

INVITE YOU TO THEIR **JUNIOR MEET** (UNDER FINA & SASA RULES) on 10 & 11 January 2015

MEET INFORMATION

Venue	Westhill Swimming Pool, Hays Way, Westhill		
Pool	25 Metres, 6 Lanes, Anti-turbulence ropes, Starting Blocks both ends, Electronic Timing, six lane scoreboard. Level Deck Pool; overall depth 2 metres		
Sessions	Session One	Warm Up 09.00 -	Start 10.05
	Session Two	Warm Up 14.00 -	Start 15.05
	Session Three	Warm Up 09.00 -	Start 10.05
	Session Four	Warm Up 14.00 -	Start 15.05
	(SUBJECT TO CHANGE IF NECESSARY)		

Events **Age Group & 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 from other age groups.

We will again maintain the unique element of competition that is specifically designed to enhance Junior athletic development with the inclusion of 25m sprints. This unique opportunity is to encourage increased focus towards the middle distance & distance events that are so critical to the long term development of these young athletes. The 25m sprints complement the athletic abilities of this particular group in terms of their developing physiology. Any swimmer entering a 200m event will **automatically be entered** (no charge) into the corresponding 25m event of the same stroke; however, clubs should provide times for the 25m events – **no time will result in no swim**. If a swimmer is rejected from the 200m event then they will automatically be rejected from the corresponding 25m event.

All events will be HDW.

400m Individual Medley events will identify the six swimmers to take part in the 100m IM Challenge event. Separate entries for the Challenge event are not required. Details of the rules for this event will be provided during the weekend.

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

Age As at 11 January 2015 (i.e. age on the last day of competition)
Girls Age 11, 12, 13 and 14.
Boys Age 12, 13, 14 and 15
'Open' events are available for swimmers who fall into the above age group categories.

Entries Entries only accepted on Hy-tek Meet Manager entry files.
Entry files may be obtained by downloading from the North District website (www.sasanorth.org.uk) or by emailing Anne Hendry on bhendry@btinternet.com

Time cards are not required. List of accepted participating swimmers will be forwarded to each club.

CLOSING DATE FOR ENTRIES IS FRIDAY 5TH DECEMBER 2014

Clubs will be informed as soon as possible after the closing date if entries have been accepted.

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Entry Fees £6.50 per distance event (200m & 25m events count as 1 entry)
Cheques should be made payable to South Aberdeenshire Swimming.
Entries may have to be limited dependent upon numbers received.

In the event of postponement, cancellation or abandonment of the event, refunds, if any, will be made at the absolute discretion of SAS. The Team will have no legal liability to make a refund or pay any form of consequential or indirect damage such as loss of enjoyment, travel and accommodation costs.

Withdrawals Withdrawals should be notified on the withdrawal form provided on the day. The sheet should be handed to the Recorders **at least 1 hour prior to the start** of the appropriate session.

Withdrawals prior to the competition can be either posted or emailed and should arrive **no later than 5.00 pm on Friday 9 January 2015.**

NB Telephone withdrawals will not be accepted under any circumstances.

Meet Entries Anne Hendry, 21 Bernham Avenue, Stonehaven, AB39 2WD Email bhendry@btinternet.com

Awards Medals will be awarded to the first three positions in each event (excluding Challenge event).
Awards will be made for the best cumulative points total in each age group (boy and girl).
Awards will also be made for the most outstanding performance overall (boy and girl).
25 metre events will not be included for the individual awards.
A prize will be awarded to the winner of the 100m Challenge event (boy and girl)
SAS Junior Meet Top Team Trophy will be awarded to the overall Top Team based on points 6 > 1 awarded for Age Group Events only.
Ian Milne Quaich will be awarded to the Top Aberdeenshire Team based on points 6 > 1 awarded for Age Group Events only.

- Notes**
1. All swimmers entered must have paid their SASA membership fee for the current year. Registration numbers **must** be shown on entry sheets. A Licence has been granted for this competition and accreditation will be applied for to the SASA North District.
 2. Coaches meal passes at a price of £15 will be available and should be ordered when returning your entry forms.
 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. Please share this information with Coaches.
 4. Participating clubs will receive one copy of start sheets and results sheets for each session.

