

SAS

LAST CHANCE GRADED MEET 2010

S.A.S. INVITE YOU TO THEIR FIRST EVER LAST CHANCE GRADED MEET

(Under FINA and SASA Rules).

License No.: ND/L2/742/MAT10

SATURDAY & SUNDAY 29th & 30th May 2010

Venue Westhill Swimming Pool, Westhill, Aberdeenshire

Pool 25m, 6 lane pool, anti-turbulence ropes, starting blocks both ends, electronic timing, six lane scoreboard. Level deck Pool, overall depth 2.0m

Age Groups 10/11, 12/13, 14/15 years.

Age as at 31st December 2010.

Events **Age Group**

Events will be swum with all age groups combined & seeded by entry times, and shall be HDW. Distance events (Session 3) will be swum with boys and girls seeded together in order of entry times. Swimmers entering for Distance Events must also enter **and** swim in **at least** one other age group event. Swimmers may enter for one distance event only. The organisers reserve the right to restrict entries if required. The organisers reserve the right to enter SAS swimmers in to any event with empty lanes on a non scoring basis

Relays

Detailed rules will also be handed out on the day

Double points will be awarded to Relays. Clubs may enter more than one relay team per event, with only the A Relay team scoring.
Mixed relays must contain 2 boys + 2 girls, (4x), and 4 boys + 4 girls (8X) . Clubs may enter any other combination on a non-scoring basis.
Preference will be given to scoring relay teams if entries require to be limited.
10 – 15 yr relays (4x) must contain at least one swimmer from each age group, and 2 swimmers from each age group for 8x relays.
Events 101 and 201 are “Escalator” Relays.
Event 101; 500m 8x Medley/Reverse Medley Escalator;
This event will be swum by 8 swimmers per team, and will be swum in Medley/Reverse Medley relay order , i.e 25bk/50brs/75fly/100fr/100fr/75fly/50brs/25bk. Age groups may swim in any order.
Event 201; 500m 8x Frs. Escalator;
As Event 101, all legs swum Freestyle
Event 401 Medley Cannon relay to be swum in Medley Relay order, i.e.
Bk/Bk/Brs/Brs/Fly/Fly/Free/Free
Backstroke legs of Medley/Reverse Medley relays will start in the water.

Sessions

Provisional session times are as follows

SESSION 1	WARM-UP 12.00	START 12.45	FINISH 15.45
SESSION 2	WARM-UP 16.30	START 17.15	FINISH 20.00
SESSION 3	WARM-UP 09:00	START 09:45	FINISH 12:45
SESSION 4	WARM-UP 13:45	START 14:30	FINISH 17:30

Timing of Sessions will be confirmed once full entries are received.

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- Start Rule** As per FINA Rules, one start will be implemented throughout this competition. Over the top starts will be used where practicable.
- Entries** **Entries will be accepted on a “first come first accepted basis”, with whole club acceptances. This is to maximise development opportunities for accepted clubs, and maximise numbers for Relay entries.**
Entry times need not be Accredited times but must be real times.
All entries must be on Hy-Tek Team Manager entry file. Hy-Tek Lite is available to download free of charge from the North District website (www.sasanorth.org.uk)
Entry files are available to download from the SAS website. (www.sas.co.uk), the North District Website, (www.sasanorth.org.uk), or from the Swimsotland website (www.swimsotland.org.uk). Alternatively you may contact Jean Miller on 01224 741498 or email wdasc@btinternet.com
- Time Cards are not required
- 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: **Individual Age Group events sessions 1, 2 & 4; £4.50**
Distance Events in Session 3, £6.50.
Relay Events; £6.00
- Cheques payable to South Aberdeenshire Swimming
- Please return entries and fees to: Jean Miller, 6 Coldstone Avenue, Kingswells, Aberdeen, AB15 8TT**
- CLOSING DATE FOR ENTRIES IS FRIDAY 7th May 2010**
- Clubs will be informed as soon as possible after the closing date if entries have been accepted.
- In the event of postponement, cancelation 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 to pay any form of consequential or indirect damage such as loss of enjoyment, travel and accommodation costs.
- Awards** Medals will be awarded to the 1st, 2nd and 3rd place in each Age Group event.
Points will be awarded for all age group events. Points will be on the basis of the Hytek Standard points system, with 20 points for 1st position, 17 for 2nd, down to 1 point for 16th position. Double points will be awarded for Relays. A trophy will be awarded to the TOP VISITING CLUB.
- Technical Officials** We would be very grateful for a list of officials willing to help on the day. **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.
- Swim Shop** There will be a swim shop open during the meet.
- Photographic Equipment** Please note that anyone wishing to use cameras or video equipment must register with the Meet Organiser on the day. The use of mobile phones of any description will not be permitted in the Changing Rooms or Poolside.
- Meet Convenor** Douglas Thomson Contact; dthomson@chap.co.uk 013398 85515

