

ALFORD OTTERS

1st 100 MEET

(UNDER FINA AND SASA RULES)

Sunday 18 April 2010
Westhill Swimming Pool

Pool	25 Metres, 6 Lanes, Anti-turbulence ropes, Electronic Timing & Level Deck Pool
Sessions	<p>Session One Warm Up 08.30 - Start 09.35</p> <p>Session Two Warm Up 13.30 - Start 14.35</p> <p>(SUBJECT TO CHANGE IF NECESSARY)</p>
Events	100m Freestyle, 100m Backstroke, 100m Butterfly, 100m Breaststroke for all individual age groups and 100m Individual Medley as an open age group event.
Age	<p>As at 18 April 2010.</p> <p>Age Groups for 100m Stroke Events will be: Girls – 10/11, 12, 13, 14 Boys – 11/12, 13, 14, 15</p> <p>Age Groups for 100M Individual Medley will be: Girls – 10 – 14 Boys – 11 - 15</p> <p>Competitors may swim only in their own age groups.</p>
Consideration Times	<p>Consideration times are attached.</p> <p>Entries will be accepted on a slower than basis.</p>
Entries	<p>Entries will not be accepted from composite teams.</p> <p>All entries must be on Hy-tek Team Manager entry file. Entry files may be obtained by downloading from the North District website or by contacting Susan Brown at browndskb@btinternet.com.</p> <p>Please return entry files along with summary sheet and entry fees to:</p> <p>Susan Brown Dorstan House Muir of Fowlis ALFORD AB33 8JU Tel: 019755 81613</p> <p>CLOSING DATE FOR ENTRIES IS FRIDAY 19 MARCH 2010 All paperwork & entry files to be received by this date</p>
Entry Fees	<p>£4.25 PER EVENT</p> <p>Cheques should be made payable to Alford Otters ASC.</p> <p>Entries may have to be limited dependent upon numbers received and will be accepted evenly across the age groups where possible.</p> <p>Alford Otters ASC may offer our Club swimmers the opportunity to swim in the slowest heat even if faster applications have been received.</p>
Awards	<p>Medals will be awarded for 1st, 2nd and 3rd places.</p> <p>There will be a trophy for the best overall Club. The best Club will be determined using standard Hy-Tek points and in the event of a tie the Club with the most 1st places will be declared the winner.</p>

<p>Technical Officials</p>	<p>Please offer the services of your technical officials to ensure that this meet receives its accreditation.</p> <p>A completed technical officials sheet should be sent to Lesley Pirie by email to arrive before Friday 2 April 2009:</p> <p>Contact Lesley at home.thepiries@virgin.net</p> <p>Judges and Timekeepers in training who are wishing specific signatures, eg. chief timekeeper or stroke, should make this request but requests will be accommodated only if the meet referee considers it practical.</p>
	<p>Withdrawals prior to the competition should be emailed to Susan Brown at browndskb@btinternet.com to arrive no later than 5pm on Friday 16 April.</p> <p>Withdrawals in the day should be submitted to the recorders table prior to the start of each warm up on the withdrawal forms made available.</p>
<p>Notes</p>	<ol style="list-style-type: none"> 1 All swimmers entered must have paid their SASA membership fee for the current year. 2 Registration numbers must be shown on entry files. A Licence has been granted for this competition and accreditation will be applied for to the North District. 3 Due to lack of space poolside access will be limited to one Coach per 10 swimmers. 4 All swimmers will be required to marshall prior to their event. 5 Food must not be eaten on poolside and no glassware should be taken into the changing rooms or onto the poolside. 6 Participating clubs will receive one copy of start sheets and results sheets for each session per 10 swimmers in attendance. 7 Technical Officials will be offered lunch. Coaches and Team Managers can request lunch at a cost of £5 per head and requests should be submitted with the summary sheet and payment included with entries. 8 Spectator space will be extremely limited and priority seating will be given to swimmers and coaches.
<p>Photography</p>	<p>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 within the building is limited to the designated area in the foyer.</p>
<p>Meet Convenor</p>	<p>Lynn Alderton - 07732 718086 - lynnalderton@f2s.com</p>

Consideration Times

Times must be slower than:-

		Boys			Events	Girls		
15	14	13	11/12		10/11	12	13	14
0:58.73	0:59.97	1:02.00	1:05.82	100 Free	1:12.73	1:08.67	1:06.36	1:04.83
1:08.67	1:10.99	1:13.99	1:20.09	100 Back	1:19.33	1:17.11	1:15.61	1:14.65
1:18.49	1:21.26	1:24.50	1:29.45	100 Breast	1:33.66	1:29.10	1:26.68	1:25.02
1:06.49	1:08.94	1:12.26	1:18.88	100 Fly	1:24.12	1:18.88	1:15.71	1:13.91
1:15.35	1:15.35	1:15.35	1:15.35	100 IM	1:21.26	1:21.26	1:21.26	1:21.26

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SUMMARY SHEET

Contact Details

Club: _____

Match Secretary: _____

Address: _____

Tel. No. _____

Email Address: _____

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)

Entry Summary

FEMALE INDIVIDUAL ENTRIES @	£4.25 = £
MALE INDIVIDUAL ENTRIES @	£4.25 = £
COACHES MEAL PASS @	£5.00 = £
TOTAL		= £

CLOSING DATE: 19 March 2010

PLEASE MAKE CHEQUES PAYABLE TO: ALFORD OTTERS ASC

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SESSION 1

Warm Up 8.30am

Session Start 9.35am

- 101 Girls 10 – 14 100 Individual Medley
- 102 Boys 11/12 + Boys 13 100 Breaststroke
- 103 Boys 14 + Boys 15 100 Freestyle
- 104 Girls 10/11 + Girls 12 100 Butterfly
- 105 Girls 13 + Girls 14 100 Backstroke
- 106 Boys 11/12 + Boys 13 100 Freestyle
- 107 Boys 14 + Boys 15 100 Breaststroke
- 108 Girls 10/11 + Girls 12 100 Backstroke
- 109 Girls 13 + Girls 14 100 Butterfly

SESSION 2

Warm Up 1.30pm

Session Start 2.35am

- 201 Boys 11 – 15 100 Individual Medley
- 202 Girls 10/11 + Girls 12 100 Breaststroke
- 203 Girls 13 + Girls 14 100 Freestyle
- 204 Boys 11/12 + Boys 13 100 Butterfly
- 205 Boys 14 + Boys 15 100 Backstroke
- 206 Girls 10/11 + Girls 12 100 Freestyle
- 207 Girls 13 + Girls 14 100 Breaststroke
- 208 Boys 11/12 + Boys 13 100 Backstroke
- 209 Boys 14 + Boys 15 100 Butterfly

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OFFICIALS SHEET

Club _____

Meet Officials Convenor: Lesley Pirie

STO Contact Name _____

Tel: 01975 564420

Tel No: _____

Email: home.thepiries@virgin.net

Email Address _____

NAME	QUALIFIED LEVEL	SIGNATURE REQUIRED?	SESSION 1	SESSION 2
Mr Example	J2S	No	Y	Y
NAME	TRAINEE LEVEL	SIGNATURE REQUIRED?	SESSION 1	SESSION 2
Mrs Example	Trainee J1	Yes CIT	Y	Y