Video Please note that anyone wishing to use photographic equipment, including video cameras or i-Pads 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 will not be permitted on poolside or in the changing village in order to prevent any misuse of mobiles with integrated video/camera equipment. We would greatly appreciate if you could ensure that all your members are aware of this requirement.

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 19th December 2014** to Steve Robertson,
Email officials@westhilldistrictasc.org.uk

Meet Convenor Dawn Bedgood, Tel: 01224 749228
Email meet.convenor@westhilldistrictasc.org.uk

Meet Entries Please return entry files along with consolidation sheet and entry fees to:-

Anne Hendry, 21 Bernham Avenue, Stonehaven, AB39 2WD
Email bhendry@btinternet.com

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PROGRAMME OF EVENTS

SESSION ONE		WARM UP	09.00	START	10.05
Event No	101	Girls	11 years – 14 years	800m Freestyle	HDW
	102	Boys	12 years – 15 years	200m Individual Medley	HDW
	103	Girls	Open	25m Backstroke	HDW
	104	Boys	Open	25m Backstroke	HDW
	105	Girls	11 years – 14 years	200m Breaststroke	HDW
	106	Boys	12 years – 15 years	200m Breaststroke	HDW

SESSION TWO		WARM UP	14.00	START	15.05
Event No	201	Girls	11 years – 14 years	400m Freestyle	HDW
	202	Boys	12 years – 15 years	400m Freestyle	HDW
	203	Girls	Open	25m Breaststroke	HDW
	204	Boys	Open	25m Breaststroke	HDW
	205	Girls	11 years – 14 years	200m Backstroke	HDW
	206	Boys	12 years – 15 years	200m Backstroke	HDW

SESSION THREE		WARM UP	09.00	START	10.05
Event No	301	Boys	12 years – 15 years	1500m Freestyle	HDW
	302	Girls	11 years – 14 years	200m Individual Medley	HDW
	303	Boys	Open	25m Butterfly	HDW
	304	Girls	Open	25m Butterfly	HDW
	305	Boys	12 years – 15 years	200m Freestyle	HDW
	306	Girls	11 years – 14 years	200m Freestyle	HDW

SESSION FOUR		WARM UP	14.00	START	15.05
Event No	401	Boys	12 years – 15 years	400m Individual Medley	HDW
	402	Girls	11 years – 14 years	400m Individual Medley	HDW
	403	Boys	Open	25m Freestyle	HDW
	404	Girls	Open	25m Freestyle	HDW
	405	Boys	12 years – 15 years	200m Butterfly	HDW
	406	Girls	11 years – 14 years	200m Butterfly	HDW
	407	Boys	100m Challenge Event	100m Individual Medley	Final
	408	Girls	100m Challenge Event	100m Individual Medley	Final



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SUMMARY SHEET

Club Name/Abbr _____

Match Secretary _____
Address _____

Tel. No _____
E-mail address _____

..... Individual Age Group Male Entries @£6.50	£
..... Individual Open Male Entries @£6.50	£
..... Individual Age Group Female Entries @ £6.50	£
..... Individual Open Female Entries @ £6.50	£
..... Coaches Meal Passes @ £15.00 (2 day)	£
TOTAL	£

**CLOSING DATE FOR ENTRIES
FRIDAY 5 DECEMBER 2014**

**CHEQUES SHOULD BE MADE PAYABLE TO:
SOUTH ABERDEENSHIRE SWIMMING**

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)



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Club: _____

STO Contact Name _____

Telephone No. _____

E-mail address _____

OFFICIALS SHEET

NAME	QUALIFICATION Please indicate if J1	SESSION ONE	SESSION TWO	SESSION THREE	SESSION FOUR	SIG REQD	MENTOR REQUEST

Trainee Judges 1, 2 or 2S please indicate above if requesting mentoring sessions. These will be at the discretion of the referee depending on the availability of suitable mentors.

**Please return this form with your entries
or return it by 19th December 2014**

to:- Steve Robertson, Email: officials@westhilldistrictasc.org.uk

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