



**UPPER DEESIDE AMATEUR  
SWIMMING CLUB**

**CHALLENGE MEET 2019  
ND/L2/056/NOV19**

**Upper Deeside A.S.C. invites you to the 20<sup>th</sup> UDASC Challenge Meet**  
*(Under FINA and SASA Rules)*

**Licence No.: ND/L2/xxx/NOV19**

**SATURDAY 30<sup>th</sup> NOVEMBER 2019**

**Venue** Aboyne Community Centre, Aboyne, Aberdeenshire AB34 5JN

**Pool** 25m, 4 lane pool, anti-turbulence ropes

**Age Groups** 13 years & under, 14/15 years, 16 years & over Age as at **30/11/19**.

**Events** Swimmers must enter & swim all events in a challenge.

A disqualification in an individual event does not make the swimmer ineligible to participate in the Challenge.

Swimmers may enter a maximum of 2 challenges.

Events will be swum with all age groups combined and seeded by entry times.

UDASC reserve the right to restrict entries if required. UDASC reserve the right to enter UDASC club swimmers in to any empty lanes.

<b>Challenges</b>	FREESTYLE	: 50M, 100M, 200M
	BACKSTROKE	: 50M, 100M, 200M
	BREASTSTROKE	: 50M, 100M, 200M
	BUTTERFLY	: 50M, 100M, 200M
	SPRINT	: 50M EACH OF THE 4 STROKES

**Medleymania 500 Relay :**

The Medleymania 500 Relay will be swum in the following order:  
1 x 50m bc, 2 x 50m brs, 3 x 50m fly, 4 x 50m fr.

Teams will consist of **5 swimmers**, each of whom must swim **any** two non-consecutive relay legs (2 x 50m.) A club may enter a maximum of two teams, and no swimmer may swim in both. Relay swimmers must have been accepted into - and competed in - at least one Challenge on the day. There are no restrictions relating to age group or gender.



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**Sessions** Provisional session times are as follows

**SESSION 1** WARM-UP 08:30 START 09:35 FINISH 12:35  
**SESSION 2** WARM-UP 13:30 START 14:35 FINISH 17:30

The presentation ceremony will take place at 18:00

**Start Rule** The One Start Rule will be implemented throughout this competition.

**Entries** Please note that this is a club competition and entries from composite teams will not be accepted.

**All entries must be on Hy-Tek Team Manager entry file.**

These must be sent to the Meet Entry Secretary, Wilbur Stewart, at [udascchallengemeets@gmail.com](mailto:udascchallengemeets@gmail.com), by the closing date.

**Please enter "UDASC Challenge Entries" as the subject of your email.**

Entry files will be available to download from the North District & SwimScotland websites.

Lists of rejected swimmers, if applicable, will be posted to each club.

All swimmers must have paid their current SASA registration fee.

**Entry Fees** Entry fees are £15 per challenge, and £15 per relay team.

- Cheques should be made payable to **Upper Deeside ASC**.
- Online banking payments, which **MUST be referenced "Challenge" plus your 4-letter Club Code e.g. "Challenge NUDX"**, may be made to Account No 10082138, Sort Code 82-60-17.

Entries may have to be limited depending on numbers received.

**Paper entries, fees and officials sheets must be sent to the Meet Convenor by the closing date;**

Rachel Green  
Whin Rigg  
48 Barclay Park  
Aboyne AB34 5JF

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



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**CLOSING DATE FOR ELECTRONIC ENTRIES IS FRIDAY 1st NOV, 2019**

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

Should fewer than three swimmers enter any Challenge, the Meet Convenor reserves the right not to run that Challenge, and offer any swimmers entered for that Challenge an alternative Challenge, at no additional cost.

**Awards** Trophies will be awarded in each Challenge to the top three swimmers of each age group, based on **total LEN points** for the designated swims. Trophies will also be awarded to the top three teams in the Medleymania 500 Relay. The **BP Top Club Trophy** will be awarded to the Club with the most points amassed over the competition. Points will be awarded to the Challenge winners and to the Medleymania 500 Relay teams on the following basis: 3 points for first place, 2 points for second place, 1 point for third place.

