



New Swimmers Competition Guide

Information for all competitions will be circulated ahead of each event by the Meet Secretaries via Team Unify. The club will make every effort not to send meet information that is not relevant to your swimmer although this sometimes cannot be achieved due to the type of meet and the setup.

'Meet Secretary 1 IASC' via TeamUnify <notifications+invernessasc@teamunify.com>
to me ▾



INVERNESS
Amateur Swimming Club

**Inverness Amateur
Swimming Club**

Meets can also be viewed and accessed from the front page of the club website and in the Members Section under Events and via On Deck App (Events/Events & Meet Entries). On Deck is the App Version of Team Unify. Link below to Events.


[Inverness Amateur Swimming Club - EVENTS \(gomotionapp.com\)](https://gomotionapp.com)

The entry criteria and meet information can also be found in the Forms/Document section of each meet, both online and via On Deck, as well as the Upcoming Meets Information on Team News. See links below

[Inverness Amateur Swimming Club - CLUB NEWS \(gomotionapp.com\)](https://gomotionapp.com)

[Inverness Amateur Swimming Club Home \(gomotionapp.com\)](https://gomotionapp.com)


NEWS



UPCOMING MEETS - NEW INFORMATION
11 Aug, 2024

Upcoming Meets - UPDATED The meet secretaries have just uploaded and emailed out Meet Information for upcoming meets in September 2024 (see below). Also...

SOCIAL FEED

**IASC 1 Team Manager**
2 days • 🌐

SAVE THE DATE

We have a special guest coming to speak to the swimmers on Wednesday 2nd October 2024.

...
[see more](#)



UPCOMING EVENTS

EVENTS

ND SPRINT CHAMPIONSHIPS 2024

07 Sep 2024

12:00 am - 12:00 am

A Squad, B Squad, Coach, C Plus, C Squad

THURSO OPEN MEET 14/15TH SEPTEMBER

14 Sep 2024 - 15 Sep 2024

08:00 am - 05:00 pm

FORRES BLUEFINS MINI MEET

28 Sep 2024

08:00 am - 06:00 pm

Meet Secretary email - iascmeet@gmail.com

Information for any meets that are being held or have been held in the North District area can be found on SASA North Meets page - [2024 Meets \(sasanorth.org.uk\)](https://sasanorth.org.uk)

National Meet information can be found on Scottish Swimming Events Page - [Events | Scottish Swimming](#)

If you are still unsure of what events/meets to enter or require times for your swimmer please make contact with the coaching team on email iasccoaches1@gmail.com

Types of Competition

TIMING SESSIONS

These occur at any time throughout the year and are mainly during regular training sessions. They give the swimmers a chance to gain or update times to gain entry to swimming meets.

CLUB CHAMPIONSHIPS

IASC Club Champs are held at Inverness Leisure normally in the Autumn. All members of Inverness are encouraged to compete and it is a great opportunity for new and younger swimmers to gain competition experience in a relaxed and fun environment. Swimmers compete in their appropriate age group, as well as some open events. Medals are awarded to the Top 3 placed swimmers for each age group/event. The top scoring swimmers will be awarded an Age Group trophy at the Annual Club Awards Night.



MINI MEETS

These are aimed at younger and allow more inexperienced swimmers to compete. Mini meets are usually aimed at ages 11 years old and under, although some hosting clubs allow 12 year olds and 13 year olds to enter. The meet secretaries will notify you of the age criteria at the time the meet information is uploaded and emailed. Mini Meets are normally accredited / licensed meets where a full complement of Technical Officials will be present.

