



BRIDGE OF DON ASC
3rd Spring Time Banded Meet
Bridge of Don Swimming Pool, Aberdeen
25 April 2015



MEET INFORMATION
(UNDER FINA RULES AND SASA SWIMMING REGULATIONS)

Venue Bridge of Don Swimming pool. 25 metres, 5 lanes, anti-turbulence ropes. There will be no splashboards at turn end. Level 2 meet, swimmer must start with a dive.

Sessions	Session One:	Warm Up	8.15am	Start	9.20am
	Session Two:	Warm Up	1.15pm	Start	2.20pm

(Subject to change if necessary)

Please note that there will be no entry to the pool before 8.00am

Events Boys & Girls ages 10 – 18 years old age on day – 25 April 2015
Time Banded Meet 50m all strokes
No Times will **NOT** be accepted

50m Fly	Bands A, B, C and D
50m Breast	Bands A, B, C and D
50m Free	Bands A, B, C and D
50m Back	Bands A, B, C and D

Mixed 4 x 50m	Medley Relay
Mixed 4 x 50m	Freestyle Relay

The meet will operate using the one-start rule and we reserve the right to use over the top starts as necessary. The organising committee also reserve the right to restrict the number of entries to keep the meet to a manageable size.

Relays Relay teams will be mixed and comprise of 4 swimmers, 2 girls and 2 boys, one to be from each time band.

1 Medley Relay Team and 1 Freestyle Team per club only

Swimmers must have qualified and swam in at least 1 event to qualify for the freestyle relay.

Swimmers must have qualified and swam in the event for the stroke they shall swim in the medley relay.

NB The ages for this meet are 10 to 18. The Hy-Tek file will have over 18 ages, but this was to allow us to enter the different time band times into Time Standards.

- Fees** £5.00 per individual event
£7.50 per Relay Team Entry
- Awards** Medals for 1st, 2nd and 3rd for individual events and relay events.
- Entries** All entries are to be submitted electronically using Hy-Tek Team Manager format. To obtain the meet entry file either download from the SASA North District website or by emailing meetsecretary@bodasc.co.uk.

Please email entry files to meetsecretary@bodasc.co.uk

CLOSING DATE FOR ENTRIES IS SATURDAY 28th March 2015

Please send consolidation sheet, entry fees and officials sheet to:

Colin Downie
3 Wallacebrae Gardens
Danestone
Aberdeen
AB22 8XN
Email: meetsecretary@bodasc.co.uk

Clubs will be notified of any rejected swims prior to the meet along with a draft programme.

- Meet Convenor** Colin Downie, as above.
- Withdrawals** Withdrawals should be made no later than Thursday 23th April 2015. Swimmer withdrawing due to illness or injury must provide a medical note no later than 7 days from the day of the meet, to the Meet Convenor at the address above.
- Officials** **We will not be able to run the meet without a sufficient amount of officials. Therefore, all clubs are expected to provide a minimum of 1 official per session. Clubs that have 10 swimmers or more accepted should provide a minimum of 2 technical officials per session, at least one of which should be a Judge 1 or above.**
- Pool** No eating of food on poolside or in the spectator's area. Mobile phones must be switched off in the building.
- Note: There is no café at Bridge of Don Swimming Pool. There will be a tuck shop, but it will only offer snacks and juice. Pool shoes must be worn at all times out with poolside.
- Coaches can request lunch at a cost of £5 per head and requests should be submitted with the summary sheet and payment must be made along with the entry fees.

**Bridge of Don ASC
Springtime Banded Meet**

Session 1 Warm up 8.15am Start 9.20am Time Band

Event 101	Boys Band D	50 Breast	55.00 & Over
102	Girls Band D	50 Breast	55.00 & Over
103	Boys Band C	50 Breast	50.00 – 54.99
104	Girls Band C	50 Breast	50.00 – 54.99
105	Boys Band B	50 Breast	45.00 – 49.99
106	Girls Band B	50 Breast	45.00 – 49.99
107	Boys Band A	50 Breast	40.00 – 44.99
108	Girls Band A	50 Breast	40.00 – 44.99
109	Boys Band D	50 Free	45.00 & Over
110	Girls Band D	50 Free	45.00 & Over
111	Boys Band C	50 Free	40.00 – 44.99
112	Girls Band C	50 Free	40.00 – 44.99
113	Boys Band B	50 Free	35.00 – 39.99
114	Girls Band B	50 Free	35.00 – 39.99
115	Boys Band A	50 Free	31.00 – 34.99
116	Girls Band A	50 Free	31.00 – 34.99
117	Relay Medley	4 x 50	

Session 2 Warm up 1.15pm Start 2.20pm Time Band

Event 201	Boys Band D	50 Fly	50.00 & Over
202	Girls Band D	50 Fly	50.00 & Over
203	Boys Band C	50 Fly	45.00 – 49.99
204	Girls Band C	50 Fly	45.00 – 49.99
205	Boys Band B	50 Fly	40.00 – 44.99
206	Girls Band B	50 Fly	40.00 – 44.99
207	Boys Band A	50 Fly	35.00 – 39.99
208	Girls Band A	50 Fly	35.00 – 39.99
209	Boys Band D	50 Back	50.00 & Over
210	Girls Band D	50 Back	50.00 & Over
211	Boys Band C	50 Back	45.00 – 49.99
212	Girls Band C	50 Back	45.00 – 49.99
213	Boys Band B	50 Back	40.00 – 44.99
214	Girls Band B	50 Back	40.00 – 44.99
215	Boys Band A	50 Back	35.00 – 39.99
216	Girls Band A	50 Back	35.00 – 39.99
217	Free Medley	4 x 50	

BRIDGE OF DON ASC

CLUB _____

STO Contact _____

Telephone No _____

Email Address _____

OFFICIALS SHEET

Name	Judge	Timekeeper	Mentor	Session 1	Session 2	Signature Required

PLEASE RETURN WITH ENTRIES BY SATURDAY 28TH MARCH
Mentors please also state which signatures still required

BRIDGE OF DON ASC
SPRINGTIME BANDED MEET

Club Name / Abbr _____

Match Secretary _____

Address _____

Tel No _____

Email _____

ENTRIES SUMMARY

Female Individual Entries _____ @ £5.00 £ _____

Male Individual Entries _____ @ £5.00 £ _____

Relays Entries _____ @ £7.50 £ _____

Coaches Pass _____ @ £5.00 £ _____

£ _____

CLOSING DATE SATURDAY 28TH MARCH 2015

PLEASE MAKE CHEQUES PAYABLE TO: BRIDGE OF DON 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)