

WESTHILL DISTRICT ASC

**INVITE YOU TO THEIR TWELFTH INVITATIONAL MEET (UNDER FINA & SASA RULES)
AT WESTHILL SWIMMING POOL on 13 & 14 MAY 2006**

MEET INFORMATION

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

Sessions	Session One	Warm Up 08.00	-	Start 09.05
	Session Two	Warm Up 13.00	-	Start 14.05
	Session Three	Warm Up 17.30	-	Start 18.15
	Session Four	Warm Up 08.00	-	Start 09.05
	Session Five	Warm Up 13.00	-	Start 14.05
	Session Six	Warm Up 17.30	-	Start 18.15

(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 in other age groups. The fastest six swimmers in each of the three age groups will compete in the finals of the 100m events. The organising committee retains the right on the final selection for the number of heats per event. 50m Backstroke and Freestyle finals will continue into a Skins event – details of the Skins rules will be provided, to finalists of these events, during the weekend.

Age Age on last day of competition i.e. 14 May 2006 - 12/13 years, 14/15 years, 16 years and over.
'Open' events are available for swimmers who fall into the above age group categories.

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

Please note that this is a club competition and entries from composite teams will not be accepted.

Entry Fees £4.00 PER INDIVIDUAL EVENT
Cheques should be made payable to Westhill District ASC.
Entries may have to be limited dependent upon numbers received.

CLOSING DATE FOR ENTRIES IS SATURDAY 8 APRIL 06

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 Jean Miller (address on page 2) or Emailed to wdasc@btinternet.com to arrive **no later than 8.00 p.m.** on Friday 12 May 2006. **NB** Telephone withdrawals will not be accepted under any circumstances.

Clubs should complete a separate sheet for each session.

**Withdrawals
from Finals**

Swimmers who wish to withdraw from a Final must inform the recorder and complete the withdrawal form no later than 30 minutes after Finalists lists have been published or announced. This will ensure that a reserve can be given the opportunity to compete and the final seeded accordingly.

Any competitor withdrawing from a final in such a manner as to prevent a reserve taking part (except in the case of proven illness or emergency) shall be suspended immediately from all further events at the Meet. Where a reserve is brought in at short notice, the reserve shall occupy the vacant lane; there will be no re-seeding.

Awards

Medals will be awarded to the first three positions in each 100 and 200 metre age group events.

Gift vouchers to the value of £15, £10 and £5 will be awarded to the first three positions in the Open 100m IM, 50m, 400m, 800m and 1500m events.

A special prize will be awarded to the winners of the Skins event.

There is a £100 award available should a new Scottish Senior or Junior Record be achieved in any of the open events. There is only one award per event so only the fastest on the day will gain the award.

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.

The McCue and Porter Cups will be awarded to the best Age Group Boy and Girl. Points will be awarded for age group final placings and the Trophies will be presented to the boy and girl who have gained the most points.

**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 29 April 2006 to Eleanore Murison,

Notes

1. All swimmers entered must have paid their SASA membership fee for the current year. Registration numbers **must** be entered on disks. 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 £20 will be available (this includes lunch and tea on both days) and should be ordered when returning your entry forms. One day passes are also available at a cost of £10.
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.
5. Any club wishing advice or assistance in obtaining suitable accommodation in the Westhill /Aberdeen area should contact Nicky Gold on 01224 743014.
6. Westhill District ASC reserves the right to amend the programme at any time.

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). Use of mobile phones is not allowed in the changing rooms and pool area therefore they should be switched off.

**Entries
Secretary
Meet
Convenor**

Please return disks along with consolidation sheet and entry fees to: -
Mrs J Miller, 6 Coldstone Avenue, Kingswells, Aberdeen AB15 8TT.
Nicky Gold Telephone 01224 743014

We look forward to seeing you on 13 May 2006.

WESTHILL DISTRICT ASC INVITATIONAL MEET 2006**PROGRAMME OF EVENTS**

SESSION ONE		WARM UP	08.00 to 09.00	START	09.05
<i>Event No</i>	101	<i>Boys</i>	<i>12 years and over</i>	<i>200m Freestyle</i>	<i>HDW</i>
	102	<i>Girls</i>	<i>12 years and over</i>	<i>200m Freestyle</i>	<i>HDW</i>
	103	<i>Boys</i>	<i>12 Years and over</i>	<i>100m Breaststroke</i>	
	104	<i>Girls</i>	<i>12 Years and over</i>	<i>100m Breaststroke</i>	
	105	<i>Boys</i>	<i>Open</i>	<i>50m Butterfly</i>	
	106	<i>Girls</i>	<i>Open</i>	<i>50m Butterfly</i>	
	107	<i>Boys</i>	<i>12 Years and over</i>	<i>200 IM</i>	<i>HDW</i>

