



BRIDGE OF DON ASC
APRIL SHOWERS 2007
Northfield Swimming Pool, Aberdeen
22nd April 2007



Bridge of Don ASC invites you to their 4th April Showers

Date	Sunday 22nd April 2007
Venue	Northfield Swimming Pool, 25 metres, 6 lanes, anti-turbulence ropes
Accreditation	Application for accreditation has been applied for under SASA rules. All competitors must have paid their annual registration fee to SASA.
License No.	ND/LA2/521/APR07
Sessions	Session One Warm Up 8.40 am Start 9.15 am Session Two Warm up 12.55 pm Start 1.30 pm Finish 4:30 pm

(Subject to change if necessary)

There will be no entry to the swimming pool before 8:30 am.

Events	Boys / Girls	8 years	25m all strokes
		9 years	50m all strokes
		10 years	50m all strokes
		11 years	50m all strokes
		Mixed	4 x 25m I.M Relay
		Mixed	4 x 25m Freestyle Relay

(Age on day i.e. 22nd April 2007)

Please see attached sheet for qualifying times (slower than).

The meet will operate using the one-start rule and we reserve the right to use over the top starts as necessary. The organising committee also reserves the right to restrict the number of entries to keep the meet to a manageable size and also to have a slower heat for their own swimmers.

Fees	£3.25 per individual event £5.00 per relay team
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Relays

Relay teams will comprise of four swimmers where the combined age of the swimmers does not exceed **39 years**. Teams can be mixed or all boys or all girls.

I.M. Relay: Swimmers must have swum the individual corresponding stroke in their age group.

Freestyle: Swimmers must have swum the individual freestyle event.

Pool

No eating of food on poolside or in spectator's area. Mobile phones must be switched off in the building.

Awards

Medals for 1st, 2nd, and 3rd and 'too fast' certificates for those who exceed the medal cut off time.

Entries

All entries are to be submitted electronically using Hy-Tek Team Manager format. To obtain the meet entry files please visit our website at www.bodasc.co.uk. They will be available here in due course.

Please email entry files to allan.mcintosh@dsl.pipex.com

CLOSING DATE FOR ENTRIES IS FRIDAY 23rd MARCH 2007.

Please send consolidation sheet, entry fees & officials sheet to:-

Audrey Deans

6 Keir Heights

Balmedie

Aberdeenshire

AB23 8WJ

Email: deansbalmedie@aol.com

Clubs will be notified of any rejected swims prior to the meet along with a provisional programme.

Officials

We will not be able to run the meet without a sufficient amount of officials. Therefore we would be grateful for a list of officials willing to help on the day (lunch will be provided).

Please complete the enclosed form and return it along with the entries.

We look forward to seeing you on 22nd April 2007!

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PROGRAMME OF EVENTS

Session One		Warm Up	08.40am	Start 9.15am	Entry times slower than
Event No	101	Boys	8 years	25m Freestyle	00.20.00
	102	Girls	8 years	25m Freestyle	00.20.00
	103	Boys	9 years	50m Breaststroke	00.54.00
	104	Girls	9 years	50m Breaststroke	00.54.00
	105	Boys	10 years	50m Backstroke	00.43.00
	106	Girls	10 years	50m Backstroke	00.43.00
	107	Boys	11 years	50 Fly	00.48.00
	108	Girls	11 years	50 Fly	00.48.00
	109	Boys	8 years	25m Fly	00.24.00
	110	Girls	8 years	25m Fly	00.24.00
	111	Boys	9 years	50m Freestyle	00.43.00
	112	Girls	9 years	50m Freestyle	00.43.00
	113	Boys	10 years	50m Breaststroke	00.51.00
	114	Girls	10 years	50m Breaststroke	00.51.00
	115	Boys	11 years	50m Backstroke	00.40.00
	116	Girls	11 years	50m Backstroke	00.40.00
	117	Mixed		4 x 25m I.M. Relay	N/A

Session Two		Warm Up	12.55pm	Start 1.30pm	Entry times slower than
Event No	201	Boys	8 years	25m Backstroke	00.22.00
	202	Girls	8 years	25m Backstroke	00.22.00
	203	Boys	9 years	50m Fly	00.54.00
	204	Girls	9 years	50m Fly	00.54.00
	205	Boys	10 years	50m Freestyle	00.40.00
	206	Girls	10 years	50m Freestyle	00.40.00
	207	Boys	11 years	50m Breaststroke	00.48.00
	208	Girls	11 years	50m Breaststroke	00.48.00
	209	Boys	8 years	25m Breaststroke	00.26.00
	2010	Girls	8 years	25m Breaststroke	00.26.00
	211	Boys	9 years	50m Backstroke	00.46.00
	212	Girls	9 years	50m Backstroke	00.46.00
	213	Boys	10 years	50m Fly	00.51.00
	214	Girls	10 years	50m Fly	00.51.00
	215	Boys	11 years	50m Freestyle	00.37.00
	216	Girls	11 years	50m Freestyle	00.37.00
	217	Mixed		4 x 25m Freestyle Relay	N/A

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Match Secretary _____

Address _____

Tel. No _____

Email _____

Club Name/Abbr _____

ENTRIES SUMMARY

Female Individual Entries _____ @ £3.25 = £ _____

Male Individual Entries _____ @ £3.25 = £ _____

Relay Teams _____ @ £5.00 = £ _____

Total = £ _____

CLOSING DATE FRIDAY 23rd MARCH 2007

PLEASE MAKE CHEQUES PAYABLE TO: BRIDGE OF DON ASC

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)