**ABERDEEN DOLPHIN SC**

**GRADED MEET**

**SUNDAY 20th NOVEMBER 2016**

**Licence ND/L2/258/NOV16**

Aberdeen Dolphin SC cordially invites you to our **Annual Graded Meet** to be held at Northfield Pool, Kettlehills Crescent, Aberdeen, on **Sunday 20th Nov 2016**

SESSIONS Session 1: Warm up: 08.30 Start: 09.35 Session 2: Warm up: 13.15 Start: 14.20

AGE GROUPS 10 & 11 years

12 & 13 years

14 & 15 years

Age as on the day.

EVENTS See attached schedule for events and entry qualification times.

Over the top starts will be used where necessary. All events are declared winners.

ENTRIES All entries must be via a Hytek Team Manager electronic entry file. Entry information packs can be downloaded from SASA North District or Swim Scotland websites or by application to the Gala Entry Sec (details below).

Three reserves per individual event will be identified as entrants. Clubs will be notified of any rejected swims prior to the Gala

together with a copy of the Draft Programme.

Swimmers must qualify for one other event to do the IM

Relay events are open to all age groups subject to a maximum age restriction of 52 years in total.

## CLOSING DATE FOR ENTRIES IS: SUNDAY 23rd October 2016

ENTRY FEES £4.50 per individual event - £7.00 per relay team

WITHDRAWALS Withdrawals prior to the Gala are to be emailed to the

Gala Convenor to arrive **no later than 5.00 pm on Friday 18th November 2016**. galaconvenor.adsc@gmail.com

Telephone withdrawals will not be accepted under any circumstances.

Withdrawals on the day should be notified using the withdrawal sheet issued to each club on arrival at the Gala. The sheets should be returned to the Recorders Table at least 45 minutes prior to the start of each session.

Reserves will be used in the order as advised to fill any such withdrawals. Aberdeen Dolphin SC reserve the right to fill any remaining lane with a swimmer of our own Club (time only - any such swimmer will not score points).

AWARDS Medals will be presented in all events to 1st, 2nd and 3rd.

Points across the day will be awarded as follows:-

## Individual Events & Relay Events

1st = 6 pts, 2nd = 5 pts, 3rd = 4 pts 4th = 3 pts, 5th = 2 pts, 6th =1 pt

SUBMISSION OF The Hytek electronic entry file, Summary Sheet and Fees (made ENTRIES payable to Aberdeen Dolphin SC) should be returned, no later

than **Sunday 23rd October 2016** to the Gala Convenor

Joanne Bennet

5 Meadowlands Close

Westhill

AB32 6EF

Telephone: 07818 624845

## Email: [galaconvenor.adsc@gmail.com](mailto:galaconvenor.adsc@gmail.com)

OFFICIALS Officials from your Club will be requested when the Draft Programme is issued. Please respond with your list of Officials prior to **Sunday 6th November** via the attached officials form. Please return to our STO Convenor:-

Amanda Powe

Email: stoconvenor.adsc@gmail.com

There is an expectation that the number of STO's submitted will be in proportion to the number of accepted swims.

LUNCHES Coaches can request lunch at a cost of £5 and requests should be submitted with the summary sheet and payment must be made along with the entry fees.

