



ABERDEEN DOLPHIN SC
THE MITCHELL TROPHY 2010
(UNDER FINA AND SASA RULES)



INVERNESS AQUADOME, INVERNESS

6 & 7 November 2010

MEET INFORMATION

POOL: 25 Metres, 8 Lanes, Anti-turbulence ropes, Level Deck Pool, Electronic Timing

ACCREDITATION: Licence No: ND/L2/763/NOV10

SESSIONS:	Session 1	Warm up 08:00	Start 09:15
	Session 2	Warm up 12:30	Start 13:45
	Session 3	Warm up 17:30	Start 18:00
	Session 4	Warm up 08:00	Start 09:15
	Session 5	Warm up 12:30	Start 13:45

(session times are subject to change if necessary)

AGE GROUPS: 12yrs/under; 13/14 years; 15yrs/over

Age on the 6 November 2010

EVENTS: See attached programme of events

STARTS: **One Start Rule** will apply. Over the tops starts will be used where practical

ENTRIES: All entries must be on Hy-Tek Team Manager entry file.
Entry packs may be obtained by emailing **Phil Webb** at
[**galaconvenor@aberdeendolphin.co.uk**](mailto:galaconvenor@aberdeendolphin.co.uk)

Or downloaded from [**www.aberdeendolphin.co.uk**](http://www.aberdeendolphin.co.uk) or
[**www.sasanorth.org.uk**](http://www.sasanorth.org.uk) or [**www.swimscotland.co.uk**](http://www.swimscotland.co.uk)

CONSIDERATION TIMES: Consideration times are on the attached programme of events. Entries with times slower than those listed will not be accepted.

ENTRY FEES: £5.00 per individual event

£10.00 per relay

Cheques should be made payable to **Aberdeen Dolphin SC**

Entries may have to be limited dependent upon number received.

CLOSING DATE FOR ENTRIES IS WEDNESDAY 6 OCTOBER 2010

Withdrawals from heats should be notified on the withdrawal sheet issued to each club on arrival at the meet. The sheets should be returned to the Recorders Table **at least 1 hour prior to the start** of each session.

Withdrawals prior to the event may be posted or e-mailed to Phil Webb - to arrive by 12 noon on Friday 5 November 2010 at the latest.
Telephone withdrawals will not be accepted under any circumstances.

**WITHDRAWAL FROM
FINALS:**

Swimmers who wish to withdraw from a Final must inform the Recorders and complete a withdrawal form 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.

Any competitor withdrawing from a Final in such a manner as to prevent a reserve taking part (except in the case of proven illness or emergency) shall be suspended immediately from all further events at the Meet. Where a reserve is brought in at short notice, the reserve shall occupy the vacant lane, there will be no re-seeding

PRESENTATIONS:

Finalists are requested to report to the Presentation Marshall immediately upon completing their race. Appropriate clothing must be worn for the presentations

TEAM LINES:

Team line forms must be handed to the recorder's table 45 minutes before the start of the appropriate session.

AWARDS:

Will be 6pts for 1st down to 1pt for 6th place.

Special awards will be presented to the best boy and best girl from each age group.

Cash prizes for all open events 1st - £25; 2nd - £15; 3rd - £10

There will be a £100 Prize for a new Scottish Senior Record and £50 Prize for a new Scottish Junior Record.

Special awards will be presented to the winners of the Open 50m Freestyle events and the Canon Relay.

The Club with the most points will be presented with the Mitchell Trophy.

OFFICIALS:

The list of Technical Officials for all sessions must be included with meet entries. There is an expectation that the numbers of STO's will align with the numbers of swimmers entered.