GRADED MEETS

These are completed under full swimming rules and regulations and will be accredited / licensed meets. Swimmers that have been entered into these meets must have times slower than the times stated in the entry information. 'Speeding tickets' are issued to swimmers faster than the time stated in the entry information. Getting a speeding ticket is a positive thing! Inverness holds a Graded Meet around March/April each year and if you get a speeding ticket you are also awarded a Speeding Cap



INVERNESS AMATEUR SWIMMING CLUB GRADED MEET 30th March 2024			
2024 ENTRY TIMES			
Entry times must be equal to or slower than:			
		Male & Open	Female
10 yrs and under	50m Freestyle	00:38.00	00:40.00
	50m Backstroke	00:45.00	00:46.00
	50m Breaststroke	00:50.00	00:52.00
	50m Butterfly	00:49.00	00:50.00

AGE GROUP MEETS/OPEN MEETS

Any affiliated Club, organisation or individual may enter these accredited / licensed competitions. They have no time restrictions, however, the swimmer must be a member of SASA (Scottish Amateur Swimming Association).

DISTRICT MEETS

SASA is divided into districts and IASC is part of the North District which covers the North of Scotland and the Islands. These are also accredited / licensed meets and usually only open to swimmers aged 11 and over. Age at these meets can be at the end of December or on a specific date.

NATIONAL MEETS

These are for all swimmers who make the qualifying standard within Scotland and determine the best swimmers in Scotland. National Meets age entry tends to be at the end of December of that year. Entries to National Meets are made through Highland Swim Team (HST) which is the local composite performance team made up of the



clubs from Inverness Amateur Swimming Club, Tain ASC, Nairn ASC, Thurso ASC, Wick ASC and Lochaber Leisure Swim Team. Your swimmer will be invited to train with HST when they meet the suitable HST criteria. Your coach will approach your swimmer if they are suitable to trial for HST. Highland Swim Team has a Facebook Page, Instagram and Website. Website [Highland Swim Team Home \(gomotionapp.com\)](http://HighlandSwimTeamHome.com)

LONG COURSE and SHORT COURSE MEETS

Pool length - Short Course meets are swum in 25 metre pools, while long course meets are swum in 50 metre pools.

Travel and accommodation are the responsibility of parents/carers to arrange for away meets. The Meets Whatsapp Groups (see Race Day) are an opportunity for parents to link in together before the meet.

WHAT TO EQUIPMENT IS REQUIRED FOR MEETS



Club Swim Cap

Swimming Costume/Trunks

Goggles

Water Bottle (not glass)

Towels or 2 preferably

Spare costume / trunks, cap and goggles if possible (goggles can snap, caps may tear and a dry costume after your race is more comfortable)

Club t-shirt shorts/ leggings/ tracksuit bottoms for poolside.

Kit can be purchased via our online shop Klas Klothng which can be found on our website page or link [klasklothing :: Inverness Swim Club](http://klasklothing.com). Swimming caps both named and unnamed can be ordered via contacting iascshop1@gmail.com. The club will send out an email when there is a named cap order being made. This is done occasionally, approx 1 to 2 times per year.

A club hoody can be worn if purchased. Suitable shoes for poolside - these could be flip flops or sliders



Healthy snacks (cereal bars, fresh or dried fruit, digestive biscuits etc) and drinks (water, diluting squash, fruit juice, sports drinks) - See our nutrition guides on the Members Section for snack suggestions

If your swimmer is competing in more than one session, remember to bring a packed lunch (pasta, rice, sandwiches, salads, yoghurt, jelly, fruit etc)

RACE DAY

An email is sent out about 1 week prior to the event by the Team Manager with details of meeting times, warm up times and coaching team information. The club also set up a What's App Group so parents/carers and coaches have a direct method of communication. Efforts are made to set up the What's App Group once Registration has closed for each event. This can allow members the option to contact each other prior to the meet. The club encourages all members taking part in an event to join the Whatsapp Meet Groups so any changes or important information during the event can be communicated quickly. For example warm up times are subject to change before and during the competition.

Please arrive at the requested time as per email instructions and report to the appointed Coach/Team Representative. If you are going to be delayed please let the coaches know as soon as possible. If you do not advise of non attendance and the club are fined for your swimmer not being withdrawn on time you may be charged for the fine. Swimmers should remain poolside unless they receive permission from the coaching team.

