***INVITE YOU TO THEIR JUNIOR MEET (UNDER FINA & SASA RULES)***

AT WESTHILL SWIMMING POOL ON 16 & 17 JANUARY 2016

# MEET INFORMATION

**Venue** Westhill Swimming Pool, Hays Way, Westhill

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| Pool | 25 Metres, 6 Lanes, Anti-turbulence ropes, Starting Blocks both ends, Electronic Timing, six lane scoreboard. Level Deck Pool; overall depth 2 metres |
| **Sessions** | **Session One** Warm Up 09.00 - Start 10.05 **Session Two** Warm Up 14.00 - Start 15.05 **Session Three** Warm Up 09.00 - Start 10.05**Session Four** Warm Up 14.00 - Start 15.05(subject to change if necessary) |
| **Events**  | **Age Group** **See attached sheet.** Age Group Events - heats will be swum with all age groups combined and swimmers seeded by entry times. Where possible the accepted entries for each age group will be equal, but if an age group is under-subscribed, the organising committee reserves the right to include additional entries from other age groups.All events will be HDW.Clubs/Teams may only enter a maximum of two relay teams in each event. All Relay teams should have 2 swimmers from the younger age groups ie 11/12 girls or 12/13 boys and mixed teams must be 2 boys and 2 girls. |
| **Starts** | As per FINA rules one start will be implemented throughout this competition.Over the top starts will be used where practicable. |
| **Age** | As at 17 January 2016 (i.e. age on the last day of competition)Girls Age 11, 12, 13 and 14.Boys Age 12, 13, 14 and 15 |
| **Entries** | Entries only accepted on Hy-tek Meet Manager entry files. Entry files may be obtained by downloading from the North District website [www.sasanorth.org.uk](http://www.sasanorth.org.uk) or by emailing Emma Donovan sascgalasecretary@gmail.comLists of accepted participating swimmers will be forwarded to each club. |
| **Entry Fees** | £6.50 per Individual event, £8.00 per relay event. Cheques should be made payable to South Aberdeenshire Swimming.Entries may have to be limited dependent upon numbers received.**CLOSING DATE FOR ENTRIES IS FRIDAY 11 DECEMBER 2015** |

 In the event of postponement, cancellation or abandonment of the event, refunds, if any, will be made at the absolute discretion of SAS. The Team will have no legal liability to make a refund or pay any form of consequential or indirect damage such as loss of enjoyment, travel and accommodation costs.

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| **Withdrawals** | Withdrawals should be notified on the withdrawal form provided on the day. The sheet should be handed to the Recorders **at least 1 hour prior to the start** of the appropriate session.Withdrawals prior to the competition can be either posted or e-mailed to Emma Donovan sascgalasecretary@gmail.com to arrive **no later than 5.00 pm** on Friday 15 January 2016. Event number & stroke, swimmers name and entry time must be provided.**NB** Telephone withdrawals will not be accepted under any circumstances. |
| **Awards** | Medals will be awarded to the first three positions in each event.Awards will be made for the best cumulative points total in each age group (boy and girl)Awards will also be made for the best cumulative 400free & 400IM events (FINA points) (boy and girl).SAS Junior Meet Top Team Trophy will be awarded to the overall Top Team based on points 6 > 1.Ian Milne Quaich will be awarded to the Club/Team with the best cumulative times from Boys & Girls Relays (not Mixed relays). |
| **Technical Officials** | We would be very grateful for a list of Officials willing to help on the day. Clubs can either complete the enclosed form and return it with their entries or return it by Friday 18 December 2015 to Rebecca StewartEmail rstewart@hortecltd.com  |
| **Notes** | **1.****2.****3.****4.** | All swimmers entered must have paid their SASA membership fee for the current year. Registration numbers **must** be shown on entry sheets. A Licence has been granted for this competition and accreditation will be applied for to the SASA North District.Coaches meal passes at a price of £15 will be available and should be ordered when returning your entry forms. Due to lack of space poolside access will be limited to one Coach per 10 swimmers, with a maximum of 3 Coaches at any one time. Please share this information with Coaches.Participating clubs will receive one copy of start sheets and results sheets for each session. |
| **Video** |  | Please note that anyone wishing to use photographic equipment, including video cameras must register with the Meet Convenor (application should be made on the appropriate SASA Health and Safety form and signed by the relevant club official).Use of mobile phones will not be permitted on poolside or in the changing village in order to prevent any misuse of mobiles with integrated video/camera equipment. We would greatly appreciate if you could ensure that all your members are aware of this requirement. |
|  |  | Please return entry files along with consolidation sheet and entry fees to:-Emma Donovan, 24 Robert Street, Stonehaven, Kincardineshire, AB39 2DJ.Email sascgalasecretary@gmail.com**Meet Convenor**: Dawn Bedgood, Tel: 01224 749228Email meet.convener@westhilldistrictasc.org.ukWe look forward to seeing you in the New Year. |
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***SAS JUNIOR MEET 2016***

***PROGRAMME OF EVENTS***

## SESSION ONE WARM UP 09.00 START 10.05

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Event No | 101 | Girls | 11 years – 14 years | 800m Freestyle | HDW |
|  | 102 | Boys | 12 years – 15 years | 200m Individual Medley | HDW |
|  | 103 | Girls | 11 years – 14 years | 200m Breaststroke | HDW |
|  | 104 | Boys | 12 years – 15 years | 200m Breaststroke | HDW |