IMPORTANT NOTES

- | | |
|--|--|
| SASA REGISTRATION | <ul style="list-style-type: none">• All swimmers entered must have paid their SASA, ASA or relevant National Registration Fee/Membership fee for the current year. A Licence has been granted for this competition and accreditation will be applied from the SASA. |
| START SHEETS | <ul style="list-style-type: none">• Participating clubs will receive one copy of start sheets and results sheets per session |
| CAMERAS/VIDEOS/PHOTO
MOBILE PHONES: | <ul style="list-style-type: none">• Please note that anyone wishing to use photographic equipment, including video cameras must register with the Meet Director (application should be made on the appropriate SASA Health and Safety form and signed by the relevant club official).• The use of mobile phones is only permitted in designated areas, and will not be permitted either on poolside or in the changing areas, in order to prevent any misuse of mobiles with integrated digital camera/video equipment. |

We would be grateful if you could ensure that all members of your club are aware of these requirements.

PLEASE FORWARD HYTEK ENTRY FILES, SUMMARY SHEETS, ENTRY FEES AND OFFICIALS SHEETS TO:

**PHIL WEBB
GALA ENTRY SECRETARY
ABERDEEN DOLPHIN SC
1 PRIMROSEBANK AVENUE
CULTS
ABERDEEN
AB15 9PD**

TEL No: 01224 861989

EMAIL: galaconvenor@aberdeendolphin.co.uk

THE MEET MANAGEMENT COMMITTEE RESERVES THE RIGHT TO ALTER THE SESSION AND WARM UP TIMES IF NECESSARY

THE MEET MANAGEMENT COMMITTEE LOOK FORWARD TO RECEIVING YOUR ENTRIES AND WOULD HOPE THAT THIS COMPETITION MEET WILL BE INCLUDED IN YOUR FORTHCOMING CALENDAR

PROGRAMME OF EVENTS

SATURDAY

SESSION 1	Warm Up 08:00		Start 09:15		Consideration Time
Event 101	Boys	15/O	200 B/C	HDW	02:50.00
Event 102	Girls	15/O	200 B/C	HDW	03:00.00
Event 103	Boys	12/U	50 Fly	HDW	
Event 104	Girls	12/U	50 Fly	HDW	
Event 105	Boys	13/14	200 I/M	HDW	02:50.00
Event 106	Girls	13/14	200 I/M	HDW	03:00.00
Event 107	Mens	Open	1500 Free	HDW	
Event 108	Girls	15/O	100 Br/Str	Heats	01:35.00
Event 109	Boys	15/O	100 Br/Str	Heats	01:25.00
Presentations	Events	101 – 107			
Event 110	Girls	12/U	200 B/C	HDW	03.00.00
Event 111	Boys	12/U	200 B/C	HDW	03.00.00
Event 112	Girls	13/14	100 Free	Heats	01:15.00
Event 113	Boys	13/14	100 Free	Heats	01:05.00
Event 114	Girls	15/O	200 I/M	HDW	02:50.00
Event 115	Boys	15/O	200 I/M	HDW	02:40:00
Presentations	Events	110,111,114,115			
SESSION 2	Warm Up 12:30		Start 13:45		
Event 201	Girls	13/14	100 Fly	Heats	01:30.00
Event 202	Boys	13/14	100 Fly	Heats	01:20.00
Event 203	Girls	15/O	100 B/C	Heats	01:25.00
Event 204	Boys	15/O	100 B/C	Heats	01:15.00
Event 205	Girls	12/U	200 I/M	Heats	03:10.00
Event 206	Boys	12/U	200 I/M	Heats	03:10.00
Event 207	Womens	Open	800 Free	HDW	
Event 208	Boys	13/14	200 Br/Str	HDW	03:15.00
Event 209	Girls	13/14	200 Br/Str	HDW	03:20.00
Presentations	Events	207 - 209			
Event 210	Boys	12/U	50 B/C	HDW	
Event 211	Girls	12/U	50 B/C	HDW	
Event 212	Boys	15/O	200 Fly	HDW	03:00.00
Event 213	Girls	15/O	200 Fly	HDW	03:00.00
Event 214	Boys	13/14	200 B/C	HDW	02:45.00
Event 215	Girls	13/14	200 B/C	HDW	02:55.00
Event 216	Mens	Open	50 Free	Heats	00:28.00
Event 217	Womens	Open	50 Free	Heats	00:33.00
Presentations	Events	210 – 215			
SESSION 3	Warm Up 17:30		Start 18:00		
Event 301	Girls	15/O	200 Free	HDW	02:30.00
Event 302	Boys	15/O	200 Free	HDW	02:20.00
Event 303	Girls	13/14	200 Fly	HDW	03:15.00
Event 304	Boys	13/14	200 Fly	HDW	03:05.00
Event 305	Girls	12/U	200 Br/Str	HDW	03.35.00
Event 306	Boys	12/U	200 Br/Str	HDW	03.35.00
Presentations	Events	301-306			
Event 307	Girls	15/O	100 B/C	Final	Final of Event 203
Event 308	Boys	15/O	100 B/C	Final	Final of Event 204
Event 309	Girls	13/14	100 Free	Final	Final of Event 112
Event 310	Boys	13/14	100 Free	Final	Final of Event 113
Event 311	Girls	12/U	200 I/M	Final	Final of Event 205
Event 312	Boys	12/U	200 I/M	Final	Final of Event 206
Presentations	Events	307 - 312			
Event 313	Girls	15/O	100 BR	Final	Final of Event 108
Event 314	Boys	15/O	100 BR	Final	Final of Event 109
Event 315	Girls	13/14	100 Fly	Final	Final of Event 201
Event 316	Boys	13/14	100 Fly	Final	Final of Event 202
Event 317	Womens	Open	50 Free	Final	Final of Event 217
Event 318	Mens	Open	50 Free	Final	Final of Event 216
Presentations	Events	313 - 318			

