direct Bank Transfer using the bank details below.</p> <p>Account No: 00581285, Sort Code: 80-12-08, Please use Reference: UOALC25</p>



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	<p>For overseas clubs, please contact Cherie Bowden (UOA Treasurer) uoatreasurer@gmail.com for bank account details.</p>
Transgender Competition Policy	<p>As of the 1st January 2024 the Scottish Swimming Transgender & Non-Binary Competition Policy was implemented nationally across all aquatics sports. The policy and FAQs can be found HERE. Any policy related matters that arise during the event should be reported to and will be recorded by the Meet Director 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 a competition with any matters being resolved post event.</p> <p>As a result of this policy being implemented, any competitor intending to compete within the Female category at this event will be required to provide confirmation that their birth sex is female when signing up to the meet conditions through entry. By entering the Female category, athletes are therefore confirming their birth sex is female and are eligible to compete in the Female category.</p>
Early Withdrawals	<p>Withdrawals prior to the event may be e-mailed to Mark Perry uoameetentries@gmail.com to arrive by 1700 at the latest on Thursday 24th April 2025</p> <p>NB: All details must be included on e-mail withdrawals ie Name, Event No, Stroke, Comp No etc. Telephone withdrawals will not be accepted.</p>
Withdrawals at the Meet	<p>Withdrawals from heats at the meet should be notified on the 'Heats' withdrawal form issued. The sheets should be handed in to the recorders desk at least 45 minutes prior to the start of the appropriate session.</p> <p>Swimmers who wish to withdraw from a final must inform the recorder and complete the 'finals' withdrawal form no later than 45 minutes after finalists lists have been published or announced. This will ensure that a reserve can be given the opportunity to compete and the final seeded accordingly. Withdrawals from finals or in the case of illness should be completed on the 'finals' withdrawal forms available from the recorders desk.</p> <p>Where a reserve is brought in at short notice, the reserve shall occupy the vacant lane; there will be no re-seeding.</p>
Qualifying for Finals	<p>Finals will be seeded directly from the results of the corresponding heats. The fastest ten swimmers in each age group shall qualify for the relevant Final. Two reserves shall be nominated.</p>
Relay Team Lines	<p>Relay team information should be detailed on the relay teams line sheets at the meet. The cut off for submitting relay team lines is 2pm during each afternoon session.</p>
Marshalling	<p>There will be marshalling for heats and for finals. All swimmers must attend marshalling before their events and are advised to attend in good time.</p> <p>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 entering the <u>final</u> marshalling area will not be permitted to swim.</p> <p>Reserves must marshal unless they have withdrawn. Please note there is no marshalling for relays.</p>



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Awards	Medals will be awarded for 1 st , 2 nd & 3 rd places. There will be NO medal presentations. Instead, medals can be collected from the designated medal desk by the swimmer or team manager.
Technical officials	<p>A completed technical officials sheet should be sent to Stephen Jupp (Meet officials coordinator) by email uoasto@gmail.com arriving no later than Friday 11th April 2025. Any changes or queries regarding technical officials should also be directed to the meet officials coordinator above.</p> <p>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 officials per session, one of which should be a qualified Judge 1 or above. Without sufficient officials the meet will not be able to gain accreditation.</p> <p>Mentoring requests will be considered by the Session Referee. Mentoring will only be available during the heats sessions. It may be more likely for officials mentoring requests to be honoured if the clubs attending the meet provide a supply of qualified officials (Judge 1 & above), however we cannot guarantee all requests to be granted.</p> <p>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.</p> <p>Serving technical officials will be offered a meal after each heats session.</p>
Coaches Pack	<p>A Coaches' pack will be available for coaches or team managers to collect from the recorders' desk outside the timing room on the pool deck. This will include withdrawal sheets, relay team lines and purchased meal tickets along with any other relevant information.</p> <p>A copy of the participant and warm up information sheets will be distributed electronically in advance of the event via the WhatsApp Broadcast.</p> <p>Start sheets for heat sessions will be distributed electronically via the event WhatsApp Broadcast in advance of the meet.</p> <p>Start sheets for finals sessions will be distributed electronically via the event WhatsApp Broadcast prior to the start of the session and 1 copy per club can be collected from the recorders' desk prior to the start of the session.</p>
Photos/Videos	<p>Please note that anyone wishing to use photographic equipment, including video cameras must register with the Meet Director (QR Codes will be available at the venue and in the participant information.)</p> <p>In line with Child Wellbeing & Protection guidelines, the use of mobile phones shall not be permitted either in the toilets, shower areas or in the changing areas in order to prevent any misuse of mobiles with integrated digital camera/video equipment.</p>



