



GARIOCH AMATEUR SWIMMING CLUB

INVITES YOU TO OUR GARIOCH 200 OPEN MEET (UNDER FINA and SASA RULES)
AT INVERURIE SWIMMING CENTRE, ON SATURDAY/SUNDAY 11th-12th September 2010

MEET INFORMATION

Pool Inverurie Swimming Pool, 25 metres, 4 lanes, anti-turbulence lane ropes.

Sessions

Saturday	Session One	Warm Up 08.00 – Start 09.05
	Session Two	Warm Up 13.00 – Start 14.05
Sunday	Session Three	Warm Up 08.00 – Start 09.05
	Session Four	Warm Up 13.00 – Start 14.05

Licence ND/L2/759/SEP10. Accreditation will be applied for.

Events 200m events for all strokes, plus 200m Individual Medley
50m events for all strokes

Entries will be accepted on time basis.

Please note this is a club competition and entries from composite teams will not be accepted. Where possible the accepted entries for each age group will be equal but if an age group or event is under-subscribed, the organising committee reserves the right to include additional entries from other age groups.

All events will be heat declared winner. Programme of events attached.

Garioch reserves the right to include slower heats of its own swimmers or fill unused lanes with eligible swimmers in attendance.

Age Groups 10-12, 13-14, and 15 and over. Age as on last day of competition.

Starts As per FINA rules. One start will be implemented throughout. Over the top starts will be used where practicable.

Entries Entries will only be accepted on Hytek . To apply for a Hytek input file please contact Bethany Carlier (email: carlier25@btopenworld.com)
Alternatively, the input file can be downloaded from the Garioch Website, www.gasc.co.uk and SASA North District Website at www.sasanorth.org.uk. Time cards are not required.
Please return entries (by email to carlier25@btopenworld.com) and summary sheet with declaration and entry fees by letter post to Bethany Carlier, 25 Dinnie Place, Kintore, Inverurie, AB51 0TJ
Entries submitted by email will not be officially entered until entry fees are received.

Entry Fees £4.00 per event
Closing date for entries is FRIDAY 20st AUGUST 2010 6:00 p.m.

Withdrawals Withdrawals prior to the competition can be emailed to Bethany Carlier as above to arrive no later than 12.00 noon **Thursday, 9th September**. Telephone withdrawals will not be accepted in any circumstances. Please include swimmer name, event & entry time when notifying withdrawals.

Withdrawals on the day should be notified on the withdrawal form issued with the coaches' packs. Sheets to be handed to the Recorders at least 1 hour prior to start of the appropriate session.

Awards Medals will be awarded to the first three positions in each age group per event. The Garioch 200 Trophy will be awarded to the top club; this will be decided on a points basis.

Technical Officials We would be grateful for a list of Technical Officials willing to help on the day. Please complete form/sheet and either return with your entries, or send to Helen Smith (by email to hmsmith05@btinternet.com) **by Monday 30th August 2010**
Light lunch will be provided for technical officials and one coach per club.

Notes

- 1) All swimmers entered must have paid their SASA membership fee for the current year and the appropriate declaration should be shown on the summary sheet. Registration numbers **MUST** be shown on entry sheets.
- 2) This is a Level 2 meet. All swimmers must be capable of starting the race from a dive
- 3) Due to lack of poolside space, only one coach per 10 swimmers please.
- 4) Participating clubs will receive one copy of start sheets and results sheets for each session.
- 5) Please note that anyone wishing to use photographic equipment, including video cameras must register with the Meet Convenor on the appropriate SASA Health and Safety form.
- 6) Use of mobile phones is not allowed in the changing rooms and pool area and therefore they should be switched off.
- 7) Meet Convenor: Gayle Mowat, Tel: 01457 670193
Email: gascsec@yahoo.co.uk

GARIOCH AMATEUR SWIMMING CLUB

200 OPEN MEET SATURDAY/SUNDAY 11th / 12th September 2010

PROGRAMME OF EVENTS

SATURDAY 11th SEPTEMBER 2010

SESSION ONE Warm-up 08.00 hrs

- 101 Girls 200m Breaststroke
- 102 Boys 200m Butterfly
- 103 Girls 50m Backstroke
- 104 Boys 200m Individual Medley

PRESENTATIONS

SESSION TWO Warm-up 13:00 hrs

- 201 Boys 50m Butterfly
- 202 Girls 200m Individual Medley
- 203 Boys 200m Breaststroke
- 204 Girls 50m Freestyle
- 205 Boys 50m Freestyle

PRESENTATIONS

SUNDAY 12th SEPTEMBER 2010

SESSION THREE Warm-up 08:00 hrs

- 301 Boys 200m Freestyle
- 302 Girls 200m Backstroke
- 303 Boys 50m Backstroke
- 304 Girls 200m Butterfly

PRESENTATIONS

SESSION FOUR Warm-up 13:00 hrs

- 401 Girls 50m Butterfly
- 402 Boys 200m Backstroke
- 403 Girls 200m Freestyle
- 404 Boys 50m Breaststroke
- 405 Girls 50m Breaststroke

PRESENTATIONS