PROGRAMME OF EVENTS

SUNDAY

SESSION 4	Warm Up 08.00		Start 09:15		Consideration Time
Event 401	Womens	Open	400 I/M	HDW	
Event 402	Mens	Open	400 I/M	HDW	
Event 403	Girls	12/U	200 Fly	HDW	03.25.00
Event 404	Boys	12/U	200 Fly	HDW	03.25.00
Event 405	Girls	13/14	100 B/C	Heats	01.25.00
Event 406	Boys	13/14	100 B/C	Heats	01.20.00
Presentations	Events	401 - 404			
Event 407	Girls	15/O	100 Free	Heats	01:10.00
Event 408	Boys	15/O	100 Free	Heats	01:00.00
Event 409	Girls	12/U	50 Br/Str	HDW	
Event 410	Boys	12/U	50 Br/Str	HDW	
Event 411	Girls	13/14	200 Free	HDW	02:30.00
Event 412	Boys	13/14	200 Free	HDW	02:20.00
Event 413	Girls	15/O	200 Br/Str	HDW	03:25.00
Event 414	Boys	15/O	200 Br/Str	HDW	03:10.00
Event 415	Girls	12/U	200 Free	Heats	02.45.00
Event 416	Boys	12/U	200 Free	Heats	02.45.00
Presentations	Events	409-414			
SESSION 5	Warm Up 12:30		Start 13:45		
Event 501	Girls	15/O	100 Fly	Heats	01:25.00
Event 502	Boys	15/O	100 Fly	Heats	01:15.00
Event 503	Girls	13/14	100 Br/Str	Heats	01:35.00
Event 504	Boys	13/14	100 Br/Str	Heats	01:35.00
Event 505	Girls	12/U	50 Free	HDW	
Event 506	Boys	12/U	50 Free	HDW	
Event 507	Womens	Open	400 Free	HDW	05:30.00
Event 508	Mens	Open	400 Free	HDW	04:45.00
Presentations	Events	505-508	WITH 30 MINUTE BREAK FOR SWIM DOWN/WARM UP		
Event 509	Girls	15/O	100 Fly	Final	Final of Event 501
Event 510	Boys	15/O	100 Fly	Final	Final of Event 502
Event 511	Girls	13/14	100 B/C	Final	Final of Event 405
Event 512	Boys	13/14	100 B/C	Final	Final of Event 406
Presentations	Events	509 - 512			
Event 513	Girls	12/U	200 Free	Final	Final of Event 415
Event 514	Boys	12/U	200 Free	Final	Final of Event 416
Event 515	Girls	15/O	100 Free	Final	Final of Event 407
Event 516	Boys	15/O	100 Free	Final	Final of Event 408
Event 517	Girls	13/14	100 Br/Str	Final	Final of Event 503
Event 518	Boys	13/14	100 Br/Str	Final	Final of Event 504
Presentations	Events	513-518			
Event 519	Girls	12/U	100m I/M	Special Event	Top Six Points Winners
Event 520	Boys	12/U	100m I/M	Special Event	Top Six Points Winners
Event 521	Mixed	Open	8 x 50 Canon Relay	HDW	12/U,13/14,15/O,Open
Presentations	Events	519-521			
Presentations	Best Boy/Girl	Each Age Group			
Presentations	Mitchell Trophy				



