

WESTHILL DISTRICT ASC**INVITE YOU TO THEIR SIXTEENTH INVITATIONAL MEET
(UNDER FINA & SASA RULES)****AT WESTHILL SWIMMING POOL on 8 & 9 MAY 2010****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. This year the organising committee have introduced a Mixed 4 x 50m Medley Relay. (Boy and Girl aged 13/Under and Boy and Girl 14/Over) The Medley Relay will identify the six teams which will participate in the Russian Roulette Medley Final on the Sunday Evening Details of this event will be provided over the weekend. Each club can only enter a maximum of two teams. The organising committee retains the right on the final selection for the number of heats per event.

Age Age on last day of competition i.e. 9 May 2010 - 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 **All entries must be on Hy-Tek Team Manager entry file.** Entries file may be obtained by downloading from North District website (www.sasanorth.org.uk) or by emailing Lesley Moir on wdasc@supanet.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 £5.00 PER INDIVIDUAL EVENT
 £10.00 PER RELAY 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 27TH MARCH 2010

Withdrawals Withdrawals from heats should be notified on the relevant withdrawal form. The sheets should be handed in to the Recorders desk **at least 1 hour prior to the start of the first session and updated accordingly one hour before the start of each session thereafter.**

Withdrawals prior to the competition should be either posted to Lesley Moir (address on page 2) or Emailed to wdasc@supanet.com to arrive **no later than 5.00 p.m.** on Friday 7 May 2010. **All details must be included on e-mail withdrawals i.e. Name, Event No, Stroke, Comp No. etc.**

NB Telephone withdrawals will not be accepted under any circumstances.

- 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 Finalist 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.
- Prizes to the value of £20, £15 and £10 will be awarded to the first three positions in the Open 100m IM, 50m, 400m, 800m and 1500m events.
- The winning Club in the Russian Roulette Medley Relay will be awarded a cash prize of £100.
- 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.
Note: No points will be awarded for the relays.
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 Friday 23 April 2010 to Dave McDonald, 17 Craigton Road Aberdeen AB15 7AU Tel 01224 325302 Email - dave@dsmandco.plus.com
- 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 £25 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 £12.50. If ordering one day pass, please state day required.
 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. 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 Convenor (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 must be switched off.
- Entries Secretary** Please return consolidation sheet and entry fees to: -
Mrs L Moir, 10 Dawson Drive, Westhill, Aberdeenshire AB32 6NS.
- Meet Convenor** Julie McPherson Telephone 01224 749936

We look forward to seeing you on 8 May 2010.

**WESTHILL DISTRICT ASC INVITATIONAL MEET 2010
PROGRAMME OF EVENTS**

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

Medal presentations after Events 104 and 107

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

Medal/Award presentations after Events 204 and 208

SESSION THREE		WARM UP	17.30 to 18.10	START	18.15
Event No	301	Boys	Open (Max 2 heats)*	800m Freestyle	HDW
	302	Girls	Open (Max 2 heats)*	1500m Freestyle	HDW
	103a	Boys	12/13	100m Breaststroke	Final
	103b	Boys	14/15	100m Breaststroke	Final
	103c	Boys	16 +	100m Breaststroke	Final
	104a	Girls	12/13	100m Breaststroke	Final
	104b	Girls	14/15	100m Breaststroke	Final
	104c	Girls	16 +	100m Breaststroke	Final
	105a	Boys	Open	50m Butterfly	Final
	106a	Girls	Open	50m Butterfly	Final
	203a	Boys	12/13	100m Freestyle	Final
	203b	Boys	14/15	100m Freestyle	Final
	203c	Boys	16 +	100m Freestyle	Final
	204a	Girls	12/13	100m Freestyle	Final
	204b	Girls	14/15	100m Freestyle	Final
	204c	Girls	16 +	100m Freestyle	Final
	205a	Boys	Open	50m Backstroke	Final
	206a	Girls	Open	50m Backstroke	Final
	319	Mixed		4 x 50m Medley Relay	Heats

Medal/Award presentations after Events 310 and 319

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

Medal presentations after Events 405 and 408

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

Medal/Award presentations after Events 505 and 509

SESSION SIX		WARM UP	17.30 to 18.10	START	18.15
Event No	501a	Girls	Open	100m IM	Final
	401a	Boys	Open	100m IM	Final
	603	Girls	Open (Max 2 heats))*	800m Freestyle	HDW
	604	Boys	Open (Max 2 heats))*	1500m Freestyle	HDW
	404a	Girls	12/13	100m Butterfly	Final
	404b	Girls	14/15	100m Butterfly	Final
	404c	Girls	16 +	100m Butterfly	Final
	405a	Boys	12/13	100m Butterfly	Final
	405b	Boys	14/15	100m Butterfly	Final
	405c	Boys	16 +	100m Butterfly	Final
	406a	Girls	Open	50m Breaststroke	Final
	407a	Boys	Open	50m Breaststroke	Final
	505a	Girls	12/13	100m Backstroke	Final
	505b	Girls	14/15	100m Backstroke	Final
	505c	Girls	16 +	100m Backstroke	Final
	504a	Boys	12/13	100m Backstroke	Final
	504b	Boys	14/15	100m Backstroke	Final
	504c	Boys	16 +	100m Backstroke	Final
	507a	Girls	Open	50m Freestyle	Final
	506a	Boys	Open	50m Freestyle	Final
	621	Mixed		4 x 50m Russian Roulette Medley	Final

* *The number of heats in these events will be at the discretion of the Meet Organiser and will depend on the number of entries received and programme timing.*

Medal/Award presentations after Events 612 and 621

**WESTHILL DISTRICT ASC
SIXTEENTH INVITATIONAL MEET**

SUMMARY SHEET

Match Secretary _____

Address _____

Club Name/Abbr _____

Tel. No _____

Email _____

..... Individual Age Group Male Entries @ £5	£
..... Individual Open Male Entries @ £5	£
..... Individual Age Group Female Entries @ £5	£
..... Individual Open Female Entries @ £5	£
..... Mixed Team Entries @ £ 10.00	£
..... Coaches Passes @ £25.00 (2 day)	£
..... Coaches Passes @ £12.50 (1 day)	£
TOTAL	£

CLOSING DATE FOR ENTRIES IS 27 MARCH 2010

**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)

