



GARIOCH AMATEUR SWIMMING CLUB

INVITE YOU TO THE GARIOCH MIX UP MEET
(UNDER FINA and SASA RULES)
AT INVERURIE SWIMMING CENTRE ON
SATURDAY 21st & SUNDAY 22nd February 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/L2/134/FEB15 - Accreditation will be applied for

EVENTS 50m and 100m events for all strokes, 100m, 200m, and 400m Individual Medley, 400m Freestyle, and 200m Mixed Medley Relay.

Entries will be accepted on time basis. Please note this is a club competition and entries from composite teams will not be accepted. "No Time" entries 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. Program 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 entry files. 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 and SASA North District Website at www.sasanorth.org.uk.
- Time cards are not required.
- Please return entries (by email to meetsec@gasc.co.uk)
- Summary sheet with declaration and entry fees by letter post to Rod Douglas, Burnside Of Affleck, Udney, Ellon, AB41 6SQ should be received no later than 3 days after the closing date.
- Closing date for entries is 23rd January 2015.
- Entries submitted by email will not be officially entered until entry fees are received.
- Entry Fees** £3.50 per 50m event, £5.50 per 100M,200M and 400M event
Mixed Medley Relay £ 8.00
- Closing date for entries is 23rd January 2015.
- Withdrawals** Withdrawals prior to the competition can be emailed to Rod Douglas to arrive no later than 12.00 noon on 19th February 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 Officials** We would be grateful for a list of Technical officials willing to help on the day. Please complete form/sheet and either return with your entries, or send to Pat Mckenzie (by email to officialsgasc@yahoo.co.uk) by 6th February 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. Garioch ASC may take photographs for use with club publicity. All such photographs will be approved by the Garioch CPO.
7. Use of mobile phones is not allowed in the changing rooms and pool area and therefore they should be switched off.
8. Meet Convenor: Pat Mckenzie, Tel: 01467 671421. Email: officialsgasc@yahoo.co.uk

GARIOCH AMATEUR SWIMMING CLUB

GARIOCH Mix Up MEET SATURDAY 21st & SUNDAY 22nd February 2015. PROGRAMME OF EVENTS

SATURDAY 21st February 2015

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

101	10 & Over	Girls	100	Breaststroke
102	10 & Over	Boys	50	Breaststroke
103	10 & Over	Girls	50	Freestyle
104	10 & Over	Boys	100	IM
105	10 & Over	Girls	200	IM
106	10 & Over	Boys	400	Freestyle

PRESENTATION

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

201	10 & Over	Boys	50	Butterfly
202	10 & Over	Girls	100	IM
203	10 & Over	Boys	100	Breaststroke
204	10 & Over	Girls	50	Backstroke
205	10 & Over	Boys	50	Freestyle
206	10 & Over	Girls	400	Freestyle
207	10 & Over	Boys	200	IM

PRESENTATION

SUNDAY 22nd February 2015

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

301	10 & Over	Boys	100	Freestyle
302	10 & Over	Girls	50	Butterfly
303	10 & Over	Boys	50	Backstroke
304	10 & Over	Girls	100	Freestyle
305	10 & Over	Boys	400	IM
306	10 & Over	Girls	400	IM

PRESENTATION

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

401	10 & Over	Girls	100	Backstroke
402	10 & Over	Boys	100	Backstroke
403	10 & Over	Girls	100	Butterfly
404	10 & Over	Boys	100	Butterfly
405	10 & Over	Girls	50	Breaststroke
406	10 & Over	Mixed	200	Medley Relay

PRESENTATION

GARIOCH AMATEUR SWIMMING CLUB
GARIOCH Mix Up MEET 21 & 22 FEBRUARY 2015.

SUMMARY SHEET

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

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

Total Boys Entries 50m		@ £3.50	£
Total Boys Entries 100m+		@ £5.50	£
Total Girls Entries 50m		@ £3.50	£
Total Girls Entries 100m+		@ £5.50	£
Total Relay Entries		@ £8.00	£
Additional Coach Passes (inc food)		@ £7.50 (1 day)	
		@ £15.00 (2 days)	£

TOTAL CHEQUE ENCLOSED	£
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(Please make cheques payable to G.A.S.C.)

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 23rd January 2015.

Cheques and paperwork to be received by Rod Douglas no later than 26th January 2015. Send to : Rod Douglas, Burnside of Affleck, Udney, Ellon, AB41 6SQ

GARIOCH AMATEUR SWIMMING CLUB
GARIOCH Mix Up MEET 21 & 22 FEBRUARY 2015.

OFFICIALS SHEET

Club:		STO Contact	
Email		Tel No	

NAME	DUTY	SIGNATURE REQUIRED	SESSION			
			1	2	3	4

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.

NAME	DUTY	SIGNATURE REQUIRED	SESSION			
			1	2	3	4

Please return this form either with your entry fees and summary sheet or send to Pat Mckenzie, 9 Kirkton Park, Daviot, AB51 0HW. officialsgasc@yahoo.co.uk
OFFICIALS TO PAT BY FRIDAY 6th February 2015 PLEASE.