

WESTHILL DISTRICT ASC**INVITE YOU TO THEIR FOURTEENTH INVITATIONAL MEET
(UNDER FINA & SASA RULES)****AT WESTHILL SWIMMING POOL on 10 & 11 MAY 2008****MEET INFORMATION**

Pool 25 Metres, 6 Lanes, Anti-turbulence ropes, Starting Blocks both ends, Electronic Timing.
Level Deck Pool; overall depth 2 metres

Sessions	Session One	Warm Up 08.00	-	Start 09.05
	Session Two	Warm Up 13.00	-	Start 14.05
	Session Three	Warm Up 17.30	-	Start 18.15
	Session Four	Warm Up 08.00	-	Start 09.05
	Session Five	Warm Up 13.00	-	Start 14.05
	Session Six	Warm Up 17.30	-	Start 18.15

(SUBJECT TO CHANGE IF NECESSARY)

Events **FULL PROGRAMME OF EVENTS (Age Group and Open)**
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 in other age groups. The fastest six swimmers in each of the three age groups will compete in the finals of the 100m events. The organising committee retains the right on the final selection for the number of heats per event. 50m Freestyle final will continue into a Skins event – details of the Skins rules will be provided, to finalists of this event, during the weekend.

Age Age on last day of competition i.e. 11 May 2008 - 12/13 years, 14/15 years, 16 years and over.
'Open' events are available for swimmers who fall into the above age group categories.

Entries **All entries must be on Hy-Tek Team Manager entry file.** Entries may be obtained by downloading from North District website (www.sasanorth.org.uk) or by emailing Jean Miller on wdasc@btinternet.com. **Time cards are not required.** Lists of accepted participating swimmers will be posted to each club.

Please note that this is a club competition and entries from composite teams will not be accepted.

Entry Fees £4.00 PER INDIVIDUAL EVENT
Cheques should be made payable to Westhill District ASC.
Entries may have to be limited dependent upon numbers received.

CLOSING DATE FOR ENTRIES IS SATURDAY 5 APRIL 08

Withdrawals Withdrawals from heats should be notified on the relevant withdrawal form. The sheets should be handed in to the Recorders desk **at least 1 hour prior to the start of the first session and updated accordingly one hour before the start of each session thereafter.**

Withdrawals prior to the competition should be either posted to Jean Miller (address on page 2) or Emailed to wdasc@btinternet.com to arrive **no later than 8.00 p.m.** on Friday 9 May 2008. **All details must be included on e-mail withdrawals ie Name, Event No, Stroke, Comp No. etc.**

NB Telephone withdrawals will not be accepted under any circumstances.

**Withdrawals
from Finals**

Swimmers who wish to withdraw from a Final must inform the recorder and complete the withdrawal form no later than 30 minutes after Finalist lists have been published or announced. This will ensure that a reserve can be given the opportunity to compete and the final seeded accordingly.

Any competitor withdrawing from a final in such a manner as to prevent a reserve taking part (except in the case of proven illness or emergency) shall be suspended immediately from all further events at the Meet. Where a reserve is brought in at short notice, the reserve shall occupy the vacant lane; there will be no re-seeding.

Awards

Medals will be awarded to the first three positions in each 100 and 200 metre age group events.

Gift vouchers to the value of £15, £10 and £5 will be awarded to the first three positions in the Open 100m IM, 50m, 400m, 800m and 1500m events.

A special prize will be awarded to the winner of the Skins event.

There is a £100 award available should a new Scottish Senior or Junior Record be achieved in any of the open events. There is only one award per event so only the fastest on the day will gain the award.

There is a Trophy for the top club attending the Meet. Points will be awarded: 1st - 6 points, 2nd - 5 points, 3rd - 4 points, 4th - 3 points, 5th - 2 points, 6th - 1 point.

The McCue and Porter Cups will be awarded to the best Age Group Boy and Girl. Points will be awarded for age group final placings and the Trophies will be presented to the boy and girl who have gained the most points.

**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 26 April 2008 to David MacDonald,

Notes

1. All swimmers entered must have paid their SASA membership fee for the current year. Registration numbers **must** be entered on disks. A Licence has been granted for this competition and accreditation will be applied for to the SASA North District.
2. Coaches passes at a price of £25 will be available (this includes lunch and tea on both days) and should be ordered when returning your entry forms. One day passes are also available at a cost of £12.50.
3. 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.
4. Participating clubs will receive one copy of start sheets and results sheets for each session.
5. Westhill District ASC reserves the right to amend the programme at any time.

Video

Please note that anyone wishing to use photographic equipment, including video cameras must register with the Meet Director (application should be made on the appropriate SASA Health and Safety form and signed by the relevant club official). Use of mobile phones is not allowed in the changing rooms and pool area therefore they must be switched off.

**Entries
Secretary**

Please return disks along with consolidation sheet and entry fees to: -
Mrs J Miller, 6 Coldstone Avenue, Kingswells, Aberdeen AB15 8TT.

**Meet
Convenor**

John Gordon Telephone 01224 867005

We look forward to seeing you on 10 May 2008.

