

GARIOCH AMATEUR SWIMMING CLUB

INVITE YOU TO THE GARIOCH 200 MEET

(UNDER FINA and SASA RULES)

AT INVERURIE SWIMMING CENTRE ON

SATURDAY 12th & SUNDAY 13th September 2015

MEET INFORMATION

POOL Inverurie Swimming Pool, 25 metres, 4 lanes, anti-turbulence lane ropes.

SESSION Saturday Session One Warm up 8.00 am, start 9.05am

Session Two Warm Up 1.00pm, start 2.05pm

Sunday Session One Warm Up 8.00 am, start 9.05am

Session Two Warm Up 1.00pm, start 2.05pm

LICENCE ND/L2/186/SEP15

EVENTS 200m events for all strokes, 200m Individual Medley, plus 50m events for all strokes.

Entries will be accepted on time basis. Please note this is a club competition and entries from composite teams will not be accepted. Where possible the accepted entries for each age group will be equal but if an age group or event is under-subscribed, the organizing committee reserves the right to include additional entries from other age groups.

All entries will be heat declared winner. Programme of events attached.

Garioch ASC reserve the right to include slower heats of its own swimmers to fill unused lanes with eligible swimmers in attendance.

Age Groups 10-12, 13-14, and 15 and over. Age as on last day of competition.

Starts As per FINA rules. One start will be implemented throughout. Over the top starts will be used where practicable.

Entries Entries will only be accepted on Hytek. To apply for a Hytek input file, please contact Rod Douglas (email: meetsec@gasc.co.uk)

Alternatively, the input file can be downloaded from the Garioch Website, [www.gasc.co.uk](http://www.gasc.co.uk) and SASA North District Website at [www.sasanorth.org.uk](http://www.sasanorth.org.uk).

Time cards are not required.

Please return entries (by email to meetsec@gasc.co.uk)

And summary sheet with declaration and entry fees by letter post to Rod Douglas, Burnside Of Affleck, Udny, Ellon, AB41 6SQ

Entries submitted by email will not be officially entered until entry fees are received.

**GARIOCH AMATEUR SWIMMING CLUB**

**GARIOCH 200 MEET**

**SATURDAY 12th & 13th September 2015**

**Entry Fees** £4.00 per 50m event, £ 6.00 per 200m.

Closing date for entries is 21st August 2015.

**Withdrawals** Withdrawals prior to the competition can be emailed to Rod Douglas to arrive no later than 12.00 noon on 10th September 2015

Telephone withdrawals will not be accepted in any circumstances.

Please include the swimmers name, event & entry time when notifying withdrawals.

Withdrawals on the day should be notified on the withdrawal form issued with the coach’s packs. Sheet’s to be handed to the Recorders at least 1 hour prior to start of the appropriate session.

**Awards** Medals will be awarded to the first three positions in each age group per event.

**Technical** We would be grateful for a list of Technical officials willing to help

**Officials** on the day. Please complete form/sheet and either return with your entries, or send to Pat Mckenzie (by email to officials@gasc.co.uk) by 28th August 2015.

Light lunch will be provided for technical officials and one coach per club.

**Notes**

1) All swimmers entered must have paid their SASA membership fee for the current year and the appropriate declaration shown on the summary sheet. Registration numbers MUST be shown on entry sheets.

2) This is a Level 2 meet. All swimmers must be capable of starting the race from a dive.

3) Due to lack of poolside space, only one coach per 10 swimmers please.

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

5) Please note that anyone wishing to use photographic equipment, including video cameras must register with the Meet Convenor on the appropriate SASA Health and Safety form.

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

7) Meet Convenor: Pat Mckenzie, Tel: 01467 671421

Email: officials@gasc.co.uk

**GARIOCH AMATEUR SWIMMING CLUB**

**GARIOCH Mix Up MEET**

**SATURDAY 12th & 13th September 2015.**

**PROGRAMME OF EVENTS**

**SATURDAY 12th September 2015**

SESSION ONE – Warm Up 8.00am , Session Start’s 9.05am.

101 10 & Over Girls 200 Breaststroke

102 10 & Over Boys 200 Butterfly

103 10 & Over Girls 50 Back Stroke

104 10 & Over Boys 200 IM

PRESENTATION

SESSION TWO – Warm Up 1.00 pm, Session Start’s 2.05pm

201 10 & Over Boys 50 Butterfly

202 10 & Over Girls 200 IM

203 10 & Over Boys 200 Breaststroke

204 10 & Over Girls 50 Freestyle

205 10 & Over Boys 50 Freestyle

PRESENTATION

**SUNDAY 13th September 2015**

SESSION THREE – Warm Up 8.00am, Session start’s 9.05am

301 10 & Over Boys 200 Freestyle

302 10 & Over Girls 200 Backstroke

303 10 & Over Boys 50 Backstroke

304 10 & Over Girls 200 Butterfly

PRESENTATION

SESSION FOUR – Warm Up 1.00pm , Session Start’s 2.05pm

401 10 & Over Girls 50 Butterfly

402 10 & Over Boys 200 Backstroke

403 10 & Over Girls 200 Freestyle

404 10 & Over Boys 50 Breastroke

405 10 & Over Girls 50 Breastroke

PRESENTATION

**GARIOCH AMATEUR SWIMMING CLUB**

**GARIOCH 200, 12th & 13th September 2015.**

**SUMMARY SHEET**

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| --- | --- |
| CLUB: |  |
| CONTACT NAME: |  |
| ADDRESS: |  |
| POSTCODE: |  |
| TEL NO: |  |
| EMAIL: |  |

(Must be reliable for distribution of returns and all future information)

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Total Boys Entries @ £4

Total Boys Entries @ £6

Total Girls Entries @£4

Total Girls Entries @£6

Additional Coach Passes (inc food) @£ (1 Day) =

Additional Coach Passes (inc food) @£ (2 Days) =

TOTAL CHEQUE ENCLOSED £

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(Please make cheques payable to G.A.S.C.)

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| **DECLARATION:** I confirm that all swimmers entered have paid their current SASA membership fee.  Signed:  Position in Club: Date: |

Form to be returned with entries file to:

Rod Douglas (Meet Entry Secretary) email :meetsec@gasc.co.uk.co.uk

**CLOSING DATE FOR RECEIPT OF ENTRIES IS 6.00 PM FRIDAY**

**21st August 2015.**

**Cheques and paperwork to be received by Rod Douglas no later than 21st August 2015.**

**Send to : Rod Douglas, Burnside of Affleck, Udny, Ellon, AB41 6SQ**

GARIOCH AMATEUR SWIMMING CLUB

GARIOCH 200, 12th & 13th September 2015.

OFFICIAL SHEET

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| Club: |  | STO Contact |  |
| Email |  | Tel No |  |

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**Trainee Judges Mentoring Requests:**  Enter trainee judge details below – please note that our ability to fulfill requests will be at the discretion of the referee.

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| NAME | DUTY | SIGNATURE  REQUIRED | SESSION | | | |
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Please return this form either with your entry fees and summary sheet or send to

Pat Mckenzie, 9 Kirkton Park, Daviot, AB51 0HW. officials@gasc.co.uk

**OFFICIALS TO PAT BY FRIDAY 28th August 2015 PLEASE.**