



**DYCE (ABERDEEN)
AMATEUR SWIMMING CLUB**
(1977 - 2007)

HONORARY MEMBERS

Dr.J.O.Corse
Mrs. Ann Hart
ASA Principal Tutor
Mr. Michael Taylor
Rector, Dyce Academy
Kathy Milligan

Meet Convenor

Mr David Downie
12 Belrorie Circle
Dyce
Aberdeen AB21 7LT
☎01224 724252

6th November 2006

Dear Secretary

On behalf of Dyce (Aberdeen) ASC, I would like to invite your club to our 8th Cromar Trophy Meet.

Date: Saturday 24th March 2007

Venue: Westhill Swimming Pool – 6 lanes, anti-turbulence ropes, overall depth is 2 metres

Sessions: **Session One** Warm-up 09.30 Start: 10:35
Session Two Warm-up 14.30 Start: 15.35
(SUBJECT TO CHANGE IF NECESSARY)

Meet Licence: ND/LA2/519/MAR07

Accreditation: Application for Accreditation will be made to the North District under SASA rules, therefore, all competitors must be members of the Scottish Amateur Swimming Association. Any swimmer entered without a number will be rejected.

Events:

8 – 11years	100m all strokes
12 years	100m all strokes
13 years	100m all strokes
Open challenge	50m all strokes and 100m IM
Relays	12 years and under 4x25m Medley Relay
	12 years and under 4x25m Freestyle Relay
	13 years and over 4x25m Medley Relay
	13 years and over 4x25m Freestyle Relay

Age: As at 24th March 2007

Meet Rules:

- A swimmer may only swim Open or Age Group for each stroke.
- Swimmers may swim up an age group to complete a relay team.
- Maximum 2 Relay teams per club may be entered for each relay event
- As per FINA rules, the one-start rule will be applied throughout the competition.
- Over the top starts will be used, except in Backcrawl events.
- All swimmers are required to report to the Clerk of Course prior to their event. There will be NO marshalling for the relay events.
- The organising committee reserves the right to restrict entries to facilitate the efficient running of the event and comply with regulations.

- Fees:** £3.75 per individual event and £7.00 per relay team.
Cheques to be made payable to Dyce (Aberdeen) ASC
- Awards:** Medals will be awarded to first, second and third places in each event.
Swimmers exceeding the 5% cut-off time will receive a certificate of achievement.
The Cromar Trophy will be awarded to the team accumulating most points at the meet.
- Points:**
- | | |
|---------------|---|
| Graded points | 1 st – 3 points, 2 nd - 2 points, 3 rd – 1 point |
| Open points | 1 st – 3 points, 2 nd - 2 points, 3 rd - 1 point |
| Relay | 1 st – 3 points, 2 nd - 2 points, 3 rd – 1 point |
- Officials:** We would be grateful for a list of officials willing to help on the day.
Clubs should complete the enclosed form and return it by 10th March to David Saul.
Coaches meals will be available at a cost of £5.00 and must be ordered and paid for with the meet entries.
- Entries:** Disk/Email entry file to be request from the following address:
- Mrs Norma Shand
14 Elrick Gardens
Newmachar
Aberdeenshire
AB21 0PY
(01651 862627)
- Closing date:** Saturday 17th February 2007
- No late entries to be considered
Withdrawals prior to the competition should be posted to Norma Shand at the above address or emailed to dyceasc@hotmail.com to arrive no later than 8pm on Friday 23rd March 2007.
Telephone withdrawals will not be accepted under any circumstances.
- General notes:** No photographic or video equipment will be allowed in any area under the jurisdiction of the meet organiser without the prior approval of the meet director. Applications to use photographic equipment may be made on the day.
- Swimmers must follow the instructions given to them by the meet officials and behave in a reasonable manner at all times.
- Lockers provided in the changing rooms should be used for clothes and other belongings at all times, to keep the cubicles free for other swimmers. The meet organisers cannot be held responsible for items lost during the course of the meet.
- Mobile phones are not to be used on poolside or in the changing areas.
- Food must not be eaten on poolside and no glassware should be taken onto poolside or into the shower area.