All swimmers do a warm-up at the time allocated by the organisers at the beginning of each race session, (ie morning, afternoon, evening sessions), regardless of the time of their first race. The hosting club will allocate time slots and lanes within the warm up period to clubs. Swimmers will be supervised and told what to do during warm-up by the coaches and poolside team. After warm up swimmers should dry off, have a drink, small snack, If they have a dry costume they should change into it or race suit if they prefer and also put on a t-shirt and shorts/trousers/jogging bottoms to keep their muscles warm. Information about competitions, including warm-up and start times will be emailed to swimmers along with the meet information or added to the What's App Group. The coaches will receive start sheets at the beginning of each race session so they can advise swimmers when they will be competing.

Swimmers stay poolside during the competition and must ask the coaches to leave poolside for any reason. Coaches need to know where their swimmers are in order to be able to prepare swimmers for their race and to make sure they report to marshalling in good time. Swimmers will be sent to marshalling several heats before



their event. The marshalling area is where swimmers wait for their heat to be called up and where they are told which lane they will be swimming in. Competitors will be supervised and directed to the start of their event along with their rest of the heat by a host club official (or marshal). Swimmers should then return to the coaches for feedback on the race.

The people on poolside dressed all in white tops and black trousers/skirts are the technical officials - timekeepers, judges, starters and referees. Swimmers must follow their instructions.

Parents are not permitted on poolside with swimmers unless they are the poolside helpers / coaches/team managers appointed for that competition.

Swimmers - Be sure you know which stroke you will be swimming and how many lengths you need to do. Your coach will have told you, but if you are not sure you can always ask the judge or timekeepers on your lane while you are waiting - they won't mind, it's better to be sure what you are racing and the distance.

STARTS - SWIMMERS

At the start of each race the referee will give no fewer than 3 short whistles - this tells the swimmers in that heat to get ready (and everyone else to be quiet). The referee will then give one long whistle telling the competitors to get up on the blocks for butterfly, breaststroke and front crawl (called freestyle) events or into the water for backstroke events. For backstroke the referee will give a second long whistle telling the swimmers to get into position for the backstroke start.

The starter will then say "Take your marks". You must take up your starting position and then stay completely still until the starting signal (usually an electronic beep or horn) is given. The starter cannot give the signal until all the competitors are completely still.



DISQUALIFICATIONS

It can be upsetting for swimmers (and their parents/carers) to be disqualified and it happens to every swimmer at some point.

- 1. Disqualification just means you have made a mistake - Swimmers are still learning and it takes a lot of practice to get it right. As you improve your technique, get stronger and gain experience in racing you will make fewer and fewer mistakes.***
- 2. Speak to your coach as to why you were disqualified. The referee may have told you but if necessary the poolside coach can find out and work on it at training to correct any fault.***
- 3. Try to forget about it, the swim is done and focus on your next swim. Even the best and professionals get disqualified.***

MEDALS

The hosting club will advise competing clubs of the process for medal winners and to whether there will be a medal presentation or if medals are to be collected at a designated Desk. The coaches will ensure your swimmer is aware of the club's process for that event. There may be announcements throughout the competition of the medal winners as well as results displayed on a notice board within the venue.

The club encourages all medal winners as well as any swimmers taking part to be photographed at competitions, If your swimmer has a club t-shirt/hoody they should be encouraged to wear it for any team or individual photos. The club are keen to acknowledge their achievements and share this on the clubs website and Social Media. (unless the swimmer does not wish their photo shared).

Either a coach or a suitable club representative/Team Manager will try to ensure your swimmer is photographed with their medals on the day of the meet. This is not always achievable due to varying circumstances and if not taken every effort will be made to get a photograph on the following club night or directly from the swimmer's parent/carer.



