

**S.A.S. INVITE YOU TO THEIR
LAST CHANCE GRADED MEET
16th -17th June 2012
(Under FINA and SASA Rules).**

REVISED MEET INFO

- Venue** Westhill Swimming Pool, Westhill, Aberdeenshire
- Pool** 25m, 6 lane pool, anti-turbulence ropes, starting blocks both ends, electronic timing, six lane scoreboard. Level deck Pool, overall depth 2.0m
- Age Groups** 10/11, 12/13, 14/15 years. **Age as at 31st December 2012**
- Events** All events will be HDW. Distance events will be swum with all age groups (12 – 15 years) combined and with boys and girls seeded together in order of entry times.
Swimmers may enter for one distance event only.
The organisers reserve the right to restrict entries if required.
Should the situation arise that one or more events are oversubscribed before the Meet as a whole is full, rejections (and subsequently reserves) in those events will be selected on a fastest first basis.
- Relays** Double points will be awarded to Relays. Clubs may enter more than one relay team per event, with only the A Relay team scoring.
4 x 50m Freestyle and Medley relays will be swum as one event but with two age groups 10-12 years and 13-15 years with medals being awarded in each age group.
The Cannon relay will consist of 6 swimmers in any or all of three categories as follows:-
Junior mixed [one of each sex] 2x10yrs 2x11yrs 2x12yrs
Senior mixed [one of each sex] 2x13yrs 2x14yrs 2x15yrs
Club mixed [one of each sex] 2x10/11yrs 2x12/13yrs 2x14/15yrs
Clubs may enter as many teams as they choose but only the A team will score. Medals will be awarded in each category.
- Sessions** Provisional session times are as follows
- | | | | |
|------------------|---------------|-------------|--------------|
| SESSION 1 | WARM-UP 13.00 | START 14.00 | FINISH 17.00 |
| SESSION 2 | WARM-UP 08.30 | START 09.30 | FINISH 12.30 |
| SESSION 3 | WARM-UP 13:15 | START 14:15 | FINISH 17:15 |
- Timing of Sessions will be confirmed once full entries are received.**
- Start Rule** As per FINA Rules, one start will be implemented throughout this competition. Over the top starts will be used where practicable.
- Entries** **Entries will be accepted on a "first come first accepted basis", with whole club acceptances as far as possible. This is to maximise development opportunities for accepted clubs, and maximise numbers for Relay entries.**
Entry times need not be Accredited times but must be real times. "No Time" entries will NOT be accepted.
All entries must be on Hy-Tek Team Manager entry file. Hy-Tek Lite is available to download free of charge from the North District website (www.sasanorth.org.uk)
Entry files are available to download from the SAS website, (www.sas.co.uk), the North District Website, (www.sasanorth.org.uk), or from the Swim Scotland website (www.swimscotland.org.uk).
Alternatively you may contact Lesley Moir on president@westhilldistrictasc.org.uk
- Time Cards are not required
- Lists of rejected swimmers, if applicable, will be e-mailed to each club.
- All swimmers must have paid their current SASA registration fee.

Entry Fees Entry fees are: **Individual Age Group events £4.50**
Distance Events, £6.50
Relay Events; £6.00

Cheques payable to South Aberdeenshire Swimming

Please return entries and fees to: Lesley Moir, 10 Dawson Drive, Westhill, Aberdeenshire AB32 6NS

CLOSING DATE FOR ENTRIES IS FRIDAY 18th MAY

Clubs will be informed as soon as possible after the closing date if entries have been accepted.

In the event of postponement, cancellation or abandonment of the event, refunds if any will be made at the absolute discretion of SAS. The Team will have no legal liability to make a refund or to pay any form of consequential or indirect damage such as loss of enjoyment, travel and accommodation costs.

Awards Medals will be awarded to the 1st, 2nd and 3rd place in each Age Group event. Points will be awarded for all age group events. Points will be on the basis of the Hy-Tek Standard points system, with 20 points for 1st position, 17 for 2nd, down to 1 point for 16th position. Double points will be awarded for Relays. A trophy will be awarded to the TOP VISITING CLUB.

Technical Officials We would be very grateful for a list of officials willing to help on the day. **Please return the enclosed form with your entries.**

Meals Refreshments will be provided for Technical Officials and one coach per club. Additional coaches meal tickets may be ordered by completing the enclosed form.

