

ALFORD OTTERS

3rd 100 MEET (UNDER FINA AND SASA RULES)

Sunday 15 April 2012
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 Session Two Warm Up 13.30 - Start 14.35</p> <p>(SUBJECT TO CHANGE IF NECESSARY)</p>
Events	<p>Individual 100m Freestyle, 100m Backstroke, 100m Butterfly, 100m Breaststroke for all age groups and 100m Individual Medley as an open age group event.</p> <p>100m Relays to be swum as 4 x 25m Freestyle and 4 x 25m Medley in single sex events.</p>
Age	<p>As at 15 April 2012 for all events.</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>Relay events are open to all age groups subject to a maximum age restriction of 50 years total for Girls and 54 years for Boys. Team lines will be required one hour before the start of the session in which the relay takes place.</p> <p>Competitors may swim only in their own age groups and swimmers entered into relay events must be eligible for and entered into at least one individual event.</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 (for exception see note 10).</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 Sue Tootill at gary_sue.tootill@talk21.com</p> <p>Please return entry files along with summary sheet and entry fees to:</p> <p>Sue Tootill - gary_sue.tootill@talk21.com 31, Keirhill Gardens Westhill Aberdeenshire AB32 6AZ</p> <p>CLOSING DATE FOR ENTRIES IS FRIDAY 16 MARCH 2012 All paperwork & entry files to be received by this date</p>

Entry Fees	<p>£4.50 PER INDIVIDUAL EVENT</p> <p>£6.00 PER TEAM RELAY 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>Entries for each Team Event (relay) are limited to two per Club per event.</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.</p> <p>The best Club will be determined using standard Hy-Tek points with no enhancement for relay events. In the event of a tie the Club with best relay results will be declared the winner.</p> <p>Keepsake trophies will be presented to the overall best boy and overall best girl at the meet using standard Hy-Tek points scoring by event. In the event of a tie the result of the Individual Medley will determine the winner.</p> <p>Shields and keepsake trophies will be presented to the overall best boy and overall best girl swimming for Alford Otters using standard Hy-Tek points scoring by event. In the event of a tie the result of the Individual Medley will determine the winner.</p>
Technical Officials	<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 Durno Jessiman by email to arrive before Friday 23 March 2012:</p> <p>Contact Durno at carnethy6@hotmail.com</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>
Withdrawals	<p>Withdrawals prior to the competition should be emailed to Sue Tootill at gary_sue.tootill@talk21.com to arrive no later than 5pm on Friday 13 April.</p> <p>Withdrawals on the day should be submitted to the recorders table prior to the start of each warm up on the withdrawal forms made available.</p>
Notes	<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.

Notes (cont)	<p>3 Due to lack of space poolside access will be limited to one Coach per 10 swimmers.</p> <p>4 All swimmers will be required to marshall prior to their event.</p> <p>5 Food must not be eaten on poolside and no glassware should be taken into the changing rooms or onto the poolside.</p> <p>6 Participating clubs will receive one copy of start sheets for each session per 10 swimmers in attendance. Results will be sent via e-mail and published on the North District website.</p> <p>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.</p> <p>8 Spectator space will be extremely limited and priority seating will be given to swimmers and coaches.</p> <p>9 Refunds for swimmers who are withdrawing through illness or injury will be granted only if the swimmer has been withdrawn in time according to the meet Information and when the swimmer can provide medical evidence confirming that they are unfit to swim to the Meet Convenor within 7 days following the Meet. The letter should be dated not more than 4 weeks before the Meet and not more than 2 days after the meet.</p> <p>10 Composite relay teams may be accepted at the discretion of the Meet Convenor to fill empty lanes in the relay events once the programme has been published. These teams will not be eligible for points or medals. These "fun only" relay teams will be required to pay the full entry fee.</p> <p>11 Please don't turn up before 8am because you won't get in!!!!</p>
Photography	<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).</p> <p>Use of mobile phones within the building is limited to the designated area in the foyer.</p>
Meet Convenor	Lynn Alderton - 07732 718086 - lynalderton@f2s.com

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

ALFORD OTTERS

3rd 100 MEET

Sunday 15 April 2012

Westhill Swimming Pool

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.....	@	£4.50 = £
MALE INDIVIDUAL ENTRIES	@	£4.50 = £
FEMALE RELAY ENTRIES	@	£6.00 = £
MALE RELAY ENTRIES	@	£6.00 = £
COACHES MEAL PASS	@	£5.00 = £
TOTAL		= £
CLOSING DATE: 16 March 2012		
PLEASE MAKE CHEQUES PAYABLE TO: ALFORD OTTERS ASC		

ALFORD OTTERS**3rd 100 MEET****Sunday 15 April 2012****Westhill Swimming Pool****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
 110 Boys Max Age 54 4 x 25 Medley Relay
 111 Girls Max Age 50 4 x 25 Medley Relay

SESSION 2**Warm Up 1.30pm****Session Start 2.35pm**

- 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
 210 Girls Max Age 50 4 x 25 Freestyle Relay
 211 Boys Max Age 54 4 x 25 Freestyle Relay

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3rd 100 MEET

Sunday 15 April 2012

Westhill Swimming Pool

OFFICIALS SHEET

Club _____

STO Contact Name _____

Tel No: _____

Email Address _____

Meet Officials Convenor: Durno Jessiman

Carnethy

Forbes

Alford

AB33 8QL

Tel: 01975 563619

Email: carnethy6@hotmail.com

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