

S.A.S.

INVITE YOU TO THEIR JUNIOR MEET (UNDER FINA & SASA RULES) AT WESTHILL SWIMMING POOL on 7 & 8 JANUARY 2006

MEET INFORMATION

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 11.00	-	Start 12.05
	Session Two	Warm Up 16.00	-	Start 17.05
	Session Three	Warm Up 08.00	-	Start 09.05
	Session Four	Warm Up 13.00	-	Start 14.05

(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. This year the SAS Junior Meet will take on a unique element of competition that is specifically designed to enhance Junior athletic development with the removal of 50m events and 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 compliment 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. 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. 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 8 January 2006 (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 by disk. To obtain a disk for your club please contact Jean Miller on 01224 741498 or e-mail wdasc@btinternet.com. **Time cards are not required.** Lists of accepted participating swimmers will be posted to each club.

Entry Fees £6.00 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.

CLOSING DATE FOR ENTRIES IS SATURDAY 26 NOVEMBER 2005

Withdrawals Withdrawals should be notified on the withdrawal form issued with the acceptance pack.

The sheets 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 to Jean Miller (address on page 2) or Emailed to wdasc@btinternet.com to arrive **no later than 8.00 pm** on Friday 6 January 2006. **NB** Telephone withdrawals will not be accepted under any circumstances.

Clubs should complete a separate sheet for each session.

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.

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 24/12/05 to Glyn Freeman, 7 Gordon Drive, Inverurie, Aberdeenshire AB51 4GR Tel: 01467 622034 Email glynfreeman@hotmail.com

Notes

1. All swimmers entered must have paid their SASA membership fee for the current year. Registration numbers **must** be shown on disks or entry sheets. A Licence has been granted for this competition and accreditation will be applied for to the SASA North District.
2. Coaches 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.
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 must register with the Meet Director (application should be made on the appropriate SASA Health and Safety form and signed by the relevant club official).

Please return disks along with entry fees to:-

Mrs J Miller, 6 Coldstone Avenue, Kingswells, Aberdeen AB15 8TT.

Meet Convenor: Doris Mair Telephone 01224 741701
Email dsmair99@btinternet.com

Asst Meet Convenor: Anita Weir Telephone 01467 621149

We look forward to seeing you in the New Year.

SAS JUNIOR MEET 2006**PROGRAMME OF EVENTS**

SESSION ONE		WARM UP 11.00		START	12.05
<i>Event No</i>	101	<i>Girls</i>	<i>11 years – 14 years</i>	<i>800m Freestyle</i>	<i>HDW</i>
	102	<i>Boys</i>	<i>12 years – 15 years</i>	<i>200m Individual Medley</i>	<i>HDW</i>
	103	<i>Girls</i>	<i>Open</i>	<i>25m Backstroke</i>	<i>HDW</i>
	104	<i>Boys</i>	<i>Open</i>	<i>25m Backstroke</i>	<i>HDW</i>
	105	<i>Girls</i>	<i>11 years – 14 years</i>	<i>200m Breaststroke</i>	<i>HDW</i>
	106	<i>Boys</i>	<i>12 years – 15 years</i>	<i>200m Breaststroke</i>	<i>HDW</i>

SESSION TWO		WARM UP 16.00		START	17.05
<i>Event No</i>	201	<i>Girls</i>	<i>11 years – 14 years</i>	<i>400m Freestyle</i>	<i>HDW</i>
	202	<i>Boys</i>	<i>12 years – 15 years</i>	<i>400m Freestyle</i>	<i>HDW</i>
	203	<i>Girls</i>	<i>Open</i>	<i>25m Breaststroke</i>	<i>HDW</i>
	204	<i>Boys</i>	<i>Open</i>	<i>25m Breaststroke</i>	<i>HDW</i>
	205	<i>Girls</i>	<i>11 years – 14 years</i>	<i>200m Backstroke</i>	<i>HDW</i>
	206	<i>Boys</i>	<i>12 years – 15 years</i>	<i>200m Backstroke</i>	<i>HDW</i>

SESSION THREE		WARM UP 08.00		START	09.05
<i>Event No</i>	301	<i>Boys</i>	<i>12 years – 15 years</i>	<i>1500m Freestyle</i>	<i>HDW</i>
	302	<i>Girls</i>	<i>11 years – 14 years</i>	<i>200m Individual Medley</i>	<i>HDW</i>
	303	<i>Boys</i>	<i>Open</i>	<i>25m Butterfly</i>	<i>HDW</i>
	304	<i>Girls</i>	<i>Open</i>	<i>25m Butterfly</i>	<i>HDW</i>
	305	<i>Boys</i>	<i>12 years – 15 years</i>	<i>200m Freestyle</i>	<i>HDW</i>
	306	<i>Girls</i>	<i>11 years – 14 years</i>	<i>200m Freestyle</i>	<i>HDW</i>

SESSION FOUR		WARM UP 13.00		START	14.05
<i>Event No</i>	401	<i>Boys</i>	<i>12 years – 15 years</i>	<i>400m Individual Medley</i>	<i>HDW</i>
	402	<i>Girls</i>	<i>11 years – 14 years</i>	<i>400m Individual Medley</i>	<i>HDW</i>
	403	<i>Boys</i>	<i>Open</i>	<i>25m Freestyle</i>	<i>HDW</i>
	404	<i>Girls</i>	<i>Open</i>	<i>25m Freestyle</i>	<i>HDW</i>
	405	<i>Boys</i>	<i>12 years – 15 years</i>	<i>200m Butterfly</i>	<i>HDW</i>
	406	<i>Girls</i>	<i>11 years – 14 years</i>	<i>200m Butterfly</i>	<i>HDW</i>
	407	<i>Boys</i>	<i>100m Challenge Event</i>	<i>100m Individual Medley</i>	<i>Final</i>
	408	<i>Girls</i>	<i>100m Challenge Event</i>	<i>100m Individual Medley</i>	<i>Final</i>

SAS JUNIOR MEET 2006

SUMMARY SHEET

Club Name/Abbr _____

Match Secretary _____
Address _____

Tel. No _____
E-mail address _____

..... Individual Age Group Male Entries @£6.00	£
..... Individual Open Male Entries @£6.00	£
..... Individual Age Group Female Entries @ £6.00	£
..... Individual Open Female Entries @ £6.00	£
..... Coaches Passes @ £15.00 (2 day)	£
TOTAL	£

CLOSING DATE FOR ENTRIES - 26 NOVEMBER 2005

**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)

