

# S.A.S.

## **INVITE YOU TO THEIR JUNIOR MEET (UNDER FINA & SASA RULES) AT WESTHILL SWIMMING POOL ON 10 & 11 JANUARY 2009**

### MEET INFORMATION

|                   |  |               |               |
|-------------------|--|---------------|---------------|
| <b>Pool</b>       | 25 Metres, 6 Lanes, Anti-turbulence ropes, Starting Blocks both ends, Electronic Timing, six lane scoreboard. Level Deck Pool; overall depth 2 metres  |               |               |
| <b>Sessions</b>   | <b>Session One</b>   | Warm Up 8.00  | - Start 9.05  |
|                   | <b>Session Two</b>   | Warm Up 13.00 | - Start 14.05 |
|                   | <b>Session Three</b>   | Warm Up 08.00 | - Start 09.05 |
|                   | <b>Session Four</b>  | Warm Up 13.00 | - Start 14.05 |
|                   | (subject to change if necessary)   |               |               |
| <b>Events</b>     | <b>Age Group &amp; Open</b>  |               |               |
|                   | <p><b>See attached sheet.</b> 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 &amp; 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 <b>automatically be entered</b> (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.</p> <p>400m Individual Medley events will identify the six swimmers to take part in the 100m IM Challenge event – separate entries for the Challenge event <u>are not</u> required. Details of the rules for this event will be provided during the weekend.</p> |               |               |
| <b>Starts</b>     | As per FINA rules one start will be implemented throughout this competition. Over the top starts will be used where practicable.   |               |               |
| <b>Age</b>        | As at 11 January 2009 (i.e. age on the last day of competition)<br>Girls Age 11, 12, 13 and 14.<br>Boys Age 12, 13, 14 and 15<br>'Open' events are only available for swimmers who fall into the above age group categories.   |               |               |
| <b>Entries</b>    | Entries only accepted on Hy-tek Meet Manager entry files. To obtain entry file for your club please contact Jean Miller on 01224 741498 or e-mail wdasc@btinternet.com. <b>Time cards are not required.</b> Lists of accepted participating swimmers will be posted to each club.  |               |               |
| <b>Entry Fees</b> | £6.00 per distance event (200m & 25m events count as 1 entry)<br>Cheques should be made payable to South Aberdeenshire Swimming.<br>Entries may have to be limited dependent upon numbers received.  |               |               |

**CLOSING DATE FOR ENTRIES IS SATURDAY 6 DECEMBER 2008**

- 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 to Jean Miller (address on page 2) or Emailed to [wdasc@btinternet.com](mailto:wdasc@btinternet.com) to arrive **no later than 7.00 pm** on Friday 9 January 2009. Event number & stroke, swimmers name and entry time must be provided.  
**NB** Telephone withdrawals will not be accepted under any circumstances.
- 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 Friday 19 December 2008 to Eleanore Murison, 26 Tanfield Road, Woodside, Aberdeen, AB24 4AY Tel 01224 486870 Email [eat\\_190@hotmail.com](mailto:eat_190@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 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 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.
- Please return entry files along with consolidation sheet and entry fees to:-  
**Mrs J Miller, 6 Coldstone Avenue, Kingswells, Aberdeen AB15 8TT.**
- Meet Convenor:** Denise Roberts  
Telephone 01330 823565 Email [denise@canny.me.uk](mailto:denise@canny.me.uk)
- We look forward to seeing you in the New Year.

**SAS JUNIOR MEET 2009****PROGRAMME OF EVENTS**

| <b>SESSION ONE</b> |     | <b>WARM UP</b> | <b>08.00</b>               | <b>START</b>                  | <b>09.05</b> |
|--------------------|-----|----------------|----------------------------|-------------------------------|--------------|
| <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>   |

| <b>SESSION TWO</b> |     | <b>WARM UP</b> | <b>13.00</b>               | <b>START</b>            | <b>14.05</b> |
|--------------------|-----|----------------|----------------------------|-------------------------|--------------|
| <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>   |

| <b>SESSION THREE</b> |     | <b>WARM UP</b> | <b>08.00</b>               | <b>START</b>                  | <b>09.05</b> |
|----------------------|-----|----------------|----------------------------|-------------------------------|--------------|
| <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>   |

| <b>SESSION FOUR</b> |     | <b>WARM UP</b> | <b>13.00</b>                | <b>START</b>                  | <b>14.05</b> |
|---------------------|-----|----------------|-----------------------------|-------------------------------|--------------|
| <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 2009

## SUMMARY SHEET

**Club Name/Abbr** \_\_\_\_\_

**Match Secretary** \_\_\_\_\_  
**Address** \_\_\_\_\_

**Tel. No** \_\_\_\_\_  
**E-mail address** \_\_\_\_\_

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

**CLOSING DATE FOR ENTRIES – SATURDAY  
6 DECEMBER 2008**

**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)

