

**INVITE YOU TO THEIR SAS NEW YEAR MEET (UNDER FINA & SASA RULES)  
AT WESTHILL SWIMMING POOL ON 12 & 13 JANUARY 2019**

**MEET INFORMATION**

**Venue** Westhill Swimming Pool, Hays Way, Westhill

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

**Sessions**

<b>Session One</b>	Warm Up 09.00 -	Start 10.05
<b>Session Two</b>	Warm Up 14.00 -	Start 15.05
<b>Session Three</b>	Warm Up 09.00 -	Start 10.05
<b>Session Four</b>	Warm Up 14.00 -	Start 15.05

(subject to change if necessary)

**Events** **Age Group**

**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.

All events will be HDW.

Clubs/Teams may only enter a maximum of two relay teams in each event.

Relay events are open to all ages - All Relay teams should have a combined age no greater than 54 years and mixed teams must be 2 boys and 2 girls.

**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 13 January 2019 (i.e. age on the last day of competition)  
Girls Age 11, 12, 13, 14, 15 and 16.  
Boys Age 11, 12, 13, 14, 15 and 16

**Entries** Entries only accepted on Hy-tek Meet Manager entry files.  
Entry files may be obtained by downloading from the North District website [www.sasanorth.org.uk](http://www.sasanorth.org.uk) or by emailing [Hayleykennington@btinternet.com](mailto:Hayleykennington@btinternet.com)  
Lists of accepted participating swimmers will be forwarded to each club.

**Entry Fees** £6.50 per Individual event, £8.00 per relay event. Cheques should be made payable to South Aberdeenshire Swimming or payment can be made by BACS.  
Entries may have to be limited dependent upon numbers received.

**CLOSING DATE FOR ENTRIES IS FRIDAY 7 DECEMBER 2018**

Please return entry files along with consolidation sheet and entry fees to:-

Sally Yuda, Torridon, High Street, Drumlithie, AB39 3YZ  
[sascgalasecretary@gmail.com](mailto:sascgalasecretary@gmail.com)

In the event of postponement, cancellation 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 pay any form of consequential or indirect damage such as loss of enjoyment, travel and accommodation costs.

#### **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 or e-mailed to Sally Yuda [sascgalasecretary@gmail.com](mailto:sascgalasecretary@gmail.com) to arrive **no later than 5.00 pm** on Friday 11 January 2019. 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, these will not be presented but can be collected from the designated medal collection desk

Awards will be made for the best cumulative points total in each age group (boy and girl)

Awards will also be made for the best cumulative 400 Free & 400IM events (FINA points) (boy and girl).

SAS New Year Meet Top Team Trophy will be awarded to the overall Top Team based on points 6 > 1.

#### **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 email, no later than Friday 21 December 2018 to Rebecca Stewart [sto.udasc@gmail.com](mailto:sto.udasc@gmail.com)

#### **Notes**

- 1.** All swimmers entered must have paid their SASA membership fee for the current year. Registration numbers **must** be shown on 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.

**Meet Convenor:** Peter Lumsden [peter.lumsden67@outlook.com](mailto:peter.lumsden67@outlook.com)

We look forward to seeing you in the New Year.

## ***SAS NEW YEAR MEET 2019***

### ***PROGRAMME OF EVENTS***

#### **SESSION ONE : WARM UP 09.00**

**START 10.05**

Event No	101	Girls	11 years – 16 years	800m Freestyle	HDW
	102	Boys	11 years – 16 years	200m Individual Medley	HDW
	103	Girls	11 years – 16 years	200m Breaststroke	HDW
	104	Boys	11 years – 16 years	200m Backstroke	HDW
	105	Mixed		4 x 50m Medley relay	HDW

#### **SESSION TWO: WARM UP 14.00**

**START 15.05**

Event No	201	Girls	11 years – 16 years	400m Freestyle	HDW
	202	Boys	11 years – 16 years	400m Individual Medley	HDW
	203	Girls	11 years – 16 years	200 Backstroke	HDW
	204	Boys	11 years – 16 years	200 Freestyle	HDW
	205	Girls		4 x 50m Freestyle Relay	HDW
	206	Boys		4 x 50m Freestyle	HDW

#### **SESSION THREE: WARM UP 09.00**

**START 10.05**

Event No	301	Boys	11 years – 16 years	1500m Freestyle	HDW
	302	Girls	11 years – 16 years	200m Individual Medley	HDW
	303	Boys	11 years – 16 years	200m Breaststroke	HDW
	304	Girls	11 years – 16 years	200m Butterfly	HDW
	305	Mixed		4 x 50m Freestyle relay	HDW

#### **SESSION FOUR: WARM UP 14.00**

**START 15.05**

Event No	401	Boys	11 years – 16 years	400m Freestyle	HDW
	402	Girls	11 years – 16 years	400m Individual Medley	HDW
	403	Boys	11 years – 16 years	200m Butterfly	HDW
	404	Girls	11 years – 16 years	200m Freestyle	HDW
	405	Boys		4 x 50m Medley relay	HDW
	406	Girls		4 x 50m Medley relay	HDW

