



GARIOCH AMATEUR SWIMMING CLUB

INVITE YOU TO THE GARIOCH MIX UP MEET
(UNDER FINA & SASA RULES)
AT INVERURIE SWIMMING CENTRE ON
SATURDAY 20TH & SUNDAY 21ST FEBRUARY 2016

MEET INFORMATION

Pool Inverurie Swimming Pool, 25 metres, 4 lane , anti-turbulence lane ropes.

Session Saturday Session One Warm up 8.00am, start 9.05am
Session Two Warm up 1.00pm, start 2.05pm

Sunday Session One Warm up 8.00am, start 9.05am
Session Two Warm Up 1.00pm, start 2.05pm

License ND/L2/230/Feb16

Events 50m for all strokes, 100m events for all strokes, 200 IM, 200m Mixed Medley Relay, 400m IM. The mixed team event should comprise of 2 boys and 2 girls.

Events will be accepted on time basis. Please note this is a club competition and entries from composite teams will not be accepted. Where possible the accepted entries for each age group will be equal but if an age group or event is under-subscribed, the organizing committee reserves the right to include additional entries from other age groups.

All entries will be heat declared winner. Programme of events attached.

Garioch ASC reserve the right to include slower heats of its own swimmers to fill unused lanes with eligible swimmers in attendance.

Age Groups 10-12, 13-15 and 16 and over. Age on last day of competition.

Starts As per FINA rules. One start will be implemented throughout. Over the top starts will be used where practicable.

Entries Entries will only be accepted on Hytek.



To apply for a Hytek input file, please contact Rod Douglas (email: meetsec@gasc.co.uk)

Alternatively, the input file can be downloaded from the Garioch Website, www.gasc.co.uk and SASA North District Website at www.sasanorth.org.uk

Please return entries by email to meetsec@gasc.co.uk

And summary sheet with declaration and entry fees by letter post to

Rod Douglas
Burnside of Affleck,
Udny
Ellon, AB41 6SQ

Entries submitted by email will not be officially entered until entry fees are received.

Entry Fees £4.00 per 50m event, £6.00 per 100m,200m, and 400m event ,
Mixed Medlay Relay £8.00.

Closing date for entries is 22nd January 2015

Withdrawals Withdrawals prior to the competition can be emailed to Rod Douglas to arrive no later than 12.00 noon on 12th February 2016.

Telephone withdrawals will not be accepted in any circumstances.

Please include the swimmers name, event & entry time when notifying withdrawals.

Withdrawals on the day should be notified on the withdrawal form issued with the coaches packs. Sheet's to be handed to the Recorders at least 1 hour prior to start of the appropriate session.

Awards Medals will be awarded to the first three positions in each age group per event.

Technical Officials

We would be grateful for a list of Technical officials willing to help on the day. Please complete the form/sheet and either return with your enteries , or sent to Pat Mckenzie at officials@gasc.co.uk by 12th February 2016.

A Light lunch will be provided for Technical officials and for **one coach** per club.

Additional passes can be purchased for £10 per day.



NOTES

All swimmers entered must have paid their SASA membership fee for the current year and the appropriate declaration shown on the summary sheet. Registration numbers MUST be shown on entry sheet.

This is a Level 2 meet. All swimmers must be capable of starting the race from a dive.

Due to lack of space poolside, only one coach per 10 swimmers.

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

Please note that anyone wishing to use photographic equipment, including video cameras must register with the Meet Convenor on the appropriate SASA Health and Safety form. Garioch ASC may take photographs for publicity and their website. If anyone has concerns or issues would they kindly inform the meet convenor.

Use of mobile phones is not allowed in the changing rooms and pool area and therefore should be switched off.

Due to the lack of space poolside there will a room provided in the Community Centre for any club wishing to use the facility at lunchtime.

Please may we ask that swimmers are supervised during the lunchtime if the space is being used.

