



**Aberdeen ASC**  
**Medley Challenge 2007**  
(UNDER FINA AND SASA RULES)  
Licence No: ND/LA2/502/JAN07  
**20th January 2007**  
**Bon-Accord Baths, Aberdeen**

**MEET INFORMATION**

**Pool** 25 Metres, 6 Lanes, Anti-turbulence ropes, Electronic timing, Swim down pool

<b>Sessions</b>	<b>Session One</b>	Warm Up 08.00	-	Start 09.05
	<b>Session Two</b>	Warm Up 11.45	-	Start 12.50
	<b>Session Three</b>	Warm Up 15.30	-	Start 16.00

(SUBJECT TO CHANGE IF NECESSARY)

<b>Events</b>	<b>Individual</b>	<b>Boys &amp; Girls</b>	
	10-11yrs	50m Heats of Free, Back, Breast, Fly	to qualify for a 100m IM Final
	12-13yrs	100m Heats of Free, Back, Breast, Fly	to qualify for a 200m IM Final
	14-15yrs	100m Heats of Free, Back, Breast, Fly	to qualify for a 400m IM Final
	16-18yrs	100m Heats of Free, Back, Breast, Fly	to qualify for a 400m IM Final

Times to be entered for all four strokes and the Age appropriate IM distance.

Entries will be accepted based solely on the IM time. (See below for consideration times). Accepted swimmers must compete in all 4 heats (see notes).

For each age group, the 6 swimmers with the highest total points from the 4 heat events will be invited to race in the IM finals in Session 3.

<b>Relay</b>	<b>Boys &amp; Girls</b>	<b>HDW</b>
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8 x 50m Medley Relay, (2 X 50 Back, Breast, Fly and Free), 2 swimmers (one male/one female) from each age group, swimming in any age order. (Maximum 2 relay teams per Club).

All relay team members must be slower than the IM consideration times.

**Age** As at 20th January 2007

**Entries** **All entries must be submitted electronically.** To obtain files please e-mail the Entries Convenor. Please note that all IM times must be accredited and that composite club/team entries will not be accepted.

Please return summary sheet, entry fees and officials' sheet to the Entries Convenor.

**CLOSING DATE FOR ENTRIES IS TUESDAY 12<sup>th</sup> DECEMBER 2006**



## Entry Fees

£16 PER INDIVIDUAL ENTRY (ie for the 4 stroke swims and IM if swimmer qualifies for final). NO CHARGE FOR RELAY ENTRIES

Cheques should be made payable to: Aberdeen Amateur Swimming Club.

Entries may have to be limited dependent upon numbers received.

## Consideration Times

Event		Consideration times (Must be slower than)
Girls 10-11yrs	100IM	01.20.00
Boys 10-11yrs	100IM	01.20.00
Girls 12-13yrs	200IM	02.30.00
Boys 12-13yrs	200IM	02.25.00
Girls 14-15 yrs	400IM	05.10.00
Boys 14-15 yrs	400IM	04.50.00
Girls 16-18 yrs	400IM	05.10.00
Boys 16-18 yrs	400IM	04.50.00

## Withdrawals

Withdrawals from heats should be notified on the withdrawal form issued with the acceptance pack. The sheets should be handed in to the recorder's table **at least 1 hour prior to the start** of the appropriate session. Any withdrawals before the day of the meet should be notified by e-mail or letter to Anne Alexander by 5pm on Friday 19<sup>th</sup> January 2007. No telephone withdrawals will be accepted.

**Clubs should complete a separate sheet for each session.**

## Withdrawals from Finals

Withdrawals from finals should be made on a withdrawal form and handed to the recorder no later than 30 minutes after finalists lists have been published or announced. This will ensure that a reserve can be given the opportunity to compete and the final seeded accordingly.

Swimmers must swim all 4 strokes in the heats. If a swimmer withdraws from a heat swim, they must withdraw from the remainder of the meet.

Where a reserve is brought in at short notice, the reserve shall occupy the vacant lane.

## Awards

A retainable Trophy will be awarded for 1<sup>st</sup> place, with medals for 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> place in the IM finals.

