



WESTHILL DISTRICT ASC

MINNOWS MEET



Westhill District ASC invites you to their Tenth Minnows Meet (under FINA & SASA rules)
at Westhill Swimming Pool on Saturday 17 September 2005

MEET INFORMATION

Pool 25 Metres, 6 Lanes, Anti-turbulence ropes, Starting Blocks both ends.
Level Deck Pool, electronic timing, overall depth 2 metres.

Sessions In the interest of these young swimmers there will only be two sessions:-

Session One - Warm Up 10.00 am- Start 11.05 am

Session Two - Warm Up 3.00 pm - Start 4.05 pm

(SUBJECT TO CHANGE IF NECESSARY)

Events	Boys/Girls	9 years	50M All Strokes
		10 years	50M All Strokes
		11 years	50M All Strokes

Relays 4 x 25M F/C Relay - mixed ages (a maximum of two swimmers aged 11 with two younger swimmers making up the team)
4 x 25M Medley Relay - mixed ages (a maximum of two swimmers aged 11 with two younger swimmers making up the team).

NB swimmers must have been entered for at least one individual swim and they may only swim in one team per relay event.

Relays will be Heat Declared Winner events

Heats will be swum with all age groups combined and swimmers seeded by entry times. Where possible the accepted entries for each age group will be equal, but if an age group is under-subscribed, the organising committee reserves the right to include additional entries in other age groups. The fastest six swimmers in each of the three age groups will compete in the finals. The organising committee retains the right on the final selection for the number of heats per event.

Age As on day of competition (i.e. 17 September 2005)

Entries Entries are by **disk**. To obtain a disk for your club please contact Jackie Beange on 01330 833420 or e-mail beange@beangej.fsnet.co.uk. **Time cards are not required**. Lists of rejected swimmers, if applicable, will be posted to each club. A licence has been granted for this meet, the number is ND/LA3/408/Sep05

Entry Fees £3.00 PER INDIVIDUAL EVENT
£5.00 PER RELAY TEAM

Entries may have to be limited dependent upon numbers received

Please return disks, consolidation sheet and entry fees to: -

Mrs Jackie Beange, Hayhillock, 22 Main Street, Sauchen, Inverurie, AB51 7JP

Entry Times We have again set entry times in order that we can provide a good quality meet which encourages the young inexperienced swimmers. As in previous years our aim remains the same and we will not be entering the more experienced swimmers from our own club in this competition, we hope that other clubs will follow our lead and keep in the spirit of the meet's aims.

			Boys	Girls	
Times to be slower than:	-	50 F/C	-	00:41.00	00:42.00
		50 BRS	-	00:50.00	00:51.00
		50 B/C	-	00:45.00	00:46.00
		50 FLY	-	00:47.00	00:48.00

These times will apply to all age groups.

CLOSING DATE FOR ENTRIES IS FRIDAY 19 AUGUST 2005

Withdrawals Withdrawals from heats should be notified on the withdrawal form issued with the acceptance pack. The sheets should be handed in to the Recorders desk **at least 1 hour prior to the start** of the appropriate session.

Withdrawals prior to the competition should be either posted to Jackie Beange (address on previous page) or Emailed to beange@beangej.fsnet.co.uk to arrive **no later than 8.00 pm** on Friday 16 September 2005. **NB** Telephone withdrawals will not be accepted under any circumstances.

Clubs should complete a separate sheet for each session.

Awards Medals will be presented to 1st, 2nd and 3rd places with 4th, 5th and 6th place ribbons for the other finalists. There is a Trophy for the top club attending the Meet. Points will be awarded: 1st - 6 points, 2nd - 5 points, 3rd - 4 points, 4th - 3 points, 5th - 2 points, 6th - 1 point.

Coaches Due to lack of space poolside access will be limited to one Coach per 10 swimmers, with a maximum of 3 Coaches at any one time.

Electronic Timing Electronic timing will be in use and we would greatly appreciate if Coaches could explain the necessity for swimmers to achieve firm contact with the pads at the finish of each event.

Arrival Please advise your swimmers that they should not arrive too early as they will not gain entrance to the pool until 9.45 am at the very earliest.

Cameras/Videos 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). We would be grateful if you could ensure that all members of your club are aware of this requirement.

Technical Officials

We would be grateful for a list of Officials willing to help on the day. Clubs can either complete the enclosed form and return it with their entries or return it by 2 September 2005 to

Mrs Eleanore Murison, 106 Tedder Road, Aberdeen AB24 2SX.

We look forward to seeing you on 17 September 2005.

Meet Convenor

Mrs Nicky Gold, 9 Fare Park Circle, Westhill, Aberdeenshire. AB32 6WJ – Tel 743014

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PROGRAMME OF EVENTS

SESSION ONE

WARM UP 10.00

START 11.05

<i>Event No</i>	101	<i>Boys 9 - 11</i>	<i>50m Backcrawl</i>
	102	<i>Girls 9 - 11</i>	<i>50m Backcrawl</i>
	103	<i>Boys 4 x 25m</i>	<i>Frontcrawl Relay</i>
	104	<i>Girls 4 x 25m</i>	<i>Frontcrawl Relay</i>
	105	<i>Boys 9 - 11</i>	<i>50m Butterfly</i>
	106	<i>Girls 9 - 11</i>	<i>50m Butterfly</i>

Medal Presentation –

Relay Events 103 and 104

Followed by

107 - 118 Finals of Event Nos 101,102, 105 and 106

Medal Presentation

Events 107 - 118

SESSION TWO

WARM UP 14.45

START 15.50

<i>Event No</i>	201	<i>Boys 9 - 11</i>	<i>50m Breaststroke</i>
	202	<i>Girls 9 - 11</i>	<i>50m Breaststroke</i>
	203	<i>Boys 4 x 25m</i>	<i>Medley Relay</i>
	204	<i>Girls 4 x 25m</i>	<i>Medley Relay</i>
	205	<i>Boys 9 - 11</i>	<i>50m Frontcrawl</i>
	206	<i>Girls 9 - 11</i>	<i>50m Frontcrawl</i>

Medal Presentations

Relay Events 203 and 204

Followed by

207 - 218 Finals of Event Nos 201, 202, 205 and 206

Medal Presentations

Events 207 – 218
Peco Trophy for Top Club
Gilbert Trophy for Best Westhill District Swimmer