The awards presentation will take place immediately after the end of the final session.

**Technical** We would be very grateful for a list of officials willing to help on the day, with your entry. **Please return the enclosed form with your entries.**

**Meals** Refreshments will be provided for Technical Officials and one coach per club. Additional coaches' meal tickets may be ordered by completing the enclosed form. The coffee bar area may be used by swimmers with packed lunches.

**Swim Shop** There will be a swim shop open during the meet.

**Photos & Filming** Please note that anyone wishing to use cameras or video equipment must register upon arrival at the Community Centre. The use of mobile phones of any description will not be permitted in the Changing Rooms or Poolside.

**Queries** If you have any questions or require any clarification, please contact Rachel Green (Meet Convenor) at [rachelmgreen@btinternet.com](mailto:rachelmgreen@btinternet.com), 013398 85655 or 07968 501188.



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**ORDER of EVENTS**

<b>SESSION 1</b>	<b>Warm-up: 08:35</b>	<b>Start 09:35</b>
Event 101	200m Butterfly	Male
Event 102	200m Butterfly	Female
Event 103	200m Freestyle	Male
Event 104	200m Freestyle	Female
Event 105	100m Breaststroke	Male
Event 106	100m Breaststroke	Female
Event 107	100m Backstroke	Male
Event 108	100m Backstroke	Female
Event 109	50m Freestyle	Male
Event 110	50m Freestyle	Female
Event 111	50m Backstroke	Male
Event 112	50m Backstroke	Female
SPECIAL EVENT	Medleymania 500 Relay	AM heats
<b>SESSION 2</b>	<b>Warm-up: 13:30</b>	<b>Start 14:35</b>
Event 201	100m Butterfly	Male
Event 202	100m Butterfly	Female
Event 203	50m Breaststroke	Male
Event 204	50m Breaststroke	Female
Event 205	200m Backstroke	Male
Event 206	200m Backstroke	Female
Event 207	50m Butterfly	Male
Event 208	50m Butterfly	Female
Event 209	100m Freestyle	Male
Event 210	100m Freestyle	Female
Event 211	200m Breaststroke	Male
Event 212	200m Breaststroke	Female
SPECIAL EVENT	Medleymania 500 Relay	PM heats

The presentation ceremony will take place at approximately 18.00.



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**ENTRY SUMMARY SHEET**

**Club Name:** .....

**Match Secretary:** .....

**Address:** .....

**Telephone:** ..... **E-mail:** .....

		Enter number	
		Stroke	Sprint
13 Years & Under Challenges	Male		
	Female		
14/15 Years Challenges	Male		
	Female		
16 years & Over Challenges	Male		
	Female		

TOTAL NO OF BOYS ENTERED	TOTAL NO OF GIRLS ENTERED	
<b>Total Challenges</b>		
<b>Cost @ £15 per Challenge</b>		<b>£</b>
<b>Cost @ £15 per Relay Team (Max 2)</b>		<b>£</b>
<b>Total number of coaches' meal passes required</b>		
<b>Cost @ £5 per additional meal pass (one pass foc per club)</b>		<b>£</b>
<b>Total Cost</b>		<b>£</b>

Please make cheques payable to **Upper Deeside ASC**. Online banking payments, which **MUST be referenced "Challenge" plus your 4-letter Club Code e.g. "Challenge NUDX"**, may be made to Account No 10082138, Sort Code 82-60-17.

**DECLARATION**

I confirm that all swimmers entered in this competition have paid their current SASA membership fee. (This declaration **must** be completed by all competing clubs)

Signed: ..... Club Position: ..... Date: .....



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**OFFICIALS SHEET**

**Club Name:** .....

**STO Contact Name:** .....

**Telephone:** ..... **E-mail:** .....

Name	Mentor request Y/N	Timekeeper		Judge (J1/J2)		Recorder		Starter		Referee	
		S1	S2	S1	S2	S1	S2	S1	S2	S1	S2

**Please return this form with your entries to the Meet Convenor – Thank you.**