



**BRIDGE OF DON ASC
APRIL SHOWERS 2010
24th April 2010
Bridge of Don Pool**



Welcome to our 7th Showers.

Date	24 th April 2010		
Venue	Bridge of Don, 25 metres, 5 lanes, anti-turbulence ropes.		
Accreditation	Application for accreditation has been applied for under Fina & SASA rules. All competitors must have paid their annual registration fee to SASA. Swimmers must be able to start with a dive. No turn boards at turn end.		
License No	ND/L2/739/APR10		
Sessions	Session One Warm Up	8.00am	Start 9.05am
	Session Two Warm up	1.00 pm	Start 2.05 pm
	Finish	5.05 pm	
	(Subject to change if necessary)		
	There will be no entry to the swimming pool before 8:00 am.		
Events	Boys / Girls	8 years	25m all strokes
		9 years	50m all strokes
		10 years	50m all strokes
		11 years	50m all strokes
	Mixed	4 x 50m Medley Relay	
	Mixed	4 x 50m Freestyle Relay	
	(Age on day i.e. 24th April 2010)		
	Please see attached sheet for qualifying times (slower than).		
	The meet will operate using the one-start rule and we reserve the right to use over the top starts as necessary. The organising committee also reserves the right to restrict the number of entries to keep the meet to a manageable size and also to have a slower heat for their own swimmers.		
Fees	£4.00 per individual event £6.00 per relay team		

Relays

Relay teams will comprise of four swimmers where the combined age of the swimmers does not exceed **40 years**. Teams can be mixed or all boys or all girls.

Medley Relay: Swimmers must have swum the individual corresponding stroke in their age group.

Freestyle Relay: Swimmers must have swum the individual freestyle event.

Pool

No eating of food on poolside or in spectator's area. Mobile phones must be switched off in the building. Pool shoes must be worn at all times out with poolside.

Awards

Medals for 1st, 2nd, and 3rd and 'too fast' certificates for those who exceed the medal cut off time which is 5% less than consideration time.

Entries

All entries are to be submitted electronically using Hy-Tek Team Manager format. Entry files can be downloaded from North District Website or by e-mailing bodasc@btinternet.com

Please email entry files to bodasc@btinternet.com

Withdrawals by Thursday 22nd April 2010

CLOSING DATE FOR ENTRIES IS FRIDAY 26th March 2010

Please send consolidation sheet, entry fees & officials sheet to:-

Mrs Joan Paterson
474 Lee Crescent North
Bridge of Don Aberdeen
AB22 8GJ.

Clubs will be notified of any rejected swims prior to the meet along with a provisional programme.

Officials

We will not be able to run the meet without a sufficient amount of officials. Therefore we would be grateful for a list of officials willing to help on the day. Lunch will be provided.

Please complete the enclosed form and return it along with the entries.

BRIDGE OF DON ASC
April Showers
24th April 2010

PROGRAMME OF EVENTS

Session One		Warm Up	08.00m	Start 9.05am	Entry times slower than
Event No	101	Boys	8 years	25m Freestyle	00.20.00
	102	Girls	8 years	25m Freestyle	00.20.00
	103	Boys	9 years	50m Breaststroke	00.54.00
	104	Girls	9 years	50m Breaststroke	00.54.00
	105	Boys	10 years	50m Backstroke	00.43.00
	106	Girls	10 years	50m Backstroke	00.43.00
	107	Boys	11 years	50 Fly	00.48.00
	108	Girls	11 years	50 Fly	00.48.00
	109	Boys	8 years	25m Fly	00.24.00
	110	Girls	8 years	25m Fly	00.24.00
	111	Boys	9 years	50m Freestyle	00.43.00
	112	Girls	9 years	50m Freestyle	00.43.00
	113	Boys	10 years	50m Breaststroke	00.51.00
	114	Girls	10 years	50m Breaststroke	00.51.00
	115	Boys	11 years	50m Backstroke	00.40.00
	116	Girls	11 years	50m Backstroke	00.40.00
	117	Mixed		4 x 50m Medley Relay	N/A

Session Two		Warm Up	1.00pm	Start 2.05 pm	Entry times slower than
Event No	201	Boys	8 years	25m Backstroke	00.22.00
	202	Girls	8 years	25m Backstroke	00.22.00
	203	Boys	9 years	50m Fly	00.54.00
	204	Girls	9 years	50m Fly	00.54.00
	205	Boys	10 years	50m Freestyle	00.40.00
	206	Girls	10 years	50m Freestyle	00.40.00
	207	Boys	11 years	50m Breaststroke	00.48.00
	208	Girls	11 years	50m Breaststroke	00.48.00
	209	Boys	8 years	25m Breaststroke	00.26.00
	210	Girls	8 years	25m Breaststroke	00.26.00
	211	Boys	9 years	50m Backstroke	00.46.00
	212	Girls	9 years	50m Backstroke	00.46.00
	213	Boys	10 years	50m Fly	00.51.00
	214	Girls	10 years	50m Fly	00.51.00
	215	Boys	11 years	50m Freestyle	00.37.00
	216	Girls	11 years	50m Freestyle	00.37.00
	217	Mixed		4 x 50m Freestyle Relay	N/A

BRIDGE OF DON ASC
APRIL SHOWERS 2010

Match Secretary _____

Address _____

Tel. No _____

Email _____

Club Name/Abbr _____

ENTRIES SUMMARY

Female Individual Entries	_____	@ £4.00 =	£ _____
Male Individual Entries	_____	@ £4.00 =	£ _____
Relay Teams	_____	@ £6.00 =	£ _____
Coaches Pass	_____	@ £5.00 =	£ _____
		Total=	£ _____

CLOSING DATE FRIDAY 26th March 2010

PLEASE MAKE CHEQUES PAYABLE TO: BRIDGE OF DON 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)