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	<p>Videos and photographs should only be posted on secure social media pages & club websites. We would be grateful if you could ensure that all members of your club are aware of this requirement.</p>
Media & Photography	<p>Throughout this event UoA Performance Swimming may have authorised media partners taking static photographs and video footage. These images are intended solely for the purposes of promotion and celebration of the activities and may include live streaming on the internet. Images may be uploaded to our website and our social network sites.</p> <p>Should any competitor wish not to be photographed please complete the Media/Photography Refusal of Consent Form which is available on request to the Meet Director.</p> <p>If at any time a competitor wishes a static image to be removed from our website, 7 days' notice must be given to UoA Performance Swimming after which the data will be removed.</p>
Data Protection	<p>In order to operate this meet, we have a legitimate interest to collect and process some basic personal data from all competitors, specifically name, gender, date of birth.</p> <p>This data will be held securely and only used for the purposes of managing the meet and reporting results. Dates of birth will only be shared with -</p> <ul style="list-style-type: none">○ Scottish Swimming for the purpose of maintaining the National Database which is used for Squad Selection and○ Swim England for inclusion on Rankings <p>Names, gender and age (but not date of birth) will be retained and will be shared with attending clubs and may be published for the purpose of reporting and keeping records.</p>
Additional Notes	<ol style="list-style-type: none">1. All swimmers entered must have paid their National Governing Body membership fee or equivalent for the current year. Registration numbers must be shown on entry files.2. All participants are required to adhere to the Scottish Swimming Code of Ethics, and relevant codes of conduct.3. Swimmers must follow the instructions given to them by the meet officials and behave in a reasonable manner at all times.4. Programmes will not be available for purchase at the event5. 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 cannot be held responsible for items lost during the course of the meet. Pool staff will remove any items left in cubicles and place them in lost property.6. No hot drinks or glass items should be taken onto poolside or into the changing area.7. To comply with child Wellbeing & Protection policies please ensure that swimmers wear clothing and pool shoes when leaving poolside. No poolside changing will be permitted.



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	<p>8. Clubs are responsible for clearing their seating area of belongings, litter, etc. before leaving at the end of the competition day. Bin liners for plastic bottles/recyclable items and for general waste will be distributed around the pool - please use them.</p> <p>9. Warm-up Supervisors are appointed at this meet in the competition pool to ensure safe conduct during the warm-up and that swimmers enter and exit the warm up at the allotted times. Swimmers must not enter the pool until their warm-up start is announced and must follow any instruction of the Warm-up Supervisors. Swimmers must leave the pool when the end of their warm up is announced. No fins, paddles or snorkels will be permitted in the main pool warm up sessions. No diving into the pool during warm-up except in the designated lanes during the one-way sprints. Full warm up details will be issued prior to the meet.</p> <p>10. Poolside access should be limited to club coaches and team managers up to a maximum of one coach/chaperone per 10 swimmers, with a maximum of 3 coaches/team managers at any one time.</p> <p>11. Vuvuzelas and air horns are not permitted at this meet.</p> <p>12. Please note that there will be no access to poolside for spectators. Spectator access will be limited to the spectator gallery.</p> <p>13. Relevant Results will be posted at the pool during each session and will be distributed to the clubs immediately following the meet. Results will also be available on Meet Mobile.</p> <p>14. Coaches and Team Managers can request meals (Lunch and light tea) at a cost of £12 per head per day and requests should be submitted with the summary sheet and payment must be made along with the entry fees.</p> <p>15. Officials should take their own water bottles – igloos may be provided filled with water for use. The venue water fountains will also be in use.</p> <p>16. Over the top starts may be used, except in backstroke events. Relay exchanges may be judged electronically.</p> <p>17. Different persons have authority and overall responsibility for the running of the meet at different stages. A list will be issued prior to the competition detailing whom you should approach with any queries, concerns or complaints during the various stages of the meet.</p> <p>18. 'Hot Heats' will be declared immediately before the start of the race. There will be a 'Hot Heat' in each Heats/HDW event except for the relay events and the 800/1500m events. A prize will be given to the winner of each 'Hot Heat'.</p>
Meet Director	Michelle Hall Email: uoameetdirector@gmail.com



