



# Westhill District ASC Invitational Meet



**Westhill Swimming Pool  
5th & 6th May 2012**

## MEET INFORMATION

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

<b>Sessions</b>	<b>Session One</b>	Warm Up 08.00	-	Start 09.05
	<b>Session Two</b>	Warm Up 13.00	-	Start 14.05
	<b>Session Three</b>	Warm Up 17.30	-	Start 18.30
	<b>Session Four</b>	Warm Up 08.00	-	Start 09.05
	<b>Session Five</b>	Warm Up 13.00	-	Start 14.05

(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. This year the organising committee have introduced a Mixed 4 x 50m Medley Relay. ( Boy and Girl aged 13/Under and Boy and Girl 14/Over) The Medley Relay will identify the six teams which will participate in the Russian Roulette Medley Final on the Sunday afternoon. Details of this event will be provided over the weekend. Each club can only enter a maximum of two teams. The organising committee retains the right on the final selection for the number of heats per event.

**Age** Age on last day of competition i.e. 6 May 2012 - 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.** Entry file may be obtained by downloading from North District website ([www.sasanorth.org.uk](http://www.sasanorth.org.uk)) or by emailing Lesley Moir at [president@westhilldistrictasc.org.uk](mailto:president@westhilldistrictasc.org.uk).  
Lists of accepted participating swimmers and a draft programme will be emailed to each club.

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

**Entry Fees** £5.00 PER INDIVIDUAL EVENT  
£10.00 PER RELAY 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 24<sup>TH</sup> MARCH 2012**

**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 Lesley Moir (address on page 3) or Emailed to [president@westhilldistrictasc.org.uk](mailto:president@westhilldistrictasc.org.uk) to arrive **no later than 5.00 p.m.** on Friday 4 May 2012. **All details must be included on e-mail withdrawals i.e. 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 100m and 200m age group events. Trophies will be awarded to the first three positions in the Open 50m and 400m events.

There is a £100 award to the club who wins the Russian Roulette relay 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.

**Note:** No points will be awarded for the relays.

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 Friday 20 April 2012 to Dave McDonald, 17 Craigton Road Aberdeen AB15 7AU Tel 01224 325302 Email - [dave167mcd@btinternet.com](mailto:dave167mcd@btinternet.com)

**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 £15 will be available (this includes lunch and tea on day 1 and lunch on day 2) and should be ordered when returning your entry forms. One day passes are also available at a cost of £10 (Sat) and £5 (Sun). If ordering one day pass, please state day required.
- 3.
4. 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.
5. Participating clubs will receive one copy of start sheets for each session.

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 Convenor (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 consolidation sheet and entry fees to: -  
**Mrs L Moir, 10 Dawson Drive, Westhill, Aberdeenshire AB32 6NS.**

**Meet  
Convenor**

Julie McPherson Telephone 01224 749936

We look forward to seeing you on 5th May 2012.

**Westhill District ASC Invitational Meet  
Programme of Events**

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

*Medal presentations after Events 104 and 107*

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

*Medal/Award presentations after Event 208*

<b>SESSION THREE</b>		<b>WARM UP</b>	<b>17.30 to 18.30</b>	<b>START</b>	<b>18.35</b>
Event No	301	Boys	Open	400m IM	HDW
	302	Girls	Open	400m IM	HDW
	303	Boys	Open	50m Backstroke	Final
	304	Girls	Open	50m Backstroke	Final
	305	Boys	12/13	100m Breaststroke	Final
	306	Boys	14/15	100m Breaststroke	Final
	307	Boys	16 +	100m Breaststroke	Final
	308	Girls	12/13	100m Breaststroke	Final
	309	Girls	14/15	100m Breaststroke	Final
	310	Girls	16 +	100m Breaststroke	Final
	311	Boys	Open	50m Butterfly	Final
	312	Girls	Open	50m Butterfly	Final
	313	Boys	12/13	100m Backstroke	Final
	314	Boys	14/15	100m Backstroke	Final
	315	Boys	16+	100m Backstroke	Final
	316	Girls	12/13	100m Backstroke	Final
	317	Girls	14/15	100m Backstroke	Final
	318	Girls	16+	100m Backstroke	Final
	319	Boys	Open	50m Freestyle	Final
	320	Girls	Open	50m Freestyle	Final
	321	Mixed		4 x 50m Medley Relay	Heats

*Medal/Award presentations after Events 310 and 321*

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

*Medal presentations after Events 404 and 409*

<b>SESSION FIVE</b>		<b>WARM UP</b>	<b>13.00 to 14.00</b>	<b>START</b>	<b>14.05</b>
Event No	501	Girls	12 years and over	200m Butterfly	HDW
	502	Boys	12 years and over	200m Butterfly	HDW
	503	Girls	Open	400m Freestyle	HDW
	504	Boys	Open	400m Freestyle	HDW
	505	Girls	Open	50m Breaststroke	Final
	506	Boys	Open	50m Breaststroke	Final
	507	Girls	12/13	100m Butterfly	Final
	508	Girls	14/15	100m Butterfly	Final
	509	Girls	16+	100m Butterfly	Final
	510	Boys	12/13	100m Butterfly	Final
	511	Boys	14/15	100m Butterfly	Final
	512	Boys	16+	100m Butterfly	Final
	513	Girls	12/13	100m Freestyle	Final
	514	Girls	14/15	100m Freestyle	Final
	515	Girls	16+	100m Freestyle	Final
	516	Boys	12/13	100m Freestyle	Final
	517	Boys	14/15	100m Freestyle	Final
	518	Boys	16+	100m Freestyle	Final
	519	Mixed		4 x 50m Medley Relay	Final

*Medal/Award presentations after Events 506 and 519*

**WESTHILL DISTRICT ASC INVITATIONAL MEET 2012**

**SUMMARY SHEET**

**Match Secretary** \_\_\_\_\_

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

\_\_\_\_\_

\_\_\_\_\_

**Club Name/Abbr** \_\_\_\_\_

**Tel. No** \_\_\_\_\_

**Email** \_\_\_\_\_

..... Individual Age Group Male Entries @ £5.00	£ .....
..... Individual Open Male Entries @ £5.00	£ .....
..... Individual Age Group Female Entries @ £5.00	£ .....
..... Individual Open Female Entries @ £5.00	£ .....
..... Mixed Team Entries @ £ 10.00	£ .....
..... Coaches Passes @ £15.00 (2 day)	£ .....
..... Coaches Passes @ £10.00 (Sat)	£ .....
..... Coaches Passes @ £5.00 (Sun)	
<b>TOTAL</b>	£ .....

**CLOSING DATE FOR ENTRIES IS 24 MARCH 2012**

**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)