Photographic Equipment Please note that anyone wishing to use cameras or video equipment must register with the Meet Organiser on the day. The use of mobile phones of any description will not be permitted in the Changing Rooms or Poolside.

Meet Convenor Julie McPherson Telephone 01224 749936 Email: mcpersonclan1001@msn.com

We look forward to seeing you on the 16th June.

ORDER of EVENTS

SESSION 1

Warm-up: 13:00

Start 14.00

Event 101	Mixed 12-15 1500m Freestyle
Event 102	Girls 10/11 100m Breaststroke
Event 103	Boys 10/11 100m Breaststroke
Event 104	Girls 12/13 100m Breaststroke
Event 105	Boys 12/13 100m Breaststroke
Event 106	Girls 14/15 100m Freestyle
Event 107	Boys 14/15 100m Freestyle
Event 108	Girls 10/11 100m Backstroke
Event 109	Boys 10/11 100m Backstroke
Event 110	Girls 4 x 50m Freestyle Relay
Event 111	Boys 4 x 50m Freestyle Relay

SESSION 2

Warm-up: 08:30

Start 09.30

Event 201	Mixed 12/15 800m Freestyle
Event 202	Boys 10/11 100m Freestyle
Event 203	Girls 10/11 100m Freestyle
Event 204	Boys 12/13 100m Butterfly
Event 205	Girls 12/13 100m Butterfly
Event 206	Boys 14/15 100m Breaststroke
Event 207	Girls 14/15 100m Breaststroke
Event 208	Boys 12/13 100m Backstroke
Event 209	Girls 12/13 100m Backstroke
Event 210	Boys 14/15 100m Butterfly
Event 211	Girls 14/15 100m Butterfly

SESSION 3

Warm-up: 13:15

Start 14:15

Event 301	Girls 14/15 200m Individual Medley
Event 302	Boys 14/15 200m Individual Medley
Event 303	Girls 10/11 100m Butterfly
Event 304	Boys 10/11 100m Butterfly
Event 305	Girls 12/13 200m Individual Medley
Event 306	Boys 12/13 200m Individual Medley
Event 307	Girls 14/15 100m Backstroke
Event 308	Boys 14/15 100m Backstroke
Event 309	Girls 10/11 200m Individual Medley
Event 310	Boys 10/11 200m Individual Medley
Event 311	Girls 12/13 100m Freestyle
Event 312	Boys 12/13 100m Freestyle
Event 313	Girls 4 x 50m Medley Relay
Event 314	Boys 4 x 50m Medley Relay
Event 315	Cannon relay 6 x 50m freestyle

Entry times to be slower than;

Boys

Girls

10 - 11	12 - 13	14 - 15	Event	10 - 11	12 - 13	14 -15
1.29.00	1.19.00	1.14.00	100 Back	1.29.00	1.23.00	1.18.00
1.42.00	1.32.00	1.23.00	100 Breast	1.40.00	1.32.00	1.27.00
1.17.00	1.09.00	1.03.00	100 Free	1.17.00	1.12.00	1.06.00
1.31.00	1.21.00	1.15.00	100 Fly	1.30.00	1.25.00	1.19.00
3.13.70	2.45.00	2.25.90	200 IM	3.20.50	2.55.00	2.36.30

Boys

12	13	14	15	Event
11.43.60	10.52.90	10.11.50	9.37.30	800 Free
22.21.30	20.44.70	19.25.80	18.20.60	1500 Free

Girls

12	13	14	15	Event
11.54.40	11.09.60	10.31.10	09.58.00	800 Free
23.02.90	21.36.30	20.21.80	19.17.80	1500 Free

Note : 200IM, 1500 & 800m "Slower than" times are the DRP Bronze Squad Qualification times

SUMMARY SHEET

Club Name/Abbr _____

Match Sec _____

Tel No. _____

Address _____

email _____

**CLOSING DATE FOR ENTRIES
FRIDAY 18TH MAY 2012**

**CHEQUES SHOULD BE MADE
PAYABLE TO SOUTH
ABERDEENSHIRE SWIMMING**

	Male	Female	Mixed	£
Individual Swims @£4.50				
Distance Swims @ £6.50				
Relays @ £6.00				
Coaches Meal Pass @ £7.50/day				
Grand Total				

Declaration: I confirm that all swimmers entered in this competition have paid their current SASA membership fee.

Signed: _____ Position in Club: _____ Date: _____