



Westhill District Amateur Swimming Club



Invitational Meet

WESTHILL SWIMMING POOL

On

4th and 5th of May 2019



MEET INFORMATION

(UNDER FINA RULES AND SASA SWIMMING REGULATIONS)

POOL 25 Metres, 6 Lanes, Anti-turbulence ropes, Starting Blocks both ends, Electronic Timing. Level Deck Pool; overall depth 2 metres

SESSIONS	Session One	Warm Up 09:00	-	Start 10:05
	Session Two	Warm Up 14:00	-	Start 15:05
	Session Three	Warm Up 09:00	-	Start 10:05
	Session Four	Warm Up 14:00	-	Start 15:05

(SUBJECT TO CHANGE IF NECESSARY)

EVENTS

AGE GROUP AND OPEN ONLY

See attached sheet for programme of events.

100m All Strokes for All Age Groups	(HDW)
200m All Strokes for All Age Groups	(HDW)
200m IM For All Age Groups	(HDW)
400m IM and 400m Freestyle	(OPEN)
50m All strokes	(OPEN)

200m Mixed Relays to be swum as 4 x 50m Freestyle and 4 x 50m Medley. Each team is to be 2 females and 2 males.

Each club can only enter a maximum of two teams.

AGE

Age on last day of competition i.e. 5th May 2019

The Age Groups are:- 11/13 years, 14/15 years, 16 years and over.

Open Events are available for swimmers who fall into the above age group categories.

ENTRY FEES

£6.00 PER INDIVIDUAL EVENT

£10.00 PER RELAY EVENT

Cheques should be made payable to Westhill District ASC.

Please note the entry file and summary sheet must be received by email by the closing date. Paper summary sheet and cheque to cover entry fees must be received by post within three working days of the closing date.

CLOSING DATE FOR ENTRIES IS FRIDAY 5th APRIL 2019



MEET ENTRIES **This is a club meet and entries will not be accepted from composite teams.**

All entries must be on Hy-tek Team Manager entry file.

Entry files may be obtained by downloading from SwimScotland, North District website (www.sasanorth.org.uk), or by contacting Joanne Bennett at meet.entries@westhilldistrictasc.org.uk.

Entries must be submitted using the most up to date personal best times for all swimmers at time of entry. Swimmers entered with No Time (NT) will be rejected.

Entries may have to be limited dependent upon numbers received.

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 in other age groups.

Westhill District ASC reserves the right to swim a slower heat for their swimmers if entry numbers allow.

The organising committee retains the right on the final selection for the number of heats per event.

Lists of accepted participating swimmers and a draft programme will be emailed to each club.

Please send the summary sheet and entry fees to:-

Joanne Bennett
5 Meadowlands Close,
Westhill
Aberdeenshire
AB32 6EF

meet.entries@westhilldistrictasc.org.uk

AWARDS

Medals will be awarded to 1st, 2nd and 3rd place. There will be no

Presentation but medals can be collected at designated table in foyer.

There is a Trophy for the top club attending the Meet. Points will be awarded for the first six places in each event. i.e. 1st - 6 points, 2nd - 5 points, 3rd - 4 points, 4th - 3 points, 5th - 2 points, 6th - 1 point. In the event of a tie, the Club with the best relay results will be awarded the winner.

Note: Points will not be awarded for relays.

The McCue and Porter Cups will be awarded to the Best Age Group Boy and Girl.



WITHDRAWALS Withdrawals prior to the competition should be emailed to :-

Joanne Bennett meet.entries@westhilldistrictasc.org.uk

To arrive no later than 5pm Friday 3rd May 2019

All details must be included on e-mail withdrawals i.e. Name, Event No, Stroke, SASA No. etc.

NB Telephone withdrawals will not be accepted under any circumstances.

Withdrawals on the day should be submitted on the withdrawal forms made available and should be presented to the Recorders table **at least 1 hour prior to the start of the first session and updated accordingly one hour before the start of each session thereafter.**

**MEDICAL
WITHDRAWALS**

Please note that anyone withdrawing on medical grounds, refunds will only be granted on production of a letter from a suitably qualified professional confirming withdrawal is recommended. The letter must be received within 7 days following the meet and should be dated no earlier than the closing date or later than 3 days from the date of the competition.

MARSHALLING

Marshalling will take place at the entrance to the changing village. All swimmers including reserves must attend marshalling before their events and are advised to attend in good time. (The suggested minimum is 4/5 heats or 1 event in advance.) The start of a race will not be delayed for absent swimmers. If a swimmer is not present at second marshalling area then the reserve will swim.

**TECHNICAL
OFFICIALS**

We would be very grateful for a list of Officials willing to help on the day. A completed technical officials sheet should be sent to Jacqui Cowie by email to arrive before Sunday 21st of April 2019.

officials@westhilldistrictasc.org.uk

Judges and Timekeepers in training, who are requiring specific signatures, should make this clear in their request. Requests will be accommodated only if the referee considers it practical.

**PHOTOGRAPHY/
MOBILE
PHONES**

Please note that anyone wishing to use photographic equipment for non-commercial purposes, including video cameras must register with the Meet Convener (application should be made on the appropriate SASA Health and Safety form and signed by the relevant club official).

No person may for commercial purposes take photographs or use any video recording equipment inside the event without the express written permission of Westhill District ASC.

No flash photography is permitted at any time within the competition pool area.

Mobile phones may not be used in the pool hall or in the changing village. Use of mobile phones within the building is limited to designated areas.