Meet Convenor : Pat Mckenzie, Tel 01467 671421
Email : officials@gasc.co.uk



GARIOCH MIX UP MEET
SATURDAY 20TH & SUNDAY 21ST FEBRUARY 2016
PROGRAMME OF EVENTS

SATURDAY 20TH FEBRUARY 2016

Session One – Warm Up 8.00 am, Session Start's 9.05am

| | | | | |
|-----|-----------|-------|-----|--------------|
| 101 | 10 & over | Girls | 100 | Breaststroke |
| 102 | 10 & over | Boys | 50 | Breaststroke |
| 103 | 10 & over | Girls | 50 | Freestyle |
| 104 | 10 & over | Boys | 100 | IM |
| 105 | 10 & over | Girls | 200 | IM |
| 106 | 10 & over | Boys | 400 | Freestyle |

PRESENTATION

Session Two – Warm Up 1.00 pm, Session Start's 2.05 pm

| | | | | |
|-----|-----------|-------|-----|--------------|
| 201 | 10 & over | Boys | 50 | Butterfly |
| 202 | 10 & over | Girls | 100 | IM |
| 203 | 10 & over | Boys | 100 | Breaststroke |
| 204 | 10 & over | Girls | 50 | Backstroke |
| 205 | 10 & over | Boys | 50 | Freestyle |
| 206 | 10 & over | Girls | 400 | Freestyle |
| 207 | 10 & over | Boys | 200 | IM |

PRESENTATION

SUNDAY 21ST FEBRUARY 2016

Session Three – Warm Up 8.00am, Session Start's 9.05am

| | | | | |
|-----|-----------|-------|-----|------------|
| 301 | 10 & over | Boys | 100 | Freestyle |
| 302 | 10 & over | Girls | 50 | Butterfly |
| 303 | 10 & over | Boys | 50 | Backstroke |
| 304 | 10 & over | Girls | 100 | Freestyle |
| 305 | 10 & over | Boys | 400 | IM |
| 306 | 10 & over | Girls | 400 | IM |

PRESENTATION

Session Four – Warm Up 1.00pm, Session Start's 2.05pm

| | | | | |
|-----|-----------|-------|-----|--------------|
| 401 | 10 & over | Girls | 100 | Backstroke |
| 402 | 10 & over | Boys | 100 | Backstroke |
| 403 | 10 & over | Girls | 100 | Butterfly |
| 404 | 10 & over | Boys | 100 | Butterfly |
| 405 | 10 & over | Girls | 50 | Breastroke |
| 406 | 10 & over | Mixed | 200 | Medlay Relay |

PRESENTATION



GARIOCH MIX UP MEET 20TH & 21ST FEBRUARY 2016
SUMMARY SHEET

| | |
|----------------|--|
| CLUB: | |
| CONTACT NAME : | |
| ADDRESS | |
| POSTCODE | |
| TEL NO | |
| EMAIL | |

Contact details must be reliable for distribution of returns and future information.

| | | | |
|----------------------------|--|-------------------|---------|
| Total Boys Entries | | @ £ 4.00 (50m) | Total £ |
| Total Boys Entries | | @ £ 6.00 | Total £ |
| Total Girls Entries | | @ £ 4.00 (50m) | Total £ |
| Total Girls Entries | | @ £ 6.00 | Total £ |
| Total Relay Entries | | @ £ 8.00 | Total £ |
| Additional Coach Passes | | @ £10 per Day | Total £ |

TOTAL CHEQUE ENCLOSED £
(Please make cheques payable to GASC)

DECLARATION:

I CONFIRM THAT ALL SWIMMERS ENTERED HAVE PAID THEIR CURRENT
SASA MEMBERSHIP FEE.

SIGNED:

POSITION IN CLUB:

DATE :

Form to be returned with entries file to Meet Entry Secretary:- Rod Douglas at :
meetsec@gasc.co.uk

Closing Date for receipt of entries is **6.00 pm Friday 22nd January 2016**

Cheques and Paperwork to be received by Rod Douglas no later than 29th January
2016

Send to Rod Douglas, Burnside of Affleck, Udney, Ellon, AB41 6SQ



GARIOCH AMATEUR SWIMMING CLUB
MIX UP MEET
20TH & 21ST FEBRUARY 2016

OFFICIALS SHEET

| | | | |
|-------|--|-------------|--|
| CLUB | | STO CONTACT | |
| EMAIL | | TEL NO | |

| NAME | DUTY | SIGNATURE REQUIRED | SESSION | | | |
|------|------|--------------------|---------|---|---|---|
| | | | 1 | 2 | 3 | 4 |
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Trainee Judges Mentoring Requests: Enter trainee judge details below

| NAME | DUTY | SIGNATURE REQUIRED | SESSION | | | |
|------|------|--------------------|---------|---|---|---|
| | | | 1 | 2 | 3 | 4 |
| | | | | | | |
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Please note that our ability to fulfill requests will be at the discretion of the referee.

Please return this form either with your entry fees and summary sheet or send to

Pat Mckenzie, 9 Kirkton Park, Daviot, AB51 0HW or email to officials@gasc.co.uk
Officials to Pat **no later that Friday 12th February 2016**