Medal presentations after Events 104 and 107

SESSION TWO		WARM UP	13.00 to 14.00	START	14.05
<i>Event No</i>	201	<i>Boys</i>	<i>12 years and over</i>	<i>200m Breaststroke</i>	<i>HDW</i>
	202	<i>Girls</i>	<i>12 years and over</i>	<i>200m Breaststroke</i>	<i>HDW</i>
	203	<i>Boys</i>	<i>12 years and over</i>	<i>100m Freestyle</i>	
	204	<i>Girls</i>	<i>12 years and over</i>	<i>100m Freestyle</i>	
	205	<i>Boys</i>	<i>Open</i>	<i>50m Backstroke</i>	
	206	<i>Girls</i>	<i>Open</i>	<i>50m Backstroke</i>	
	207	<i>Boys</i>	<i>Open</i>	<i>400m Freestyle</i>	<i>HDW</i>
	208	<i>Girls</i>	<i>Open</i>	<i>400m Freestyle</i>	<i>HDW</i>

Medal/Award presentations after Events 204 and 208

SESSION THREE		WARM UP	17.30 to 18.10	START	18.15
<i>Event No</i>	301	<i>Boys</i>	<i>Open (One heat only)</i>	<i>800m Freestyle</i>	<i>HDW</i>
	302	<i>Girls</i>	<i>Open (One heat only)</i>	<i>1500m Freestyle</i>	<i>HDW</i>
	303	<i>Boys</i>	<i>16+</i>	<i>100m Breaststroke</i>	<i>Final</i>
	304	<i>Girls</i>	<i>16+</i>	<i>100m Breaststroke</i>	<i>Final</i>
	305	<i>Boys</i>	<i>14/15</i>	<i>100m Breaststroke</i>	<i>Final</i>
	306	<i>Girls</i>	<i>14/15</i>	<i>100m Breaststroke</i>	<i>Final</i>
	307	<i>Boys</i>	<i>12/13</i>	<i>100m Breaststroke</i>	<i>Final</i>
	308	<i>Girls</i>	<i>12/13</i>	<i>100m Breaststroke</i>	<i>Final</i>
	309	<i>Boys</i>	<i>Open</i>	<i>50m Butterfly</i>	<i>Final</i>
	310	<i>Girls</i>	<i>Open</i>	<i>50m Butterfly</i>	<i>Final</i>
	311	<i>Boys</i>	<i>16+</i>	<i>100m Freestyle</i>	<i>Final</i>
	312	<i>Girls</i>	<i>16+</i>	<i>100m Freestyle</i>	<i>Final</i>
	313	<i>Boys</i>	<i>14/15</i>	<i>100m Freestyle</i>	<i>Final</i>
	314	<i>Girls</i>	<i>14/15</i>	<i>100m Freestyle</i>	<i>Final</i>
	315	<i>Boys</i>	<i>12/13</i>	<i>100m Freestyle</i>	<i>Final</i>
	316	<i>Girls</i>	<i>12/13</i>	<i>100m Freestyle</i>	<i>Final</i>
	317	<i>Boys</i>	<i>Open</i>	<i>50m Backstroke*</i>	<i>Final</i>
	318	<i>Girls</i>	<i>Open</i>	<i>50m Backstroke*</i>	<i>Final</i>

* ***50m Backstroke events will continue as a Skins event until a Skins winner is identified however awards will still be made for first, second and third places of the final proper.***

Medal/Award presentations after Events 310 and 318

SESSION FOUR		WARM UP	08.00 to 09.00	START	09.05
<i>Event No</i>	401	<i>Boys</i>	<i>Open</i>	<i>100m IM</i>	
	402	<i>Girls</i>	<i>12 years and over</i>	<i>200m Backstroke</i>	<i>HDW</i>
	403	<i>Boys</i>	<i>12 years and over</i>	<i>200m Backstroke</i>	<i>HDW</i>
	404	<i>Girls</i>	<i>12 years and over</i>	<i>100m Butterfly</i>	
	405	<i>Boys</i>	<i>12 years and over</i>	<i>100m Butterfly</i>	
	406	<i>Girls</i>	<i>Open</i>	<i>50m Breaststroke</i>	
	407	<i>Boys</i>	<i>Open</i>	<i>50m Breaststroke</i>	
	408	<i>Girls</i>	<i>12 years and over</i>	<i>200m IM</i>	<i>HDW</i>