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SUMMARY SHEET

CLUB NAME

MEET SECRETARY

ADDRESS

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EMAIL ADDRESS

TELEPHONE No

CLOSING DATE FOR ENTRIES IS WEDNESDAY 6th OCTOBER 2010
CHEQUES PAYABLE TO ABERDEEN DOLPHIN SC
(PLEASE ENSURE YOU HAVE ENCLOSED YOUR HYTEK ENTRY FILE, CHEQUE AND OFFICIALS SHEET)

..... Individual Male Entries at £5.00 each £

..... Individual Female Entries at £5.00 each £

..... Relay Entries at £10.00 each £

..... Coaches meal pass (2 free)

..... Extra Meal Pass @ £10.00 per day £

Total **£**

Declaration – I confirm that all swimmers entered in this competition have paid their current SASA, ASA Membership fee, or relevant National Registration Fee

Signed _____ Date _____

This declaration must be signed by all participating clubs and returned with your entries.



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Club: _____

Number of Club Swimmers Entered: _____

STO Contact Name: _____

Technical Official Convenor:

Fiona Clark
1 Mossie Drive
Portlethen
AB12 4QY

Tel: 01224 780581

E-mail: fionaclark@portlethen.seriouslyinternet.com

STO Telephone No: _____

STO E-mail Address: _____

PART 1 – OFFICIALS (see note 1)

NAME	DUTY	SIGNATURE REQUIRED?	SESSION 1	SESSION 2	SESSION 3	SESSION 4	SESSION 5	Mentor Sessions

MENTORING DETAILS (see note 5)

Trainee Judges, 1, 2 or 2S, please complete details below (also completing Part 1 above) for requested mentoring sessions.

Please indicate duty in each session

NAME	TRAINEE	SESSION 1	SESSION 2	SESSION 3	SESSION 4	SESSION 5
<i>Example Name</i>	<i>J1</i>		<i>CIT</i>	<i>Relay</i>		



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COMPLETION NOTES

- 1 All officials should be entered in Part 1, the 'Officials Session' - this includes mentoring requests
- 2 The 'Duty' column should indicate the duty i.e. TK, J1, J2, J2S, REC
- 3 Any probationary Timekeepers or Judges requiring specific signatures following the old process e.g. Chief Timekeeper, Stroke Judge, can include requests for those in the 'Signature Required' column
- 4 The 'Mentor Session' column should be completed to indicate which of the specified sessions are requests for mentoring
- 5 Details of all requests for mentoring should be completed in Part 2.
- 6 The 'Trainee' column should indicate J1, J2 or J2S as appropriate.
- 7 The Session column should indicated the requested mentor duty.

Notes: Mentoring will be at the discretion of the referee