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CONSIDERATION TIMES

Times entered must be equal to or faster than the below times for consideration

Female			Events	Male & Open		
17 & O	15 to 16	12 to 14		12 to 14	15 to 16	17 & O
00:35.00	00:37.00	00:41.50	50m Butterfly	00:39.00	00:32.50	00:29.50
01:17.00	01:21.00	01:37.00	100m Butterfly	01:35.00	01:28.00	01:16.00
02:45.00	03:28.00	03:50.00	200m Butterfly	03:10.00	02:45.00	02:22.00
00:35.00	00:38.00	00:41.00	50m Backstroke	00:37.50	00:36.50	00:33.00
01:18.50	01:21.50	01:28.00	100m Backstroke	01:24.00	01:16.00	01:09.00
02:50.00	03:00.00	03:15.00	200m Backstroke	03:20.00	02:50.00	02:30.00
00:38.50	00:43.50	00:47.00	50m Breaststroke	00:47.00	00:42.50	00:35.00
01:24.50	01:32.00	01:40.00	100m Breaststroke	01:35.00	01:26.00	01:14.00
03:10.00	03:18.00	03:30.00	200m Breaststroke	03:35.00	03:10.00	02:55.00
00:30.25	00:32.00	00:34.50	50m Freestyle	00:33.50	00:29.00	00:28.00
01:06.50	01:09.00	01:15.00	100m Freestyle	01:14.00	01:05.00	01:00.50
02:20.00	02:34.00	02:50.00	200m Freestyle	02:43.00	02:28.00	02:11.00
05:05.00	05:16.00	05:29.00	400m Freestyle	05:45.00	05:10.00	04:45.00
10:30.00	12:45.00	13:30.00	800m Freestyle	13:30.00	12:45.00	10:30.00
20:00.00	21:00.00	23:00.00	1500m Freestyle	23:00.00	21:00.00	20:00.00
02:45.00	02:56.00	03:05.00	200m IM	03:05.00	02:46.00	02:28.00
05:40.00	06:00.00	06:40.00	400m IM	06:30.00	05:40.00	05:10.00



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PROGRAMME OF EVENTS

Session 1 – Friday Evening HDW (Distance Time Trial)					
101	Mixed 12+	1500m Freestyle		Event 102	Mixed 12+ 800m Freestyle

Session 2 - Saturday Morning (Heats)			
Event No	Age Group	Distance	Stroke
201	Female 12+	200m	Individual Medley
202	'Male & Open' 12+	200m	Butterfly
203	Female 12+	200m	Breaststroke
204	'Male & Open' 12+	50m	Freestyle
205	Female 12+	50m	Backstroke
206	'Male & Open' 12+	100m	Breaststroke
207	Female 12+	100m	Freestyle
208	'Male & Open' 12+	400m	Freestyle

Session 3 - Saturday Afternoon (Heats)			
301	Female 12+	200m	Backstroke
302	'Male & Open' 12+	200m	Freestyle
303	Female 12+	50m	Breaststroke
304	'Male & Open' 12+	50m	Butterfly
305	Female 12+	100m	Butterfly
306	'Male & Open' 12+	100m	Backstroke
307	Female 12+	400m	Individual Medley

Session 4 - Saturday Evening (Finals & Relays)			
201	Female 12-14, 15-16 & 17 & Over	200m	Individual Medley
204	'Male & Open' 12-14, 15-16 & 17&O	50m	Freestyle
205	Female 12-14, 15-16 & 17 & Over	50m	Backstroke
206	'Male & Open' 12-14, 15-16 & 17&O	100m	Breaststroke
207	Female 12-14, 15-16 & 17 & Over	100m	Freestyle
304	'Male & Open' 12-14, 15-16 & 17&O	50m	Butterfly
303	Female 12-14, 15-16 & 17 & Over	50m	Breaststroke
306	'Male & Open' 12-14, 15-16 & 17&O	100m	Backstroke
305	Female 12-14, 15-16 & 17 & Over	100m	Butterfly
401	Mixed 12-14	4x50m	Medley Relay
402	Mixed 15&O	4x50m	Medley Relay

