



WESTHILL DISTRICT ASC

MINNOWS MEET



Westhill District ASC invites you to their Fourteenth Minnows Meet (under FINA & SASA rules) at Westhill Swimming Pool on Saturday 19 September 2009

MEET INFORMATION

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

Sessions In the interest of these young swimmers there will only be two sessions:-

Session One - Warm Up 9.00 am- Start 10.05 am

Session Two - Warm Up 2.00 pm - Start 3.05 pm

(SUBJECT TO CHANGE IF NECESSARY)

Events	Boys/Girls	9 years	50M All Strokes
		10 years	50M All Strokes
		11 years	50M All Strokes
	Relays	4 x 25M F/C Relay - mixed ages (a maximum of two swimmers aged 11 with two younger swimmers making up the team) 4 x 25M Medley Relay - mixed ages (a maximum of two swimmers aged 11 with two younger swimmers making up the team). Each club can only enter a maximum of 2 Relay teams in each event. NB swimmers must have been entered for at least one individual swim and they may only swim in one team per relay event. Relays will be Heat Declared Winner 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. The organising committee retains the right on the final selection for the number of heats per event.

Age As on day of competition (i.e. 19 September 2009)

Entries Entries are by **disk**. Entry files may be obtained by downloading from North District website (www.sasanorth.org.uk) or by contacting Gordon Moir Tel 01224 745027 or wldasc@supanet.com. **Time cards are not required**. Lists of rejected swimmers, if applicable, will be posted to each club. A licence has been granted for this meet, the number is ND/L2/684/SEP09

Entry Fees £4 PER INDIVIDUAL EVENT
£6 PER RELAY TEAM

Entries may have to be limited dependent upon numbers received

Please return disks, consolidation sheet and entry fees to :-

Mr Gordon Moir, 10 Dawson Drive, Westhill, Aberdeenshire AB32 6NS

Entry Times We have again set entry times in order that we can provide a good quality meet which encourages the young inexperienced swimmers. As in previous years our aim remains the same and we will not be entering the more experienced swimmers from our own club in this competition (even if they have a qualifying time), we hope that other clubs will follow our lead and keep in the spirit of the meet's aims.

Please note that any swimmer who has, at any time prior to the entry cut off date, achieved a time faster than the cut off times listed below must not be entered for that particular event. Should it come to light that this meet rule has been ignored Westhill District ASC reserve the right to take action against the offending club and swimmer(s) - this may be prior to, during or after the meet.

			Boys	Girls
Times <u>must</u> be slower than:	50 F/C	-	00:41.00	00:42.00
	50 BRS	-	00:50.00	00:51.00
	50 B/C	-	00:45.00	00:46.00
	50 FLY	-	00:47.00	00:48.00

These times will apply to all age groups.

CLOSING DATE FOR ENTRIES IS FRIDAY 21 AUGUST 2009

Withdrawals Withdrawals from heats should be notified on the withdrawal form issued with the acceptance pack. The sheets should be handed in to the Recorders desk **at least 1 hour prior to the start** of the appropriate session.

Withdrawals prior to the competition should be either posted to Gordon Moir (address on previous page) or Emailed to wdasc@supanet.com to arrive **no later than 5.00 pm** on Friday 18 September 2009. **NB** Telephone withdrawals will not be accepted under any circumstances.

Clubs should complete a separate sheet for each session.

Awards Medals will be presented to 1st, 2nd and 3rd places with 4th, 5th and 6th place ribbons for the other finalists. 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.

Coaches 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.

Electronic Timing Electronic timing will be in use and we would greatly appreciate if Coaches could explain the necessity for swimmers to achieve firm contact with the pads at the finish of each event.

Arrival Please advise your swimmers that they should not arrive too early as they will not gain entrance to the pool until 8.45 am at the very earliest.

**Cameras/
Videos/
Mobile
Phones** 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). The use of mobile phones will not be permitted either on poolside or in the changing areas in order to prevent any misuse of mobiles with integrated digital camera/video equipment. We would be grateful if you could ensure that all members of your club are aware of this requirement.

Technical Officials

We would be 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 5 September 2009 to

Mr Dave McDonald, 167 Craigton Road, Aberdeen, AB15 7AU.

Meet Convenor

Mrs Julie McPherson

Tel: 01224 749936

We look forward to seeing you on 19 September 2009

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PROGRAMME OF EVENTS

SESSION ONE

WARM UP 10.00

START 11.05

<i>Event No</i>	101	Boys 9 - 11	50m Backcrawl
	102	Girls 9 - 11	50m Backcrawl
	103	Boys 4 x 25m	Frontcrawl Relay
	104	Girls 4 x 25m	Frontcrawl Relay
	105	Boys 9 - 11	50m Butterfly
	106	Girls 9 - 11	50m Butterfly

Medal Presentation –

Relay Events 103 and 104

Followed by

Finals of Event Nos 101, 102, 105 and 106

Medal Presentation

Finals of Events 101, 102, 105 and 106

SESSION TWO

WARM UP 15:00

START 16:05

<i>Event No</i>	201	Boys 9 - 11	50m Breaststroke
	202	Girls 9 - 11	50m Breaststroke
	203	Boys 4 x 25m	Medley Relay
	204	Girls 4 x 25m	Medley Relay
	205	Boys 9 - 11	50m Frontcrawl
	206	Girls 9 - 11	50m Frontcrawl

Medal Presentations

Relay Events 203 and 204

Followed by

Finals of Event Nos 201, 202, 205 and 206

Medal Presentations

Finals of Event Nos 201, 202, 205 and 206
Peco Trophy for Top Club
Gilbert Trophy for Best Westhill District Swimmer