We look forward to seeing you on the 29th May 2010

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ORDER of EVENTS

SESSION 1	Warm-up: 12:00	Start 12:45
Event 101	Mixed 10 – 15	500m (8x) Medley/Reverse Medley Escalator Relay
Event 102	Boys 10 – 15	100m Freestyle
Event 103	Girls 10 – 15	100m Back
Event 104	Boys 10 – 15	50m Back
Event 105	Girls 10 – 15	50m Free
Event 106	Boys 10 – 15	100m Breast
Event 107	Girls 10 – 15	100m IM
Event 108	Boys 10 – 15	50m Fly
Event 109	Girls 10 – 11	200m (4x) Medley Relay
Event 110	Boys 10 – 11	200m (4x) Medley Relay
Event 111	Girls 12 – 15	400m (4x) Free Relay
Event 112	Boys 12 – 15	400m (4x) Free Relay

SESSION 2	Warm-up: 16:30	Start 17.15
Event 201	Mixed 10 – 15	500m (8x) Free Escalator Relay
Event 202	Girls 10 – 15	100m Freestyle
Event 203	Boys 10 – 15	100m Back
Event 204	Girls 10 – 15	50m Back
Event 205	Boys 10 – 15	50m Free
Event 206	Girls 10 – 15	100m Breast
Event 207	Boys 10 – 15	100m IM
Event 208	Girls 10 – 15	50m Fly
Event 209	Boys 10 – 11	200m (4x) Free Relay
Event 210	Girls 10 – 11	200m (4x) Free Relay
Event 211	Boys 12 – 15	400m (4x) Medley Relay
Event 212	Girls 12 – 15	400m (4x) Medley Relay

SESSION 3	Warm-up: 09:00	Start 09:45
Event 301	Boys/Girls 12 – 15	1500m Free
Event 302	Boys/Girls 12 – 15	800m Free

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SESSION 4	Warm-up: 13:45	Start 14:30	
Event 401	Mixed	10 – 15	500m (8x) M.ley Cannon Relay
Event 402	Boys	10 – 15	100m Fly
Event 403	Girls	10 – 15	100m Fly
Event 404	Boys	10 – 15	50m Breast
Event 405	Girls	10 – 15	50m Breast
Event 406	Mixed	10 – 11	200m (4x) Free Relay
Event 407	Mixed	12 – 15	400m (4x) Free Relay
Event 408	Mixed	10 – 11	200m (4x) Medley Relay
Event 409	Mixed	12 – 15	400m (4x) Medley Relay
Event 410	Mixed	10 – 15	200m (8x) Free Cannon Relay

Entry times to be slower than;

Boys

Girls

10 - 11	12 - 13	14 - 15	Event	14 - 15	12 - 13	10 - 11
42.00	38.00	34.00	50 Fly	36.00	40.00	43.00
39.00	37.00	35.00	50 Back	35.00	37.00	39.00
46.00	42.00	38.00	50 Breast	40.00	44.00	48.00
33.00	31.00	29.00	50 Free	31.00	33.00	35.00
1.36.00	1.26.00	1.18.00	100 Fly	1.22.00	1.28.00	1.35.00
1.28.00	1.19.00	1.14.00	100 Back	1.18.00	1.23.00	1.28.00
1.41.00	1.31.00	1.21.00	100Breast	1.26.00	1.32.00	1.40.00
1.11.00	1.05.00	1.01.00	100 Free	1.06.00	1.11.00	1.17.00
1.28.00	1.23.00	1.20.00	100 IM	1.20.00	1.23.00	1.28.00

Boys

Girls

12	13	14	15	Event	15	14	13	12
11.45.30	10.54.50	10.13.00	9.38.70	800 Free	10.04.20	10.37.60	11.16.50	12.01.70
22.22.90	20.46.30	19.27.20	18.22.00	1500 Free	19.24.50	20.28.80	21.43.70	23.10.80

Note : 1500 & 800m “Slower than” times are the DRP Bronze Squad Qualification times

OFFICIALS SHEET

Club Name: **STO Contact Name:**

Telephone: **E-mail:**

Name	Duty (Qualified Officials)	Mentoring Required ? State which level	No. of Mentored signatures completed	Session 1	Session 2	Session 3	Session 4

**Please return this form with your entries or forward by 14th May to Eleanore Murison, Lochton Cottage , Slug Road, Durriss, Banchory
AB31 6DD 01330 844624 Email eat_190@hotmail.com**

SUMMARY SHEET

Club Name/Abbr _____

Match Sec _____

Address _____

Tel No. _____

email _____

**CLOSING DATE FOR ENTRIES
FRIDAY 7TH MAY 2010**

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

	Male	Female	Mixed	£
Individual Swims @£4.50				
Distance Swims @ £6.50				
Relays @ £6.00				
Coaches Meal Passes @ £7.50/day				
Grand Total				

Declaration: I confirm that all swimmers entered in this competition have paid their current SASA membership fee.

Signed: _____

Position in Club: _____

Date: _____