



GARIOCH AMATEUR SWIMMING CLUB

INVITE YOU TO THE
GARIOCH 200 OPEN MEET
(UNDER FINA and SASA RULES)
AT WESTHILL SWIMMING POOL
ON SATURDAY 21st & SUNDAY 22nd SEPTEMBER 2013

MEET INFORMATION

Pool Westhill Swimming Pool, 25 metres, 6 lanes, anti-turbulence lane ropes, electronic timing

Session 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/L2/996/SEP13** Accreditation will be applied for

Events 200m events for all strokes, 200m Individual Medley plus 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 ASC 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 Keith Thomson (email: keith.julie.jessica@btinternet.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 keith.julie.jessica@btinternet.com) and summary sheet with declaration and entry fees by letter post to Keith Thomson, 23 Broadstraik Crescent, Westhill, Aberdeenshire AB32 6JR.

Entries submitted by email will not be officially entered until entry fees are received.

- Entry Fees** £6.00 per 200m event and £3.00 per 50m event.
Closing date for entries is **FRIDAY 23rd AUGUST 2013 6:00 p.m.**
- Withdrawals** Withdrawals prior to the competition can be emailed to Keith Thomson to arrive no later than 12.00 noon on Thursday 19th September 2013.
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 Keith Thomson (by email to keith.julie.jessica@btinternet.com) by **FRIDAY 6th September 2013**
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, up to a maximum of 3 coaches per session.
 - 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 pool area and therefore they should be switched off.
 - 7) Meet Convenor: Mandi Crawford
mandicrawford@hotmail.com Tel 01330 860479

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GARIOCH 200 OPEN MEET
SATURDAY 21st & SUNDAY 22nd
SEPTEMBER 2013

PROGRAMME OF EVENTS

SATURDAY 21st SEPTEMBER

SESSION ONE – Warm Up 08.00 hrs

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

PRESENTATION

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

PRESENTATION

SUNDAY 22nd SEPTEMBER

SESSION THREE – Warm Up 08.00 hrs

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

PRESENTATION

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

PRESENTATION

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SATURDAY 21st & SUNDAY 22nd SEPTEMBER 2013

SUMMARY SHEET

CLUB:	
CONTACT NAME:	
ADDRESS:	
POSTCODE:	
TEL NO:	
EMAIL:	

(Must be reliable for distribution of returns and all future information)

Total Boys Entries	<input type="text"/>	@ £6.00 =	<input type="text"/>
Total Boys Entries	<input type="text"/>	@ £3.00 =	<input type="text"/>
Total Girls Entries	<input type="text"/>	@ £6.00 =	<input type="text"/>
Total Girls Entries	<input type="text"/>	@ £3.00 =	<input type="text"/>
Additional Coach Passes (inc food)	<input type="text"/>	@ £7.50 (1 day) =	<input type="text"/>
Additional Coach Passes (inc food)	<input type="text"/>	@ £15.00 (2 days) =	<input type="text"/>

Total Cheque Enclosed £

(Please make cheques payable to G.A.S.C.)

DECLARATION: I confirm that all swimmers entered have paid their current SASA membership fee.

Signed:

Position in Club:

Date:

Form to be returned with entries file to:

Keith Thomson (Meet Entry Secretary) email : keith.julie.jessica@btopenworld.com

CLOSING DATE FOR RECEIPT OF ENTRIES IS 6:00 p.m. FRIDAY 23rd August 2013.

Cheque and paperwork to be received by Wednesday 28th August 2013

Send to:

Keith Thomson
23 Broadstraik Crescent
Westhill
Aberdeenshire
AB32 6JR

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OFFICIALS SHEET

Club:		STO Contact:	
Email:		Tel No:	

Name	Duty	Signature Required	Session			
			1	2	3	4

Trainee Judges Mentoring Requests: Enter trainee judge details below -please note that our ability to fulfil requests will be at the discretion of the Referee.

Name	Duty	Signature Required	Session			
			1	2	3	4

Please return this form either with your entry fees and summary sheet or send to:
Keith Thomson, 23 Broadstraik Crescent, Westhill AB32 6JR. keith.julie.jessica@btinternet.com

OFFICIALS TO KEITH BY FRIDAY 6th September 2013 PLEASE.

[PDF to Word](#)