



**UPPER DEESIDE AMATEUR
SWIMMING CLUB**



1st CLUB WINTER GALA 2009

Upper Deeside A.S.C. 1st Club Autumn Championships
(Under FINA and SASA Rules).

FRIDAY 27th & SUNDAY 29th NOVEMBER 2009

Venue Aboyne Community Centre, Aboyne, Aberdeenshire AB34 5JN

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

Age Groups 8 & Under, 9/10, 11/12, 13/14, 15 years and over. **Age as at 29th November 2009**

Events Events are detailed on the following sheet

Events will be swum with-in squads and age groups, combined & seeded by entry times. All events are finals and will be swum as mixed ages and gender, and by seed times.

The organising committee reserve the right to alter the sequence of events to ensure balance of the sessions.

Session Provisional session time is as follows:

Registration in the Community Centre Foyer 15 mins before Warm-up

SESSION 1 Friday 27th November WARM-UP 18.30, START 19.00, FINISH 21.30

SESSION 2 Sunday 29th November WARM-UP 12.30, START 13.00, FINISH 15.30

Presentation of medals will take place during the sessions (if possible). Trophies will be awarded in the Canteen as soon as possible after the end of Session 2.

Start Rule The one start rule will be implemented throughout this competition.

Entry Fees **There are no entry fees for this competition.**
Entries may have to be limited by fastest entry times, depending on numbers received.

Swim Shop There will be a swim shop open at the beginning of each session.

Awards Medals will be awarded to 1st, 2nd and 3rd in each age group, and for boys and girls for each event including "Time Only" (TO) swims. The Tadpole TO swims are not eligible for the Age Group Trophies, however there is a special award for the best overall Tadpole Time Only swimmer.
The Age Group trophies are listed below, together with last years winners. Trophies are awarded on the basis of LEN points. This basically means the faster you swim, the more points you accrue towards your individual total.

CLOSING DATE FOR ENTRIES IS FRIDAY 6th NOVEMBER 2009



GALA FORMAT

The Club Autumn Championships will be swum in squads and age groups, seeded strictly by entry time. Swimmers with no entry time may be manually seeded to ensure most competitive racing.

Eligible swims for each squad vary according to the relative abilities of each squad and are laid out below. The provisional programme of events is also detailed below, although this may require to change once entries are received, to maintain equal durations between the two sessions.

Swimmers should consider carefully which swims they wish to enter, and discuss these with their Coach. In addition to being a Club Championship, this Gala should be considered as an opportunity to gain new and up to date times.

SQUAD 3 (TADPOLES & DOLPHINS)

Tadpoles, 7 – 8 YRS; 4 X 25M SWIMS PLUS 50M FREESTYLE

Tadpoles, 9 – 10 YRS; As above – **Time Only** i.e. medals, but not eligible for 9 - 10 Age Group trophies. There is a Special Award for the Best Overall Time Only Swimmer.

Dolphins, 9 – 10 & 11 – 12 YRS 4 X 50M SWIMS PLUS 100M FREESTYLE

SQUAD 2 (ALL SHARKS)

3 X 200 SWIMS, one of which **must** be either Fly or IM. Note, there are a 5 possible 200m swims, **choose 3 only**.

SQUAD 1 (JR TOP & TOP SQUAD)

3 X 200M SWIMS PLUS 1 X 400M SWIM. Note, stroke cannot be repeated between 200 and 400m swims. i.e., if 200IM selected, must swim 400fr, and if 200fr selected, must swim 400 IM. **400m Swim is compulsory and Time Only**.

ORDER of EVENTS

SESSION 1 Warm-up: 18.30 Start 19.00

EVENT	AGE GROUP	ELIGIBLE SQUAD	STROKE
--------------	------------------	-----------------------	---------------

Event 101	Mixed 7 -10	SQ3/TAD	25m Fly (Tad 9-10 TO)
Event 102	Mixed 9 & Over	SQ1	400 Free (TO)
Event 103	Mixed 9 & Over	SQ1&2	200 Free
Event 104	Mixed 7 – 12	SQ2&3	50m Free
Event 105	Mixed 9 & Over	SQ1&2	200m Breast
Event 106	Mixed 9 - 12	SQ3/DOL	50m Fly
Event 107	Mixed 7 -10	SQ3/TAD	25m Free (Tad 9-10 TO)
Event 108	Mixed 9 & Over	SQ1&2	200m Fly



**UPPER DEESIDE AMATEUR
SWIMMING CLUB**



1st CLUB WINTER GALA 2009

SESSION 2	Warm-up: 13.00	Start 13.30	
Event 201	Mixed 7 -10	SQ3/TAD	25m Back (Tad 9-10 TO)
Event 202	Mixed 9 - 12	SQ3/DOL	50 Back
Event 203	Mixed 9 & Over	SQ1&2	200 Back
Event 204	Mixed 9 – 12	SQ3/DOL	100m Free
Event 205	Mixed 7 - 10	SQ3/TAD	25m Breast (Tad 9-10 TO)
Event 206	Mixed 9 & Over	SQ1&2	200m IM
Event 207	Mixed 9 -12	SQ3/DOL	50 Breast
Event 208	Mixed 9 & Over	SQ1	400 IM (TO)

2008 TROPHY WINNERS

Trophies

SQUAD 3 TROPHIES

Girls 8 + under
Boys 8 + under
Best 9/10 Time Only Tadpole
Girls 9/10 (Dolphins)
Boys 9/10 (Dolphins)
Girls 11/12 (Dolphins)
Boys 11/12 (Dolphins)

SQUAD 1 & 2 TROPHIES

Girls 9/10
Boys 9/10
Girls 11/12
Boys 11/12
Girls 13/14
Boys 13/14
Girls 15 & over
Boys 15 & over
Girls 13 & under
Boys 13 & under
Girls 14+
Boys 14 +

Trophy Name

Tivendale Cup
Tivendale Cup

Ladies Circle Shield
Round Table Shield
Jamieson Cup
Jamieson Cup
Channel Offshore Cup
Oil Fab Cup
Swire Cup
BP Cup
Jacobyte Cup
Arthur Cup
Aboyne Medical Practice
Torphins Gala Cup

2008 Winner

Anna Meldrum
Andrew Bruce
New Trophy
New Trophy
New Trophy
New Trophy
New Trophy

Merryn Thomson
Thomas Mitchell
Hannah Gordon
Brad Arthur
Rachel Masson
Sam Burgess
Holly Phimister
Andrew Thomson
Rachel Masson
Brad Arthur
Holly Phimister
Sam Burgess

Would all 2008 trophy winners please bring their trophies to the Gala on the 4th, and hand to Sue Burgess (Awards Sec). All Trophies should be engraved and polished prior to handing in.