DYCE (ABERDEEN) ASC
CROMAR TROPHY MEET
24TH MARCH 2007

CONSIDERATION TIMES

EQUAL TO OR SLOWER THAN:

8 - 11 YEARS

BOYS

GIRLS

100m Butterfly	01.35.00	01.36.00
100m Backstroke	01.32.00	01.33.00
100m Breaststroke	01.39.00	01.40.00
100m Freestyle	01.21.00	01.22.00

12 YEARS

100m Butterfly	01.29.00	01.30.00
100m Backstroke	01.25.00	01.26.00
100m Breaststroke	01.33.00	01.34.00
100m Freestyle	01.17.00	01.18.00

13 YEARS

100m Butterfly	01.22.00	01.23.00
100m Backstroke	01.21.00	01.22.00
100m Breaststroke	01.28.00	01.30.00
100m Freestyle	01.12.00	01.13.00

OPEN CHALLENGE EVENTS

50m Butterfly
50m Backstroke
50m Breaststroke
50m Freestyle
100m Individual Medley

DYCE (ABERDEEN) ASC
CROMAR TROPHY MEET
SATURDAY 24TH MARCH 2007

PROGRAMME OF EVENTS

ALL EVENTS TO BE SWUM ON A HEAT DECLARED WINNER BASIS

WARM UP AND START TIMES MAY BE SUBJECT TO ALTERATION DEPENDING UPON ENTRIES

SESSION ONE **WARM UP 9.30am** **START 10.35** **FINISH 13:30**

EVENT

101	Boys	Open	50m Breaststroke
102	Girls	Open	50m Breaststroke
103	Boys	8 - 11 Years	100m Breaststroke
104	Girls	8 - 11 Years	100m Breaststroke
105	Boys	12 Years	100m Breaststroke
106	Girls	12 Years	100m Breaststroke
107	Boys	13 Years	100m Breaststroke
108	Girls	13 Years	100m Breaststroke
109	Boys	Open	100m IM
110	Girls	8 -11 Years	100m Butterfly
111	Boys	8 -11 Years	100m Butterfly
112	Girls	12 Years	100m Butterfly
113	Boys	12 Years	100m Butterfly
114	Girls	13 Years	100m Butterfly
115	Boys	13 Years	100m Butterfly
116	Girls	Open	50m Butterfly
117	Boys	Open	50m Butterfly
118	Girls	12 Years & under	4x25m Medley Relay
119	Boys	12 Years & under	4x25m Medley Relay
120	Girls	13 Years & over	4x25m Medley Relay
121	Boys	13 Years & over	4x25m Medley Relay

SESSION TWO **WARM UP 14:30** **START 15:35** **FINISH 18:30**

EVENT

201	Girls	Open	50m Backstroke
202	Boys	Open	50m Backstroke
203	Girls	8- 11 Years	100m Backstroke
204	Boys	8 -11 Years	100m Backstroke
205	Girls	12 Years	100m Backstroke
206	Boys	12 Years	100m Backstroke
207	Girls	13 Years	100m Backstroke
208	Boys	13 Years	100m Backstroke
209	Girls	Open	100m IM
210	Boys	8 -11 Years	100m Freestyle
211	Girls	8 -11 Years	100m Freestyle
212	Boys	12 Years	100m Freestyle
213	Girls	12 Years	100m Freestyle
214	Boys	13 Years	100m Freestyle
215	Girls	13 Years	100m Freestyle
216	Boys	Open	50m Freestyle
217	Girls	Open	50m Freestyle
218	Boys	12 Years & under	4x25m Freestyle Relay
219	Girls	12 Years & under	4x25m Freestyle Relay
220	Boys	13 Years and over	4x25m Freestyle Relay
221	Girls	13 Years & over	4x25m Freestyle Relay



**CROMAR TROPHY MEET
24th March 2007**

SUMMARY SHEET

CLUB NAME _____

MEET SECRETARY _____ **EMAIL**
ADDRESS _____

ADDRESS _____ **TELEPHONE No**

*****CLOSING DATE FOR ENTRIES IS 17TH FEBRUARY 2007*****

..... Boys Entries at £3.75 each	£	
..... Girls Entries at £3.75 each	£	
..... Relay Entries at £7.00 each	£	
..... Coaches Passes at £5.00 each	£	CHEQUES PAYABLE TO
DYCE (ABERDEEN) ASC		
Total	£	

Declaration – I confirm that all the swimmers entered in this competition are currently members of the Scottish Amateur Swimming Association.

Signed _____ **Position in**
Club _____ **Date**

This declaration must be signed by all participating clubs and returned with your entries



DYCE CROMAR MEET 2007

CLUB _____

CLUB STO CONTACT _____

TELEPHONE NO. _____

mail address: _____

E-

OFFICIALS SHEET

NAME	DUTY	SIGNATURE REQUIRED YES/NO	SESSION 1	SESSION 2

Please return this form with your entries or return it by 10th March 2007 to:

David Saul, Beidleston Farmhouse, Dyce. AB21 0HD Tel. 01224 791370