GENERAL INFORMATION

When you register to attend a meet, the coaches may discuss what swims to take part in or on Team Unify authorise suitable swims for the swimmers ability. You must register your swimmer to attend the event before the club's closing date. You can add a note when you register and add any preferences or queries which can be read by the Coaches/Meet Secretaries. The coaches will authorise the swims and you can then view this on your swimmers account. You will be emailed the entry sheet/draft times by the meet secretaries so entries can be checked prior to the club submitting them to the Hosting Club. These entries are time critical so please check these asap. You do not need to do anything if entries are correct. If you wish to make any changes to your entry you need to contact the coaching team/meet secretaries.

You may see that your swimmer is marked for a relay. This is for admin only - relay teams are the coaches decision and relay teams are usually decided on decided on race day.

Parents/carers/Volunteers can also register to job sign up for Technical Official duties or dry side (Home Meet).

Meets are billed along with training fees prior to the meet date. If the closing date is too close to the 1st of the month, the meet will be billed out with this and IASCBilling will give you advance notification of a billing date.

Prior to the event the meet secretaries will email a Draft Program. This shows all the events and swimmers entered. Please check the draft program - some swimmers may have letters against their name (see below) - If you have any queries regarding any ALT/SCR contact the Meet Secretaries.

ALT - Your swimmer is a reserve for this event and they will only get a swim if a swimmer who has qualified is withdrawn. An alt can change at the start of a race session or your swimmer may need to report to marshalling to wait and see if they get a swim.

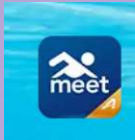
SCR - If you have this against your swimmers name it means they have been rejected for an event and will not be able to swim. They can be rejected if they are slower/faster than the required time or if the meet/competition is over subscribed.



Other Meet Information

You must be quiet for the start of each race. You should remain still wherever you are poolside. Once the race starts you can make as much noise and support your team mates!

Results are usually displayed at the meet. There is also an app called Meet Mobile which is available (at a cost) and shows start sheets and results for a large number of meets, District and National Meets.



Mobile phones are not allowed to be used within the changing rooms.

Parents/Carers - please be aware that coaches are only responsible for your child during the warm-ups and competition sessions. If you are not going to be present yourself, please arrange for another adult to supervise your child during the breaks and ensure that the coach or team manager is aware and has a contact number in case of emergencies.

MEDICAL INFORMATION & EMERGENCY CONTACTS

Coaches have access to medical, allergy and emergency contact details for all swimmers present at training sessions and competitions, via On Deck/Team Unify. This information is also uploaded by the Team Manager prior to any meet and any medical condition highlighted to the coaching team. It is the parent/guardian's responsibility to advise IASC whenever there is any change in the swimmer's health or medication, and to ensure that both the emergency contact details and the Medical Information is kept up to date on your Team Unify account.



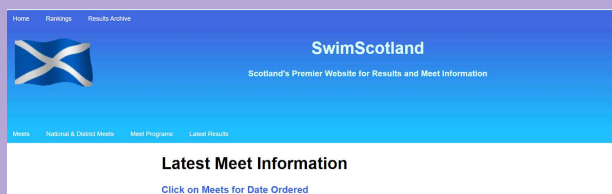
Medical Information	
Insurance Carrier:	Insurance Phone:
<input type="text"/>	<input type="text"/>
Emergency Contact:	Emergency Phone:
<input type="text"/>	<input type="text"/>
Secondary Emergency Contact:	Secondary Emergency Phone:
<input type="text"/>	<input type="text"/>
Account Notes	
(Only visible to users with granted permissions)	
Notes:	
<input type="text"/>	

TAKING PHOTOGRAPHS AND VIDEOS

At most swim meets you will be allowed to take photographs or videos of your child, so long as you read the Photography Policy and sign the hosting club's permission slip or QR code at every meet. A representative of the club may also take photos and if it is at an IASC Home Meet photos may be taken to share with any sponsor of the event for their social media/website. Meet photos will be uploaded on the club's social media pages and/or website. If you do not wish your swimmer photographed please contact the membership secretary or Team Manager. A new photography consent form will be uploaded onto Team Unify and sent to all members once further work has been completed due to the update.

