



**UPPER DEESIDE AMATEUR
SWIMMING CLUB**



CHALLENGE MEET 2010

Upper Deeside A.S.C. invites you to take part in the 12th UDASC Challenge Meet
(Under FINA and SASA Rules).

License No.: ND/LA2/757/NOV10

SATURDAY 20th NOVEMBER 2010

Venue Aboyne Community Centre, Aboyne, Aberdeenshire AB34 5JN

Pool 25m, 4 lane pool, anti-turbulence ropes

Age Groups 13 years & under, 14/15 years, 16 years & over
Age as at **20th November 2010**.

Events Swimmers must enter & swim all events in a challenge.

A disqualification in an individual event does not make the swimmer ineligible to participate in the Challenge.
Swimmers may enter a maximum of 2 challenges.

Events will be swum with all age groups combined & seeded by entry times

The organisers reserve the right to restrict entries if required
The organisers reserve the right to enter UDASC club swimmers into any empty lanes.

Challenges

FREESTYLE	: 50M, 100M, 200M
BACKSTROKE	: 50M, 100M, 200M
BREASTSTROKE	: 50M, 100M, 200M
BUTTERFLY	: 50M, 100M, 200M
SPRINT	: 50M EACH OF THE 4 STROKES

Sessions Provisional session times are as follows

SESSION 1	WARM-UP 08:30	START 09:35	FINISH 12:35
SESSION 2	WARM-UP 13:30	START 14:30	FINISH 17:30

The presentation ceremony will take place at 18:00

Start Rule The One Start Rule will be implemented throughout this competition.

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

All entries must be on Hy-Tek Team Manager entry file. These must be sent to the Meet Entry Secretary, Douglas Thomson at dthomson@chap.co.uk by the closing date.

Entry files are available to download from the North District, Swim Scotland & UDASC websites. (www.udasc.co.uk), or by contacting Douglas Thomson at 013398 85515 or email dthomson@chap.co.uk

Lists of rejected swimmers, if applicable, will be posted to each club.
Time Cards are not required.

All swimmers must have paid their current SASA registration fee.



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Entry Fees Entry fees are: £14.00 per challenge. Cheques payable to **Upper Deeside ASC**.

Entries may have to be limited depending on numbers received.

Please return paper entries, fees and officials sheets to the Meet Convenor:

**Graeme Gordon
Kirriereoch
St Eunans Road
Aboyne
Aberdeenshire
AB34 5HH
Tel 013398 86800
Email gordong1@btinternet.com**

CLOSING DATE FOR ELECTRONIC ENTRIES IS FRIDAY 22nd OCTOBER 2010

Clubs will be informed as soon as possible after the closing date if entries have been accepted.

Should 2 or less swimmers enter any Challenge, the Meet Convenor reserves the right not to run this Challenge, and offer any swimmers entered for that Challenge and alternative Challenge, at no additional cost.

Awards Trophies will be awarded in each Challenge to the top 3 swimmers of each age group, based on total **LEN points** for the designated swims. The **BP Top Club Trophy** will be awarded to the Club with the most points amassed over the competition. Points will be awarded to the Challenge Winners on the following basis: 3 points for first place, 2 points for second place, 1 point for third place.

The awards presentation will take place immediately after the final session

Technical We would be very grateful for a list of officials willing to help on the day with your entry. **Please return the enclosed form with your entries.**

Meals Refreshments will be provided for Technical Officials and one coach per club. Additional coaches' meal tickets may be ordered by completing the enclosed form. The coffee bar area may be used by swimmers with packed lunches.

Swim Shop There will be a swim shop open during the meet.

Photographic Equipment Please note that anyone wishing to use cameras or video equipment must register with the Community Centre Staff on the day. The use of mobile phones of any description will not be permitted in the Changing Rooms or Poolside.

If you have any queries please contact:

Entries; Douglas Thomson Tel: 013398 85515 email: dthomson@chap.co.uk
Meet Arrangements; Graeme Gordon, Tel: 013398 86800 email: gordong1@btinternet.com

We look forward to seeing you on the 20th November 2010



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ORDER of EVENTS

SESSION 1 Warm-up: 08:35 Start 09:35

Event 101	200m Butterfly	Male
Event 102	200m Butterfly	Female
Event 103	200m Freestyle	Male
Event 104	200m Freestyle	Female
Event 105	100m Breaststroke	Male
Event 106	100m Breaststroke	Female
Event 107	100m Backstroke	Male
Event 108	100m Backstroke	Female
Event 109	50m Freestyle	Male
Event 110	50m Freestyle	Female
Event 111	50m Backstroke	Male
Event 112	50m Backstroke	Female

SESSION 2 Warm-up: 13:30 Start 14:30

Event 201	100m Butterfly	Male
Event 202	100m Butterfly	Female
Event 203	50m Breaststroke	Male
Event 204	50m Breaststroke	Female
Event 205	200m Backstroke	Male
Event 206	200m Backstroke	Female
Event 207	50m Butterfly	Male
Event 208	50m Butterfly	Female
Event 209	100m Freestyle	Male
Event 210	100m Freestyle	Female
Event 211	200m Breaststroke	Male
Event 212	200m Breaststroke	Female

The presentation ceremony will take place at approximately 18.00.



UPPER DEESIDE AMATEUR SWIMMING CLUB



CHALLENGE MEET 2010

ENTRY SUMMARY SHEET

Club Name:

Match Secretary:

Address:

Telephone: E-mail:

NUMBER OF CHALLENGE ENTRIES

		Enter number	
		Stroke	Sprint
13 Years & Under Challenges	Male		
	Female		
14/15 Years Challenges	Male		
	Female		
16 years & Over Challenges	Male		
	Female		

Total Challenges

Cost @ £14.00 per Challenge £

Number of coaches meal passes required

Cost @ £5 per additional meal pass (one coach per club provided for) £

Total Cost £

Please make cheques payable to Upper Deeside 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)

