

# S.A.S.

**INVITE YOU TO THEIR JUNIOR MEET (UNDER FINA & SASA RULES)  
AT WESTHILL SWIMMING POOL on 8 & 9 JANUARY 2005**

## MEET INFORMATION

**Pool** 25 Metres, 6 Lanes, Anti-turbulence ropes, Starting Blocks both ends, Electronic Timing, six lane scoreboard. Level Deck Pool; overall depth 2 metres

<b>Sessions</b>	<b>Session One</b>	Warm Up 12.00	-	Start 13.05
	<b>Session Two</b>	Warm Up 17.00	-	Start 18.05
	<b>Session Three</b>	Warm Up 09.00	-	Start 10.05
	<b>Session Four</b>	Warm Up 14.00	-	Start 15.05

(SUBJECT TO CHANGE IF NECESSARY)

**Events** **FULL PROGRAMME OF EVENTS (Age Group and Open)**  
**See attached sheet.** Age Group 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 from other age groups. All events will be HDW.  
400m Freestyle events will identify the six swimmers to take part in the 100m Challenge event. Details of the rules for this event will be provided during the weekend.

**Starts** As per FINA rules one start will be implemented throughout this competition. Over the top starts will be used where practicable.

**Age** As at 9 January 2005 (i.e. age on the last day of competition)  
Girls Age 11, 12, 13 and 14.  
Boys Age 12, 13, 14 and 15  
'Open' events are available for swimmers who fall into the above age group categories.

**Entries** Entry should be by disk. To obtain a disk for your club please contact Jean Miller on 01224 741498 or e-mail [wdasc@btinternet.com](mailto:wdasc@btinternet.com). **Time cards are not required.** Lists of accepted participating swimmers will be posted to each club.

**Entry Fees** £3.75 PER INDIVIDUAL EVENT  
Cheques should be made payable to South Aberdeenshire Swimming.  
Entries may have to be limited dependent upon numbers received.

**CLOSING DATE FOR ENTRIES IS SATURDAY 27 NOVEMBER 2004**

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

Withdrawals prior to the competition can be either posted to Jean Miller (address on page 2) or Emailed to [wdasc@btinternet.com](mailto:wdasc@btinternet.com) to arrive **no later than 8.00 pm** on Friday 7 January 2005. **NB** Telephone withdrawals will not be accepted under any circumstances.

**Clubs should complete a separate sheet for each session.**

## Awards

Medals will be awarded to the first three positions in each event (excluding Challenge event). Awards will be made for the best cumulative points total in each age group (boy and girl) Awards will also be made for the most outstanding performance overall (boy and girl) 50 metre events will not be included for the individual awards. A prize will be awarded to the winner of the 100m Challenge event (boy and girl) SAS Junior Meet Top Team Trophy will be awarded to the overall Top Team based on points 6 → 1 awarded for Age Group Events only. Ian Milne Quaich will be awarded to the Top Aberdeenshire Team based on points 6 → 1 awarded for Age Group Events only.

## Technical Officials

We would be very 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 24/12/04 to Anne Hendry, 51 Malcolm's Mount, Stonehaven AB39 2SR. Tel. 01569 764884 Email [bhendry@btinternet.com](mailto:bhendry@btinternet.com)

## Notes

1. All swimmers entered must have paid their SASA membership fee for the current year. Registration numbers **must** be shown on disks or entry sheets. A Licence has been granted for this competition and accreditation will be applied for to the SASA North District.
2. Coaches passes at a price of £15 will be available and should be ordered when returning your entry forms.
3. 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.
4. Participating clubs will receive one copy of start sheets and results sheets for each session.

## Video

Please note that anyone wishing to use photographic equipment, including video cameras must register with the Meet Director (application should be made on the appropriate SASA Health and Safety form and signed by the relevant club official).

Please return disks along with entry fees to:-

**Mrs J Miller, 6 Coldstone Avenue, Kingswells, Aberdeen AB15 8TT.**

**Meet Convenor:** Doris Mair Telephone 01224 741701  
Email [dsmair99@btinternet.com](mailto:dsmair99@btinternet.com)

We look forward to seeing you in the New Year.