RESULTS

A few days after the meet, full results will be emailed by the meet secretaries and/or uploaded onto Team Unify. Please check Team News as this will be updated once information is available. Your swimmers results can also be viewed on their profile on Team Unify. For all registered meets, full results are also available on the [SASA North](#) Meet Information and Results page as well as Swim Scotland Website, where rankings can also be found. Links to these websites can also be found on the IASC Website under external links. [Swim Scotland](#) | [Results and Information Service](#).



SWIMMING TERMINOLOGY

FINA: World governing body for all swimming disciplines

LEN: European governing body for all swimming disciplines

British Swimming: Governing body of all UK swimming disciplines

Scottish Swimming/SASA or SS : is the corporate name for Scottish Amateur Swimming Association and is the governing body for Scottish swimming disciplines

North District: The district Inverness Amateur Swimming Club is in. Scotland is split into four districts. North, East, Midland and West.

PB: Personal Best, which indicates swimmers fastest time at given event.

DQ: Disqualification, which means that a swimmer has broken one or more of the FINA rules for the stroke at some point during a race. Starts, turns and the swim are overseen by qualified judges who note this and pass it to the referee.

ALT: Alternate, meaning that a swimmer is a reserve for an event. They will only get a swim if a swimmer who has qualified is withdrawn.

SCR: Scratched, meaning that a swimmer has been rejected for an event and will not be able to swim. They will be rejected if they are slower/faster than the required time or if the meet/competition is over subscribed.

ENTRY TIME: The time submitted by the coach for a swimmer being entered into a meet or competition. Some meets require accredited times which mean they must have been obtained at a relevant meet.



CONSIDERATION TIME: The maximum/minimum entry time for a particular meet that the host of the meet/competition will consider. However, achieving this time does not guarantee an acceptance of entry. The number and quality/age of other entries will determine this.

QUALIFYING TIME: The time required to qualify outright for a particular event. This should lead to acceptance of entry but is only used for District and National Events.

ACCREDITED MEET: Where there is sufficient number of technical officials to ensure all swims are legal and therefore, accredited.

ACCREDITED TIME: A time that has been achieved at an accredited meet. These are required for bigger meets, eg Scottish Championships

FLYER: A false start or an early take over in a relay race

FREESTYLE: A competitive swimming stroke. Swimmers can choose to do any of the four competitive strokes (see below) in an individual freestyle race, with front crawl chosen as the fastest. In an IM/Individual Medley or team medley relay swim, swimmers must swim front crawl.

IM: Individual Medley, where the swimmer swims all four strokes in the order: Butterfly, Backstroke, Breaststroke and Freestyle (Front Crawl). IM can be done for distances of 100 IM, 200 IM and 400 IM.

MEDLEY RELAY: Four swimmers each swim a different stroke where the order is: Backstroke, Breaststroke, Butterfly and Freestyle (Front Crawl)

HEAT DECLARED WINNER (HDW): No final is swum and the positions are decided by the times swum in the heats.

HEATS: Swimmers may win a heat but not their age group. At most competitions the swimmers entered are various ages and compete against swimmers of similar ability. The swimmer may win their heat but not the actual event.

SWIM TOO FAST/SPEEDING TICKET: Where a swimmer has swum faster than the time band in a graded meet and is ineligible to win a medal. They instead get a speeding ticket and may win a cap, badge, pin or rosette award from the host club. This is a sign the swimmer may be ready to take on more challenging meets.

Short Course(SC): Event held in a 25m pool. Inverness Leisure is a 25m pool.



Long Course (LC): Event held in a 50m pool, e.g. Tollcross, The Commonwealth pool in Edinburgh. 50m is an Olympic size pool.

NISX - Inverness Amateur Swimming Club's club code for events -sometimes seen on the draft programs - **NISX-SS**