**Aberdeen Dolphin ASC**

**Graded Meet 20th November 2016**

**Programme of Events**

Session 1 Warm up 8.30 Start 9.35

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Event |  | Age | Stroke | Slower Than |
| 101 | Girls | 10 & 11 | 100m IM | Open |
| 102 | Girls | 12 & 13 | 100m IM | Open |
| 103 | Girls | 14 & 15 | 100m IM | Open |
| 104 | Boys | 10 & 11 | 50m Backstroke | 41.00 |
| 105 | Girls | 10 & 11 | 50m Backstroke | 41.00 |
| 106 | Boys | 12 & 13 | 50m Backstroke | 38.00 |
| 107 | Girls | 12 & 13 | 50m Backstroke | 38.00 |
| 108 | Boys | 14 & 15 | 50m Backstroke | 34.00 |
| 109 | Girls | 14 & 15 | 50m Backstroke | 35.00 |
| 110 | Boys | 10 & 11 | 50m Breaststroke | 48.00 |
| 111 | Girls | 10 & 11 | 50m Breaststroke | 48.00 |
| 112 | Boys | 12 & 13 | 50m Breaststroke | 45.00 |
| 113 | Girls | 12 & 13 | 50m Breaststroke | 45.00 |
| 114 | Boys | 14 & 15 | 50m Breaststroke | 39.00 |
| 115 | Girls | 14 & 15 | 50m Breaststroke | 40.00 |
| 116 | Boys |  | 200m Freestyle Relay |  |

Presentation of Medals

Session 2 Warm up 13.15 Start 14.20

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Event |  | Age | Stroke | Slower Than |
| 201 | Boys | 10 & 11 | 100m IM | Open |
| 202 | Boys | 12 & 13 | 100m IM | Open |
| 203 | Boys | 14 & 15 | 100m IM | Open |
| 204 | Girls | 10 & 11 | 50m Fly | 39.00 |
| 205 | Boys | 10 & 11 | 50m Fly | 39.00 |
| 206 | Girls | 12 & 13 | 50m Fly | 35.00 |
| 207 | Boys | 12 & 13 | 50m Fly | 35.00 |
| 208 | Girls | 14 & 15 | 50m Fly | 32.00 |
| 209 | Boys | 14 & 15 | 50m Fly | 31.00 |
| 210 | Girls | 10 & 11 | 50m Freestyle | 36.00 |
| 211 | Boys | 10 & 11 | 50m Freestyle | 36.00 |
| 212 | Girls | 12 & 13 | 50m Freestyle | 33.00 |
| 213 | Boys | 12 & 13 | 50m Freestyle | 33.00 |
| 214 | Girls | 14 & 15 | 50m Freestyle | 29.00 |
| 215 | Boys | 14 & 15 | 50m Freestyle | 28.00 |
| 216 | Girls |  | 200m Freestyle Relay |  |

Presentation of Medals



## GRADED MEET SUNDAY 20TH NOV 2016

**SUMMARY SHEET**

|  |  |  |  |
| --- | --- | --- | --- |
| **CLUB NAME** | ………………………………………………… |  | |
| **MEET SECRETARY** | .................................................................. | **EMAIL ADDRESS** | ………………………………………………… |
| **ADDRESS** | .................................................................. | **TELEPHONE No** | ………………………………………………... |
|  | ……………………………………………….. |  |  |
|  | ..................................................................... |  |  |

**CLOSING DATE FOR ENTRIES : SUNDAY 23rd October**

**CHEQUES PAYABLE TO ABERDEEN DOLPHIN SC**

……. Boys Entries at £4.50 each £ ……..

……. Girls Entries at £4 50 each £ ……..

……. Relay Entries at £7.00 each £ ……..

……. Coaches Lunches at £5.00 each £ ……..

**Total £ ……..**

Declaration – I confirm that all the swimmers entered in this competition are currently registered with SASA.

Signed

Date

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



# GRADED MEET SUNDAY 20TH NOVEMBER 2016

## CLUB NAME:

**STO CONVENOR:**

**EMAIL:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **NAME** | **DUTY - TK / J1 / J2 / J2S** | **SIGNATURE REQUIRED?** | **SESSION 1** | **SESSION 2** |
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**Trainee Judges 1, 2 or 2S please enter names below if requesting mentoring sessions. These will be at the discretion of the Referee depending on the availability of suitable mentors.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **NAME** | **DUTY - J1, J2, J2S** | **TYPE OF MENTORING DUTY** | **SESSION 1** | **SESSION 2** |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

**Return to:- Amanda Powe : stoconvenor.adsc@gmail.com**