## **SAS NEW YEAR MEET 2019**

### **Events & Consideration Times**

*Entries will be accepted between the time bands below.*

*Times do not require to be accredited but should be real times achieved at non-accredited meets or Club Time Trials.*

*NT entries will not be accepted*

	<b>Girls 11 years</b>	<b>Girls 12 years</b>	<b>Girls 13 years</b>	<b>Girls 14 years</b>	<b>Girls 15 years</b>	<b>Girls 16 years</b>
<b>Girls 800m Free</b>	11:40.10 14:40.00	11:40.10 14:20.00	11:10.40 13:30.00	10:52.20 12:45.00	10:41.00 11:36.00	10:17.20 11:30.00
<b>Girls 400m Free</b>	5:57.30 7:15.00	5:40.20 6:55.00	5:28.00 6:40.00	5:19.50 6:30.00	5:14.60 6:10.00	5:03.00 6:00.00
<b>Girls 200m Free</b>	2:55.90 3:50.10	2:44.90 3:40.00	2:38.90 3:30.00	2:34.00 3:10.13	2:29.80 3:01.10	2:23.00 2:55.00
<b>Girls 200m Back</b>	3:14.40 4:15.20	3:03.00 4:05.00	2:54.80 3:50.70	2:48.90 3:40.00	2:45.60 3:30.60	2:40.10 3:15.00
<b>Girls 200m Breast</b>	3:46.50 4:35.00	3:31.70 4:20.00	3:18.60 4:15.00	3:15.00 4:10.00	3:13.40 3:55.00	3:08.00 3:50.00
<b>Girls 200m Butterfly</b>	3:41.00 4:30.00	3:20.40 4:10.00	3:04.50 3:55.00	2:57.40 3:45.00	2:52.90 3:35.00	2:43.90 3:15.00
<b>Girls 200m IM</b>	3:17.80 4:10.00	3:07.20 4:00.00	2:59.20 3:55.00	2:53.00 3:40.00	2:50.50 3:30.00	2:42.80 3:20.00
<b>Girls 400m IM</b>	7:07.00 8:25.00	6:36.70 8:05.00	6:12.70 7:45.10	5:56.10 7:25.00	5:58.70 7:20.10	5:48.70 7:03.50
	<b>Boys 11 years</b>	<b>Boys 12 years</b>	<b>Boys 13 years</b>	<b>Boys 14 years</b>	<b>Boys 15 years</b>	<b>Boys 16 years</b>
<b>Boys 1500m Free</b>	22:41.20 25.50.00	22:41.20 25.30.00	20:49.40 23.50.00	20:08.20 22.50.00	19:25.70 21.50.00	18:51.80 20.50.00
<b>Boys 400m Free</b>	6:17.00 7:10.70	5:44.00 7:00.00	5:17.00 6:27.10	5:02.30 6:00.70	4:56.20 5:40.00	4:43.90 5:15.00
<b>Boys 200m Free</b>	3:04.40 4:00.10	2:47.70 3:45.00	2:34.10 3:30.70	2:25.20 3:15.00	2:22.30 3:10.70	2:12.30 3:00.60
<b>Boys 200m Back</b>	3:20.20 3:58.00	3:04.40 3:50.00	2:52.20 3:40.00	2:41.90 3:25.00	2:38.20 3:15.00	2:30.80 3:09.00
<b>Boys 200m Breast</b>	4:03.20 4:55.00	3:36.70 4:25.00	3:15.80 4:10.00	3:05.00 4:00.00	2:59.10 3:40.00	2:49.60 3:30.00
<b>Boys 200m Butterfly</b>	3:46.30 4:55.00	3:19.60 4:30.00	2:59.70 4:00.00	2:48.40 3:35.00	2:41.70 3:25.00	2:30.00 3:15.28
<b>Boys 200m IM</b>	3:30.10 4.10.00	3:08.80 3.50.00	2:53.90 3:40.00	2:45.40 3:30.00	2:38.30 3:20.00	2:30.50 3:10.00
<b>Boys 400m IM</b>	7:27.10 8:30.00	6:40.50 7:55.00	6:02.00 7:15.00	5:48.00 6:55.00	5:40.00 6:45.00	5:19.80 6:10.00



## SAS NEW YEAR MEET 2019

### SUMMARY SHEET

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

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

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

..... Individual Age Group Male Entries @£6.50	£ .....
..... Individual Age Group Female Entries @ £6.50	£ .....
..... Relay Entries @ £8.00	£ .....
..... Coaches Meal Passes @ £15.00 (2 day)	£ .....
TOTAL	£ .....

**CLOSING DATE FOR ENTRIES – FRIDAY  
7 DECEMBER 2018**

**CHEQUES SHOULD BE MADE PAYABLE TO:  
SOUTH ABERDEENSHIRE SWIMMING  
OR BACS PAYMENTS TO ACCOUNT:20523002 SORT:82-60-11  
PLEASE PUT CLUB NAME IN REFERENCE**

**Declaration** *I confirm that all swimmers entered in this competition have paid their current SASA membership fee. (This declaration **must** be completed by all competing clubs)*

Signed .....

Position in Club .....

Date .....