Session 5 - Sunday Morning (Heats)			
Event No	Age Group	Distance	Stroke
501	'Male & Open' 12+	200m	Individual Medley
502	Female 12+	200m	Butterfly
503	'Male & Open' 12+	200m	Breaststroke
504	Female 12+	50m	Freestyle
505	'Male & Open' 12+	50m	Backstroke
506	Female 12+	100m	Breaststroke
507	'Male & Open' 12+	100m	Freestyle
508	Female 12+	400m	Freestyle

Session 6 - Sunday Afternoon (Heats)			
601	'Male & Open' 12+	200m	Backstroke
602	Female 12+	200m	Freestyle
603	'Male & Open' 12+	50m	Breaststroke
604	Female 12+	50m	Butterfly
605	'Male & Open' 12+	100m	Butterfly
606	Female 12+	100m	Backstroke
607	'Male & Open' 12+	400m	Individual Medley

Session 7 - Sunday Evening (Finals & Relays)			
501	'Male & Open' 12-14, 15-16 & 17&O	200m	Individual Medley
504	Female 12-14, 15-16 & 17 & Over	50m	Freestyle
505	'Male & Open' 12-14, 15-16 & 17&O	50m	Backstroke
506	Female 12-14, 15-16 & 17 & Over	100m	Breaststroke
507	'Male & Open' 12-14, 15-16 & 17&O	100m	Freestyle
604	Female 12-14, 15-16 & 17 & Over	50m	Butterfly
603	'Male & Open' 12-14, 15-16 & 17&O	50m	Breaststroke
606	Female 12-14, 15-16 & 17 & Over	100m	Backstroke
605	'Male & Open' 12-14, 15-16 & 17&O	100m	Butterfly
701	Mixed 12-14	4x50m	Freestyle Relay
702	Mixed 15&O	4x50m	Freestyle Relay



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SUMMARY SHEET

Club Name/Abbr:			
Club Contact Name:			
Contact Number:			
Contact Email:			
Total Individual Entries	No. 'Male & Open' =	@ £9.00 per event	Total £
	No. Female =	@ £9.00 per event	Total £
Total Individual Distance Entries	No. 'Male & Open' =	@ £12.00 per event	Total £
	No. Female =	@ £12.00 per event	Total £
Total Relay Entries	No. Relays =	@ £12.00 per event	Total £
Coaches Meals (Day 1)	No. Passes =	@ £12.00 per head	Total £
Coaches Meals (Day 2)	No. Passes =	@ £12.00 per head	Total £
			Total £

Closing date for Entries: Monday 31st March 2025 at 1700. Entry files and summary sheet must be received by this date. Please return this summary sheet to Mark Perry uoameetentries@gmail.com

Online payment should be made to: **Account Name:** University of Aberdeen Performance Swimming
Account No: 00581285, **Sort Code:** 80-12-08, (Bank of Scotland) **Quote Reference:** UOALC25

In the event of Refunds please provide club bank details:

Account name:	Account Number:	Account Sort Code:

Declaration	<i>I confirm that all swimmers entered in this competition have registered with their national federation for the current year and swimmers and parents have been made aware of photographic restrictions at the venue.</i>
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Signature:	Position in Club:	Date:

(This must be completed by all competing Clubs)



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OFFICIALS SHEET

Club Name:	STO Contact Name:
Contact Email Address:	Contact Telephone Number:

Officials Name	Mentoring Signature Required (Yes/No)*	Sessions Available:	Timekeeper	Judge 1 (J1)	Judge 2 (J2)	Starter (J2S)	Referee

*Note: Please ensure that the Technical Officials Coordinator is updated if mentor signatures are no longer required. This will help the referees allocate mentor sessions more efficiently. Mentoring will be at the discretion of the referee(s).

Please return form to Stephen Jupp uoasto@gmail.com by Friday 11th April 2025