# SAS JUNIOR MEET 2005

## PROGRAMME OF EVENTS

<b>SESSION ONE</b>		<b>WARM UP</b>	<b>12.00</b>	<b>START</b>	<b>13.05</b>
<i>Event No</i>	101	<i>Girls</i>	<i>11 years – 14 years</i>	<i>800m Freestyle</i>	<i>HDW</i>
	102	<i>Boys</i>	<i>12 years – 15 years</i>	<i>200m Individual Medley</i>	<i>HDW</i>
	103	<i>Girls</i>	<i>Open</i>	<i>50m Butterfly</i>	<i>HDW</i>
	104	<i>Boys</i>	<i>Open</i>	<i>50m Butterfly</i>	<i>HDW</i>
	105	<i>Girls</i>	<i>11 years – 14 years</i>	<i>200m Backstroke</i>	<i>HDW</i>
	106	<i>Boys</i>	<i>12 years – 15 years</i>	<i>200m Backstroke</i>	<i>HDW</i>

<b>SESSION TWO</b>		<b>WARM UP</b>	<b>17.00</b>	<b>START</b>	<b>18.05</b>
<i>Event No</i>	201	<i>Girls</i>	<i>11 years – 14 years</i>	<i>400m Individual Medley</i>	<i>HDW</i>
	202	<i>Boys</i>	<i>12 years – 15 years</i>	<i>400m Individual Medley</i>	<i>HDW</i>
	203	<i>Girls</i>	<i>Open</i>	<i>50m Breaststroke</i>	<i>HDW</i>
	204	<i>Boys</i>	<i>Open</i>	<i>50m Breaststroke</i>	<i>HDW</i>
	205	<i>Girls</i>	<i>11 years – 14 years</i>	<i>200m Freestyle</i>	<i>HDW</i>
	206	<i>Boys</i>	<i>12 years – 15 years</i>	<i>200m Freestyle</i>	<i>HDW</i>

<b>SESSION THREE</b>		<b>WARM UP</b>	<b>09.00</b>	<b>START</b>	<b>10.05</b>
<i>Event No</i>	301	<i>Boys</i>	<i>12 years – 15 years</i>	<i>1500m Freestyle</i>	<i>HDW</i>
	302	<i>Girls</i>	<i>11 years – 14 years</i>	<i>200m Individual Medley</i>	<i>HDW</i>
	303	<i>Boys</i>	<i>Open</i>	<i>50m Backstroke</i>	<i>HDW</i>
	304	<i>Girls</i>	<i>Open</i>	<i>50m Backstroke</i>	<i>HDW</i>
	305	<i>Boys</i>	<i>12 years – 15 years</i>	<i>200m Breaststroke</i>	<i>HDW</i>
	306	<i>Girls</i>	<i>11 years – 14 years</i>	<i>200m Breaststroke</i>	<i>HDW</i>

<b>SESSION FOUR</b>		<b>WARM UP</b>	<b>14.00</b>	<b>START</b>	<b>15.05</b>
<i>Event No</i>	401	<i>Boys</i>	<i>12 years – 15 years</i>	<i>400m Freestyle</i>	<i>HDW</i>
	402	<i>Girls</i>	<i>11 years – 14 years</i>	<i>400m Freestyle</i>	<i>HDW</i>
	403	<i>Boys</i>	<i>Open</i>	<i>50m Freestyle</i>	<i>HDW</i>
	404	<i>Girls</i>	<i>Open</i>	<i>50m Freestyle</i>	<i>HDW</i>
	405	<i>Boys</i>	<i>12 years – 15 years</i>	<i>200m Butterfly</i>	<i>HDW</i>
	406	<i>Girls</i>	<i>11 years – 14 years</i>	<i>200m Butterfly</i>	<i>HDW</i>
	407	<i>Boys</i>	<i>100m Challenge</i>	<i>100m Freestyle</i>	<i>Final</i>
			<i>Event</i>		
	408	<i>Girls</i>	<i>100m Challenge</i>	<i>100m Freestyle</i>	<i>Final</i>
			<i>Event</i>		

# SAS JUNIOR MEET 2005

## SUMMARY SHEET

Club Name/Abbr \_\_\_\_\_

Match Secretary \_\_\_\_\_  
Address \_\_\_\_\_

Tel. No \_\_\_\_\_  
E-mail address \_\_\_\_\_

..... Individual Age Group Male Entries @£4.00	£ .....
..... Individual Open Male Entries @£4.00	£ .....
..... Individual Age Group Female Entries @ £4.00	£ .....
..... Individual Open Female Entries @ £4.00	£ .....
..... Coaches Passes @ £15.00 (2 day)	£ .....
TOTAL	£ .....

**CLOSING DATE FOR ENTRIES - 27 NOVEMBER 2004**

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

### 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)

