

**Aberdeen ASC**  
**Medley Challenge 2010**  
(UNDER FINA AND SASA RULES)  
Licence No: ND/L2/699/JAN10  
**23rd January 2010**  
**Northfield Pool, Aberdeen**

**MEET INFORMATION**

**Pool** 25 Metres, 6 Lanes, Anti-turbulence ropes

<b>Sessions</b>	<b>Session One</b>	Warm Up 07.45	-	Start 08.50
	<b>Session Two</b>	Warm Up 12.05	-	Start 13.10
	<b>Session Three</b>	Warm Up 15.50	-	Start 16.20

(SUBJECT TO CHANGE IF NECESSARY)

**Events**

<b>Individual</b>	<b>Boys &amp; Girls</b>
10-11yrs	50m Heats of Free, Back, Breast, Fly to qualify for an A and B 100m IM Final
12-13yrs	100m Heats of Free, Back, Breast, Fly to qualify for an A and B 200m IM Final
14-15yrs	100m Heats of Free, Back, Breast, Fly to qualify for an A and B 400m IM Final
16 and over	100m Heats of Free, Back, Breast, Fly to qualify for an A and B 400m IM Final

Times to be entered for all four strokes and the age appropriate IM distance. Entries will be accepted based solely on the IM time. Accepted swimmers must compete in all 4 heats (see notes).

The 100m heats will be swum with all age groups combined and swimmers seeded by entry times

For each age group where there are 8 or more competitors there will be A and B finals swum in Session 3. The 6 swimmers with the highest total points from the 4 heat events will qualify for the IM A final, with the next 6 swimmers qualifying for the IM B final.

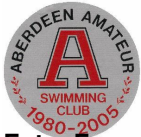
**Relay**                      **Boys & Girls**                      **HDW**

8 x 50m Medley Relay, (2 X 50 Back, Breast, Fly and Free), 2 swimmers (one male/one female) from each age group, swimming in any age order. Maximum 2 relay teams per Club.

**Age** As at 23rd January 2010

**Entries** **All entries must be submitted electronically.** To obtain files please e-mail the Entries Convenor or see the ND website.  
Please note that composite club/team entries will not be accepted.  
Please return summary sheet, entry fees and officials' sheet to the Meet Entries Convenor (Dorothy Cranna).

**CLOSING DATE FOR ENTRIES IS TUESDAY 15<sup>th</sup> DECEMBER 2009**



## Entry Fees

£16 PER INDIVIDUAL ENTRY (ie for the 4 stroke swims and IM if swimmer qualifies for A or B final). NO CHARGE FOR RELAY ENTRIES  
Cheques should be made payable to: Aberdeen ASC.  
Entries may have to be limited dependent upon numbers received.

## Withdrawals

Withdrawals from heats should be marked on the swimmers events print out sheet, distributed to clubs before the 1<sup>st</sup> warm-up. The sheets should be handed in to the recorder's table **at least 1 hour prior to the start** of the appropriate session. Any withdrawals before the day of the meet should be notified by e-mail or letter to Dorothy Cranna by 5pm on Friday 22<sup>nd</sup> January 2010. No telephone withdrawals will be accepted.

## Withdrawals from Finals

Withdrawals from finals should be made on a withdrawal form and handed to the recorder 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.

Swimmers must swim all 4 strokes in the heats. If a swimmer withdraws from a heat swim, they must withdraw from the remainder of the meet.

Where a reserve is brought in at short notice, the reserve shall occupy the vacant lane.

## Awards

A retainable Trophy will be awarded for 1<sup>st</sup> place, with medals for 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> place in the IM finals.

8 x 50m Medley Relay Trophy

Best Supported Club Trophy

## Technical Officials

In order to meet TO requirements for accreditation, all clubs are invited to provide TO's for this meet.

Any queries or changes to Technical Officials **after** the closing date should be directed to the Technical Officials Convenor.

## Notes

All swimmers entered must have paid their SASA membership fee for the current year and registration numbers **must** be shown in the entry files.

A Licence has been granted for this competition and accreditation will be applied for.

Participating clubs will receive one copy of start sheets and results sheets for each session.

There will be no reserve swimmers in the heats, but AASC reserves the right to fill empty lanes with their own swimmers.

### Meet Convenor:

Joan Gomes

[joangomes@btinternet.com](mailto:joangomes@btinternet.com)

### Entries Convenor:

Dorothy Cranna

[dorothy@cranna.co.uk](mailto:dorothy@cranna.co.uk)

142 Broomhill Road  
Aberdeen AB10 6ED

### Technical Officials Convenor:

Shona Butt

[buttclan@talktalk.net](mailto:buttclan@talktalk.net)



**Programme of Events**  
**Aberdeen ASC**  
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**Session 1**

Event Number	Event
101	Girls 10-11yrs 50 Fly
102	Boys 10-11yrs 50 Fly
103	Girls 12 + over 100 Fly
104	Boys 12 + over 100 Fly
105	Girls 10-11yrs 50 Back
106	Boys 10-11yrs 50 Back
107	Girls 12 + over 100 Back
108	Boys 12 + over 100 Back

**Session 2**

Event Number	Event
201	Girls 10-11yrs 50 Breast
202	Boys 10-11yrs 50 Breast
203	Girls 12 + over 100 Breast
204	Boys 12 +over 100 Breast
205	Girls 10-11yrs 50 Free
206	Boys 10-11yrs 50 Free
207	Girls 12 + over 100 Free
208	Boys 12 + over 100 Free

**Session 3**

Event Number	Event
301	Girls 10-11yrs 100IM A Final
	Girls 10-11yrs 100IM B Final
302	Boys 10-11yrs 100IM A Final
	Boys 10-11yrs 100IM B Final
303	Girls 12-13yrs 200IM A Final
	Girls 12-13yrs 200IM B Final
304	Boys 12-13yrs 200IM A Final
	Boys 12-13yrs 200IM B Final
305	Girls 14-15yrs 400IM A Final
	Girls 14-15yrs 400IM B Final
306	Boys 14-15yrs 400IM A Final
	Boys 14-15yrs 400IM B Final
307	Girls 16-18yrs 400IM A Final
	Girls 16-18yrs 400IM B Final
308	Boys 16-18yrs 400IM A Final
	Boys 16-18yrs 400IM B Final
309	8x50 Medley Relay



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**Summary Sheet**

**Club:** \_\_\_\_\_ **Contact Name:** \_\_\_\_\_ **Tel:** \_\_\_\_\_ **e-mail:** \_\_\_\_\_

Individual Female Entries	@ £16	£
Individual Male Entries	@ £16	£
Relay Team Entries	@ £00	£
Coaches Meal Pass (2 per club)	@ £00	£
TOTAL		£

Closing date for entries is 15<sup>th</sup> December 2009  
Cheques should be made payable to Aberdeen ASC

Please enclose: Cheque  
Officials Sheet  
Summary Sheet

**Declaration:** I confirm that all swimmers entered in this competition have paid their current SASA membership fee.

**Signed** ..... **Position in Club** ..... **Date** .....