8 x 50m Medley Relay Trophy

Best Supported Club Trophy

## Technical Officials

In order to meet TO requirements for accreditation, all clubs are invited to provide TO's for this meet.

Any queries or changes to Technical Officials **after** the closing date should be directed to the Technical Officials Convenor.

## Photography

Please note that anyone wishing to use photographic equipment, including video cameras must register with the Meet Director.

Mobile phones must be switched off in the pool area and the changing rooms



## Notes

All swimmers entered must have paid their SASA membership fee for the current year and registration numbers **must** be shown in the entry files.

A Licence has been granted for this competition and accreditation will be applied for.

Participating clubs will receive one copy of start sheets and results sheets for each session.

There will be no reserve swimmers in the heats, but AASC reserves the right to fill empty lanes with their own swimmers.

### Meet Convenor:

Niki Anderson

[Nnikibob@aol.com](mailto:Nnikibob@aol.com)

(01224) 743484

### Entries Convenor:

Anne Alexander

[anne@aalexander1.wanadoo.co.uk](mailto:anne@aalexander1.wanadoo.co.uk)

(01224) 315700

### Technical Officials Convenor:

Helen Taylor

[HTaylorGeo@aol.com](mailto:HTaylorGeo@aol.com)

(01224) 315778



**Programme of Events  
Aberdeen ASC  
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**Session 1**

Event Number	Event
101	Girls 10-11yrs 50 Fly
102	Boys 10-11yrs 50 Fly
103	Girls 12-13yrs 100 Fly
104	Boys 12-13yrs 100 Fly
105	Girls 14-15yrs 100 Fly
106	Boys 14-15yrs 100 Fly
107	Girls 16-18yrs 100 Fly
108	Boys 16-18yrs 100 Fly
109	Girls 10-11yrs 50 Back
110	Boys 10-11yrs 50 Back
111	Girls 12-13yrs 100 Back
112	Boys 12-13yrs 100 Back
113	Girls 14-15yrs 100 Back
114	Boys 14-15yrs 100 Back
115	Girls 16-18yrs 100 Back
116	Boys 16-18yrs 100 Back

**Session 2**

Event Number	Event
201	Girls 10-11yrs 50 Breast
202	Boys 10-11yrs 50 Breast
203	Girls 12-13yrs 100 Breast
204	Boys 12-13yrs 100 Breast
205	Girls 14-15yrs 100 Breast
206	Boys 14-15yrs 100 Breast
207	Girls 16-18yrs 100 Breast
208	Boys 16-18yrs 100 Breast
209	Girls 10-11yrs 50 Free
210	Boys 10-11yrs 50 Free
211	Girls 12-13yrs 100 Free
212	Boys 12-13yrs 100 Free
213	Girls 14-15yrs 100 Free
214	Boys 14-15yrs 100 Free
215	Girls 16-18yrs 100 Free
216	Boys 16-18yrs 100 Free

**Session 3**

Event Number	Event
301	Girls 10-11yrs 100IM Final
302	Boys 10-11yrs 100IM Final
303	Girls 12-13yrs 200IM Final
304	Boys 12-13yrs 200IM Final
305	Girls 14-15yrs 400IM Final
306	Boys 14-15yrs 400IM Final
307	Girls 16-18yrs 400IM Final
308	Boys 16-18yrs 400IM Final
309	8x50 Medley Relay



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**Summary Sheet**

**Club:**

**Contact Name: Tel: e-mail:**

Individual Female Entries	@ £16	£
Individual Male Entries	@ £16	£
Relay Team Entries	@ £00	£
Coaches Meal Pass (2 per club)	@ £00	£
TOTAL		£

**Closing date for entries is 12<sup>th</sup> December 2006**  
**Cheques should be made payable to Aberdeen ASC**

**Please enclose: Cheque**  
**Officials Sheet**  
**Summary Sheet**

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

**Signed** ..... **Position in Club** ..... **Date** .....



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**Technical Officials Sheet**

**Club:**

**TO Contact Name:**

**Tel:**

**e-mail:**

NAME	DUTY	SESSION 1	SESSION 2	SESSION 3

**AASC Gala TO Convenor:** Helen Taylor

**Tel:** (01224) 315778

**e-mail:** HTaylorGeo@aol.com