

Norma Buist Swimming Gala

(for Swimmers with a physical, sensory or learning disability)

 Thursday     19/09/19

10.30 - 14:30

The above event will take place at Aberdeen Sports Village Swimming Pool with swimmers arriving from 10 am for a 10.30 start. The gala will finish at approximately 2.30pm dependant on the size of entries.

Please find enclosed entry forms for all strokes but note that swimmers will only be allowed to enter 4 events. Swimmers who record a time of less than 42.00 for 50m freestyle must enter 100m event. Please submit **accurate** times which will allow for a fair competition for all those taking part.

Please copy the timecard sheet enclosed and complete for each swimmer (lane and event numbers will be added once the programme is complete). As this event also acts as a qualifier for the Scottish National Championships it is important that you put the **date of birth** **of each swimmer** is on the entry form.

Entry fees (£5 per swimmer) should accompany your entry forms and cheques should be made payable to “Grampian Disability Sport”.

There is plenty of parking at ASV Swimming Pool and there is a pool hoist and accessible changing room available. The lockers in the changing rooms operate with a £1 coin which is refundable after use.

Each team entering must provide one adult helper (more will be gratefully accepted) to help with timekeeping etc.

Name of school \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name of Club

Name of helper \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Capacity of Helper i.e. Timekeeper\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Contact email address

Contact phone number

Entry forms and fees should be returned to the address below by **Friday 6th September 2019.**

No late entries will be accepted.

**It would be appreciated if you could let us know if you are NOT entering a team.**

Please send entry forms and fees to: –

Marie Cheyne, 12 William Street, Cairnbulg, Fraserburgh , AB43 8WS

Additional Information

* Swimmers wishing a warm-up will have the opportunity to do so prior to the start of the gala.  They should be supervised whilst in the water with a coach at the end of the lane they are warming up in.
* Swimmers with epilepsy should be "spotted" when involved in their races.
* Only swimmers who are competent should dive.  No diving at the shallow end.  Should swimmers wish to use diving blocks, please tick the box on their timecard.
* There will be a short break in the middle of the programme to allow swimmers to have a drink and a **small** snack.  Please remember they will be returning to the pool to swim, so shouldn't eat anything too heavy and fizzy juice should be avoided.
* Swimmers will only be allowed to enter four events/strokes.  Swimmers can only enter one distance per stroke and if their time is too quick for the 25m events they should move up to the 50m race and similarly from 50m to 100m.
* If there are four or more swimmers in an event then gold, silver and bronze medals will be presented.  If there are 3 swimmers in an event then gold and silver medals will be presented.  If there are 1 or 2 swimmers in an event then a gold medal will be presented.  Please note that in the most common time bands, races may be run over a number of heats with the medals being worked out on the quickest times.  Please explain to your swimmers that although they may place well in their heat, their times will be compared to those from other heats before medals are presented.
* During the event, photographers will be on site & we will use photographs for promotional materials. Please tick the box if you do not wish for your child to be photographed
* Would you like regular email updates regarding disability sport/para sport news & sporting opportunities for your child?  Yes   No
* The information gathered on this form will be used to provide sports opportunities on the day and provide you with information on other activities & events we think may be of interest to you and your child/ren.
* These details will be held by Scottish Disability Sport and will be shared by the local authority, Active Schools partners in Grampian (Aberdeen City, Aberdeenshire & Moray) and with **sport**scotland where appropriate.  The information given will be treated in confidence and held in accordance with the requirements of data protection legislation.
* Please indicate whether you are happy for this information to be shared as described?  Yes No
* A full copy of our privacy notice can be seen on our website, [www.scottishdisabilitysport.com/privacy-notice](http://www.scottishdisabilitysport.com/privacy-notice). If you would like a printed copy please contact Scottish Disability Sport on 0131 317 1130 or email admin@scottishdisabilitysport.com
* Please confirm that you have read and understood our privacy notice:  Yes