Medal presentations after Events 405 and 408

SESSION FIVE		WARM UP	13.00 to 14.00	START	14.05
<i>Event No</i>	501	<i>Girls</i>	<i>Open</i>	<i>100m IM</i>	
	502	<i>Boys</i>	<i>12 years and over</i>	<i>200m Butterfly</i>	<i>HDW</i>
	503	<i>Girls</i>	<i>12 years and over</i>	<i>200m Butterfly</i>	<i>HDW</i>
	504	<i>Boys</i>	<i>12 years and over</i>	<i>100m Backstroke</i>	
	505	<i>Girls</i>	<i>12 years and over</i>	<i>100m Backstroke</i>	
	506	<i>Boys</i>	<i>Open</i>	<i>50m Freestyle</i>	
	507	<i>Girls</i>	<i>Open</i>	<i>50m Freestyle</i>	
	508	<i>Boys</i>	<i>Open</i>	<i>400m IM</i>	<i>HDW</i>
	509	<i>Girls</i>	<i>Open</i>	<i>400m IM</i>	<i>HDW</i>

Medal/Award presentations after Events 505 and 509

SESSION SIX		WARM UP	17.30 to 18.10	START	18.15
<i>Event No</i>	601	<i>Girls</i>	<i>Open</i>	<i>100m IM</i>	<i>Final</i>
	602	<i>Boys</i>	<i>Open</i>	<i>100m IM</i>	<i>Final</i>
	603	<i>Girls</i>	<i>Open (One heat only)</i>	<i>800m Freestyle</i>	<i>HDW</i>
	604	<i>Boys</i>	<i>Open (One heat only)</i>	<i>1500m Freestyle</i>	<i>HDW</i>
	605	<i>Girls</i>	<i>16+</i>	<i>100m Butterfly</i>	<i>Final</i>
	606	<i>Boys</i>	<i>16+</i>	<i>100m Butterfly</i>	<i>Final</i>
	607	<i>Girls</i>	<i>14/15</i>	<i>100m Butterfly</i>	<i>Final</i>
	608	<i>Boys</i>	<i>14/15</i>	<i>100m Butterfly</i>	<i>Final</i>
	609	<i>Girls</i>	<i>12/13</i>	<i>100m Butterfly</i>	<i>Final</i>
	610	<i>Boys</i>	<i>12/13</i>	<i>100m Butterfly</i>	<i>Final</i>
	611	<i>Girls</i>	<i>Open</i>	<i>50m Breaststroke</i>	<i>Final</i>
	612	<i>Boys</i>	<i>Open</i>	<i>50m Breaststroke</i>	<i>Final</i>
	613	<i>Girls</i>	<i>16+</i>	<i>100m Backstroke</i>	<i>Final</i>
	614	<i>Boys</i>	<i>16+</i>	<i>100m Backstroke</i>	<i>Final</i>
	615	<i>Girls</i>	<i>14/15</i>	<i>100m Backstroke</i>	<i>Final</i>
	616	<i>Boys</i>	<i>14/15</i>	<i>100m Backstroke</i>	<i>Final</i>
	617	<i>Girls</i>	<i>12/13</i>	<i>100m Backstroke</i>	<i>Final</i>
	618	<i>Boys</i>	<i>12/13</i>	<i>100m Backstroke</i>	<i>Final</i>
	619	<i>Girls</i>	<i>Open</i>	<i>50m Freestyle *</i>	<i>Final</i>
	620	<i>Boys</i>	<i>Open</i>	<i>50m Freestyle *</i>	<i>Final</i>

* **50m Freestyle events will continue as a Skins event until a Skins winner is identified however awards will still be made for first, second and third places of the final proper.**

Medal/Award presentations after Events 612 and 620

**WESTHILL DISTRICT ASC
TWELFTH INVITATIONAL MEET**

SUMMARY SHEET

Club Name/Abbr _____

Match Secretary _____
Address _____

Tel. No _____
Email _____

..... 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 @ £20.00 (2 day)	£
..... Coaches Passes @ £10.00 (1 day)	£
TOTAL	£

CLOSING DATE FOR ENTRIES IS 8 APRIL 2006

**CHEQUES SHOULD BE MADE PAYABLE TO:
WESTHILL DISTRICT ASC**

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)

