



GARIOCH AMATEUR SWIMMING CLUB

Invite you to the GARIOCH 200 MEET
(UNDER FINA and SASA RULES)
at Inverurie Swimming Centre on
Saturday 15th and Sunday 16th October 2016

MEET INFORMATION

Pool	Inverurie Swimming Pool, 25 metres, 4 lanes, anti-turbulence lane ropes.	
Sessions	Saturday	Session One Warm up 8.00 am, start 9.05am
		Session Two Warm Up 1.00pm, start 2.05pm
	Sunday	Session Three Warm Up 8.00 am, start 9.05am
		Session Four Warm Up 1.00pm, start 2.05pm
Licence No	ND/L2/279/OCT16	
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. In the event that the meet is over-subscribed and for safety reasons the number of swimmers has to be reduced, then swimmers with few entries may not be accepted.

All entries will be heat declared winners. The programme of events is attached.

Garioch ASC reserve the right to include slower heats of its own swimmers to fill unused lanes with eligible swimmers in attendance.

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.





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 Rod Douglas (email: meetentries@gasc.co.uk)

Alternatively, the input file, and a word version of the entry form can be downloaded from the Garioch Website, www.gasc.co.uk/club-info/swimmer-info or SASA North District Website at www.sasanorth.org.uk.

Time cards are not required.

Please return entries (by email to meetentries@gasc.co.uk)

Summary sheet with declaration and entry fees by letter post to;
Rod Douglas, Burnside of Affleck, Udney, Ellon, AB41 6SQ

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





GARIOCH AMATEUR SWIMMING CLUB

GARIOCH 200 MEET Saturday 15th and Sunday 16th October 2016

Entry Fees £4.00 per 50m event, £6.00 per 200m.

Closing date for entries is 23rd September 2016.

Withdrawals Withdrawals prior to the competition can be emailed to Rod Douglas to arrive no later than 12 noon on 14th October 2016.

Telephone withdrawals will not be accepted in any circumstances.

Please include the swimmers name, event and entry time when notifying withdrawals.

Refunds will not be given once the draft meet program has been published.

Withdrawals on the day should be notified on the withdrawal form issued with the coach's packs. Sheet's 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, by email to officials@gasc.co.uk by 1st October 2016.

Light lunch will be provided for technical officials.

Meet Regulations No guarantee can be given by GASC that the event will take place at a particular time or any particular date and GASC reserves the right to reschedule the event without notice and without liability for so doing. It is expected that this would happen as a result of unforeseen circumstances, eg venue/facility failure or adverse weather.

In the event of postponement, cancellation or abandonment of the event, refunds if any, will be made at the absolute discretion of Garioch ASC. Garioch ASC 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.



Notes

1. All swimmers entered must have paid their SASA membership fee for the current year and the appropriate declaration 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.
4. Seating areas will be allocated to each team. Teams are responsible for clearing their seating area of belongings, litter etc. before leaving at the end of the competition day.
5. Lockers provided in the changing rooms should be used to store all belongings. The meet organisers and the facility management cannot be held responsible for items lost during the course of the event.
6. Participating clubs will receive one copy of start sheets and results sheets for each session.
7. 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.
8. Use of mobile phones is not allowed in the changing rooms and pool area and therefore they should be switched off.
9. A light lunch will be provided for Technical Officials. Coaches can request a lunch pass at a price of £9 and this should be submitted with the summary sheet and payment included with entries.
9. Meet Convenor: Shona Strachan, email: officials@gasc.co.uk





GARIOCH AMATEUR SWIMMING CLUB

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Programme of Events

Saturday 15th October 2016

SESSION ONE – Warm Up 8.00am, Session Start's 9.05am.

101	10 & Over	Girls 200 Breaststroke
102	10 & Over	Boys 200 Butterfly
103	10 & Over	Girls 50 Backstroke
104	10 & Over	Boys 200 IM

Medal Presentations

SESSION TWO – Warm Up 1.00pm, Session Start's 2.05pm

201	10 & Over	Boys 50 Butterfly
202	10 & Over	Girls 200 IM
203	10 & Over	Boys 200 Breaststroke
204	10 & Over	Girls 50 Freestyle
205	10 & Over	Boys 50 Freestyle

Medal Presentations

Sunday 16th October 2016

SESSION THREE – Warm Up 8.00am, Session Start's 9.05am

301	10 & Over	Boys 200 Freestyle
302	10 & Over	Girls 200 Backstroke
303	10 & Over	Boys 50 Backstroke
304	10 & Over	Girls 200 Butterfly

Medal Presentations

SESSION FOUR – Warm Up 1.00pm, Session Start's 2.05pm

401	10 & Over	Girls 50 Butterfly
402	10 & Over	Boys 200 Backstroke
403	10 & Over	Girls 200 Freestyle
404	10 & Over	Boys 50 Breaststroke
405	10 & Over	Girls 50 Breaststroke

Medal Presentations





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GARIOCH 200, 15th – 16th October 2016

SUMMARY SHEET

Club	
Contact Name	
Address	
Post Code	
Tel No	
Email	

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

	Number of Entries	Total Cost
Boys Entries @ £4		
Boys Entries @ £6		
Girls Entries @ £4		
Boys Entries @ £6		
Coaches Lunch Passes @ £9		
TOTAL (cheques payable to GASC)		

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: Rod Douglas (Meet Entry Secretary), Burnside of Affleck, Udney, Ellon, AB41 6SQ, email: meetentries@gasc.co.uk
CLOSING DATE FOR RECEIPT OF ENTRIES IS 6.00 PM FRIDAY 23 September 2016.

Cheques and paperwork to be received by Rod Douglas no later than 30th September 2016. Send to: Rod Douglas, Burnside of Affleck, Udney, Ellon, AB41 6SQ.





GARIOCH AMATEUR SWIMMING CLUB

GARIOCH 200, 15th and 16th OCTOBER 2016
OFFICIAL 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 fulfill 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 email to officials@gasc.co.uk

OFFICIALS TO BE SUBMITTED BY FRIDAY 1 OCTOBER 2016