**MEET
REGULATIONS**

- No guarantee can be given by Westhill District ASC that the event will take place at a particular time or any particular date and Westhill District ASC reserves the right to reschedule the event without notice and without liability for so doing. It is expected that this would only happen as a result of unforeseen circumstances, eg venue/facility failure or adverse weather.
- In the event of postponement, cancellation or abandonment of the event, refunds if any, will be made at the absolute discretion of Westhill District ASC. Westhill District ASC 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.

- The following are articles, which must not be brought within the venue (glasses, fireworks, smoke canisters, air horns, flares, glass bottles, weapons of any sort). Any person in possession of such items will be refused entry at the absolute discretion of any steward or officer of Westhill District ASC and/or police officer.
- No object may be thrown by spectators within the venue.
- No foul or abusive language or other offensive words such as racial or sexual abuse will be tolerated.
- No alcohol may be consumed at the event.
- Any person entering events must at all times comply with any and all instructions of any steward or officer of Westhill District ASC and/or police officer. Failure to comply within a reasonable time with any such instruction will lead to the person being invited to leave.

NOTES

- All swimmers entered must have paid their SASA membership fee for the current year. Registration numbers **must** be shown on entry files. A licence has been granted for this competition and accreditation will be applied for to the SASA North District.
- Technical officials will be offered lunch. Coaches can request a 2 day lunch pass at a price of £13 and this should be submitted with the summary sheet and payment included with entries. One day passes are also available at a cost of £6.50. If ordering one day pass, please state which day required. Please stipulate any dietary requirements.
- Poolside access will be limited to one Coach per 10 swimmers, with a maximum of 3 Coaches at any one time.
- Participating clubs will receive one copy of start sheets and results will be posted at the pool during the events and after the event on the North District website.
- Westhill District ASC reserves the right to amend the programme at any time.
- Lockers provided in the changing rooms should be used to store all belongings. The meet organisers and the facility management cannot be held responsible for items lost during the course of the event. No swimming bags/kit bags should be poolside.
- Seating areas will be allocated to each team. Teams are responsible for clearing their seating area of belongings, litter etc. before leaving at the end of the competition day.

**MEET
CONVENER**

Rachael McGuckien – meet.convener@westhilldistrictasc.org.uk



WESTHILL INVITATIONAL MEET 2019 PROGRAMME OF EVENTS

SESSION ONE		WARM UP	09.00	START 10.05
Event No	101	Boys	11 years and over	200m Freestyle
	102	Girls	11 years and over	200m Breaststroke
	103	Boys	11 Years and over	100m Butterfly
	104	Girls	11 Years and over	100m Backstroke
	105	Boys	Open	50m Breaststroke
	106	Girls	Open	50m Butterfly
	107	Boys	11 Years and over	200 IM
	108	Girls	Open	400 Freestyle

Medal presentations after Event 106 (101 – 104) and Event 108 (105 – 108)

SESSION TWO		WARM UP	14.00	START 15.05
Event No	201	Boys	11 years and over	200m Backstroke
	202	Girls	11 years and over	200m Butterfly
	203	Boys	11 years and over	100m Breaststroke
	204	Girls	11 years and over	100m Freestyle
	205	Boys	Open	50m Freestyle
	206	Girls	Open	50m Backstroke
	207	Boys	Open	400m IM
	208	Mixed		4 x 50m Medley Relay

Medal/Award presentations after Event 206 (201 – 204) and Event 208 (205 – 208)

SESSION THREE		WARM UP	09.00	START 10.05
Event No	301	Girls	11 years and over	200m Freestyle
	302	Boys	11 years and over	200m Breaststroke
	303	Girls	11 years and over	100m Butterfly
	304	Boys	11 years and over	100m Backstroke
	305	Girls	Open	50m Breaststroke
	306	Boys	Open	50m Butterfly
	307	Girls	11 years and over	200m IM
	308	Boys	Open	400 Freestyle

Medal presentations after Event 306 (301 – 304) and Event 308 (305 – 308)

SESSION FOUR		WARM UP	14.00	START 15.05
Event No	401	Girls	11 years and over	200m Backstroke
	402	Boys	11 years and over	200m Butterfly
	403	Girls	11 years and over	100m Breaststroke
	404	Boys	11 years and over	100m Freestyle
	405	Girls	Open	50m Freestyle
	406	Boys	Open	50m Backstroke
	407	Girls	Open	400m IM
	408	Mixed		4 x 50m Freestyle Relay

Medal presentations after Event 406 (401 – 404) and Event 408 (405 – 408)

**The McCue and Porter Cups will be awarded to the Best Age Group Boy and Girl.
The Trophy for Top Club.**



WESTHILL INVITATIONAL MEET 2019

Saturday 4th & Sunday 5th May 2019 - Westhill Swimming Pool

SUMMARY SHEET

Contact Details

Club Name/Abbr _____

Match Secretary _____

Address _____

Post Code _____ Tel. No. _____

Email 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	= £.....
Mixed Team Entries	@ £10.00	= £.....
Coaches Lunch Passes	@ £13.00 (2 day)	= £.....
Coaches Lunch Passes	@ £6.50 1 day Saturday	= £.....
	1 day Sunday	= £.....
		TOTAL	= £.....

CLOSING DATE FOR ENTRIES IS FRIDAY 5th APRIL 2019

Cheques should be made payable to WESTHILL DISTRICT ASC or BACS payment to account number 00285386 sort code 83 28 40. Please use your club name as reference.

Declaration (This declaration **must** be completed by all competing clubs)

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

Signed _____ Position in Club _____

Date _____