105 Mixed 4 x 50m Medley relay HDW

**SESSION TWO WARM UP 14.00 START 15.05**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Event No | 201 | Boys | 12 years – 15 years | 1500m Freestyle | HDW |
|  | 202 | Girls | 11 years – 14 years | 200m Individual Medley | HDW |
|  | 203 | Boys | 12 years – 15 years | 200m Butterfly | HDW |
|  | 204 | Girls | 11 years – 14 years | 200m Butterfly | HDW |
|  | 205 | Boys |  | 4 x 50m Freestyle Relay | HDW |
|  | 206 | Girls |  | 4 x 50m Freestyle | HDW |

## SESSION THREE WARM UP 09.00 START 10.05

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| --- | --- | --- | --- | --- | --- |
| Event No | 301 | Girls | 11 years – 14 years | 400m Freestyle | HDW |
|  | 302 | Boys | 12 years – 15 years | 400m Freestyle | HDW |
|  | 303 | Girls | 11 years – 14 years | 200m Backstroke | HDW |
|  | 304 | Boys | 11 years – 14 years | 200m Backstroke | HDW |

305 Mixed 4 x 50m Freestyle relay HDW

**SESSION FOUR WARM UP 14.00 START 15.05**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Event No | 401 | Boys | 12 years – 15 years | 400m Individual Medley | HDW |
|  | 402 | Girls | 11 years – 14 years | 400m Individual Medley | HDW |
|  | 403 | Boys | 12 years – 15 years | 200m Freestyle | HDW |
|  | 404 | Girls | 11 years – 14 years | 200m Freestyle | HDW |
|  | 405 | Boys |  | 4 x 50m Medley relay | HDW |
|  | 406 | Girls |  | 4 x 50m Medley relay | HDW |

***Events & Consideration Times***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Girls 11 years** | **Girls 12 years** | **Girls 13 years** | **Girls 14 years** |
| **Girls 800m Free** | 13:00.00 | 12:30.00 | 12:00.00 | 11:00.00 |
| **Girls 400m Free** | 6:50.00 | 6:20.00 | 5:50.00 | 5:30.00 |
| **Girls 200m Free** | 3:30.00 | 3:10.00 | 3:00.00 | 2:45.00 |
| **Girls 200m Back** | 3:40.00 | 3:20.00 | 3:10.00 | 3:00.00 |
| **Girls 200m Breast** | 4:10.00 | 4:00.00 | 3:50.00 | 3:40.00 |
| **Girls 200m Butterfly** | 4:10.00 | 4:00.00 | 3:50.00 | 3:30.00 |
| **Girls 200m IM** | 4:00.00 | 3:40.00 | 3:20.00 | 3:10.00 |
| **Girls 400m IM** | 7:30.00 | 7:00.00 | 6:50.00 | 6:20.00 |
|  |  |  |  |  |
|  | **Boys 12 years** | **Boys 13 years** | **Boys 14 years** | **Boys 15 years** |
| **Boys 1500m Free** | 24:00.00 | 22:30.00 | 22:00.00 | 20:30.00 |
| **Boys 400m Free** | 6:30.00 | 5:40.00 | 5:20.00 | 5:10.00 |
| **Boys 200m Free** | 3:10.00 | 3:00.00 | 2:50.00 | 2:40.00 |
| **Boys 200m Back** | 3:30.00 | 3:10.00 | 3:00.00 | 2:50.00 |
| **Boys 200m Breast** | 4:00.00 | 3:50.00 | 3:40.00 | 3:20.00 |
| **Boys 200m Butterfly** | 4:00.00 | 3:50.00 | 3:40.00 | 3:10.00 |
| **Boys 200m IM** | 3:50.00 | 3:20.00 | 3:10.00 | 2:50.00 |
| **Boys 400m IM** | 7:00.00 | 6:50.00 | 6:30.00 | 6:00.00 |
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***SUMMARY SHEET Match Secretary \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***

 ***Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***

 ***\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***

 ***\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***

## Club Name/Abbr \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Tel. No \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 *E-mail address* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| .......... Individual Age Group Male Entries @£6.50.......... Individual Age Group Female Entries @ £6.50.......... Relay Entries @ £8.00.......... Coaches Meal Passes @ £15.00 (2 day) | £ ..........£ ..........£ ...........£ .......... | **CLOSING DATE FOR ENTRIES – FRIDAY** **11 DECEMBER 2015****CHEQUES SHOULD BE MADE PAYABLE TO:**  **SOUTH ABERDEENSHIRE SWIMMING** |
|  | TOTAL | £ .......... |  |

**Declaration** *I confirm that all swimmers entered in this competition have paid their current SASA membership fee.*

Signed ......................................... Position in Club ........................................ Date ..............................

(This declaration **must** be completed by all competing clubs)

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| --- | --- | --- | --- | --- | --- |
| **Club:** |  |  | **STO Contact Name** |  |  |
|  |  |  | **Telephone No.** |  |  |
|  |  |  | **E-mail address** |  |  |

**OFFICIALS SHEET**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **NAME** | **QUALIFICATION****Please indicate if J1** | **SESSION ONE** | **SESSION TWO** | **SESSION****THREE** | **SESSION****FOUR** | **SIG** **REQD** | **MENTOR REQUEST** |
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**Trainee Judges 1, 2 or 2S please indicate above if requesting mentoring sessions. These will be at the discretion of the referee depending on the availability of suitable mentors.**

**Please return this form with your entries**

**or return it by 18th December 2015**

to:- Rebecca Stewart, Email: rstewart@hortecltd.com