**WESTHILL DISTRICT ASC INVITATIONAL MEET 2008
PROGRAMME OF EVENTS**

SESSION ONE		WARM UP	08.00 to 09.00	START	09.05
Event No	101	Boys	12 years and over	200m Freestyle	HDW
	102	Girls	12 years and over	200m Freestyle	HDW
	103	Boys	12 Years and over	100m Breaststroke	
	104	Girls	12 Years and over	100m Breaststroke	
	105	Boys	Open	50m Butterfly	
	106	Girls	Open	50m Butterfly	
	107	Boys	12 Years and over	200 IM	HDW

Medal presentations after Events 104 and 107

SESSION TWO		WARM UP	13.00 to 14.00	START	14.05
Event No	201	Boys	12 years and over	200m Breaststroke	HDW
	202	Girls	12 years and over	200m Breaststroke	HDW
	203	Boys	12 years and over	100m Freestyle	
	204	Girls	12 years and over	100m Freestyle	
	205	Boys	Open	50m Backstroke	
	206	Girls	Open	50m Backstroke	
	207	Boys	Open	400m Freestyle	HDW
	208	Girls	Open	400m Freestyle	HDW

Medal/Award presentations after Events 204 and 208

SESSION THREE		WARM UP	17.30 to 18.10	START	18.15
Event No	301	Boys	Open (Max 2 heats)*	800m Freestyle	HDW
	302	Girls	Open (Max 2 heats)*	1500m Freestyle	HDW
	303	Boys	12/13	100m Breaststroke	Final
	304	Boys	14/15	100m Breaststroke	Final
	305	Boys	16 +	100m Breaststroke	Final
	306	Girls	12/13	100m Breaststroke	Final
	307	Girls	14/15	100m Breaststroke	Final
	308	Girls	16 +	100m Breaststroke	Final
	309	Boys	Open	50m Butterfly	Final
	310	Girls	Open	50m Butterfly	Final
	311	Boys	12/13	100m Freestyle	Final
	312	Boys	14/15	100m Freestyle	Final
	313	Boys	16 +	100m Freestyle	Final
	314	Girls	12/13	100m Freestyle	Final
	315	Girls	14/15	100m Freestyle	Final
	316	Girls	16 +	100m Freestyle	Final
	317	Boys	Open	50m Backstroke	Final
	318	Girls	Open	50m Backstroke	Final

*** The number of heats in these events will be at the discretion of the Meet Organiser and will depend on the number of entries received and programme timing.**

Medal/Award presentations after Events 310 and 318

SESSION FOUR		WARM UP	08.00 to 09.00	START	09.05
Event No	401	Boys	Open	100m IM	
	402	Girls	12 years and over	200m Backstroke	HDW
	403	Boys	12 years and over	200m Backstroke	HDW
	404	Girls	12 years and over	100m Butterfly	
	405	Boys	12 years and over	100m Butterfly	
	406	Girls	Open	50m Breaststroke	
	407	Boys	Open	50m Breaststroke	
	408	Girls	12 years and over	200m IM	HDW

Medal presentations after Events 405 and 408

SESSION FIVE		WARM UP	13.00 to 14.00	START	14.05
Event No	501	Girls	Open	100m IM	
	502	Boys	12 years and over	200m Butterfly	HDW
	503	Girls	12 years and over	200m Butterfly	HDW
	504	Boys	12 years and over	100m Backstroke	
	505	Girls	12 years and over	100m Backstroke	
	506	Boys	Open	50m Freestyle	
	507	Girls	Open	50m Freestyle	
	508	Boys	Open	400m IM	HDW
	509	Girls	Open	400m IM	HDW

Medal/Award presentations after Events 505 and 509

SESSION SIX		WARM UP	17.30 to 18.10	START	18.15
Event No	601	Girls	Open	100m IM	Final
	602	Boys	Open	100m IM	Final
	603	Girls	Open (Max 2 heats))*	800m Freestyle	HDW
	604	Boys	Open (Max 2 heats))*	1500m Freestyle	HDW
	605	Girls	12/13	100m Butterfly	Final
	606	Girls	14/15	100m Butterfly	Final
	607	Girls	16 +	100m Butterfly	Final
	608	Boys	12/13	100m Butterfly	Final
	609	Boys	14/15	100m Butterfly	Final
	610	Boys	16 +	100m Butterfly	Final
	611	Girls	Open	50m Breaststroke	Final
	612	Boys	Open	50m Breaststroke	Final
	613	Girls	12/13	100m Backstroke	Final
	614	Girls	14/15	100m Backstroke	Final
	615	Girls	16 +	100m Backstroke	Final
	616	Boys	12/13	100m Backstroke	Final
	617	Boys	14/15	100m Backstroke	Final
	618	Boys	16 +	100m Backstroke	Final
	619	Girls	Open	50m Freestyle **	Final
	620	Boys	Open	50m Freestyle **	Final

- **The number of heats in these events will be at the discretion of the Meet Organiser and will depend on the number of entries received and programme timing.**

**** 50m Freestyle events will continue as a Skins event until a Skins winner is identified however awards will still be made for first, second and third places of the final proper.**

Medal/Award presentations after Events 612 and 620

**WESTHILL DISTRICT ASC
FOURTEENTH INVITATIONAL MEET**

SUMMARY SHEET

Club Name/Abbr _____

Match Secretary _____
Address _____

Tel. No _____
Email _____

..... Individual Age Group Male Entries @£4.00	£
..... Individual Open Male Entries @£4.00	£
..... Individual Age Group Female Entries @ £4.00	£
..... Individual Open Female Entries @ £4.00	£
..... Coaches Passes @ £25.00 (2 day)	£
..... Coaches Passes @ £12.50 (1 day)	£
TOTAL	£

CLOSING DATE FOR ENTRIES IS 5 APRIL 2008

**CHEQUES SHOULD BE MADE PAYABLE TO:
WESTHILL DISTRICT 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)

