



**BRIDGE OF DON ASC**  
**APRIL SHOWERS 2008**  
Northfield Swimming Pool, Aberdeen  
27<sup>th</sup> April 2008



*Bridge of Don ASC invites you to their 5th April Showers*

<b>Date</b>	Sunday 27th April 2008
<b>Venue</b>	Northfield Swimming Pool, 25 metres, 6 lanes, anti-turbulence ropes
<b>Accreditation</b>	Application for accreditation has been applied for under SASA rules. All competitors must have paid their annual registration fee to SASA.
<b>License No.</b>	ND/LA2/580/APR08
<b>Sessions</b>	Session One Warm Up 8.40 am Start 9.30 am Session Two Warm up 12.55 pm Start 1.45 pm Finish 4:30 pm

(Subject to change if necessary)

There will be no entry to the swimming pool before 8:30 am. Additional parking may be available at Northfield Academy.

<b>Events</b>	Boys / Girls	8 years	25m all strokes
		9 years	50m all strokes
		10 years	50m all strokes
		11 years	50m all strokes
		Mixed	4 x 50m Medley Relay
		Mixed	4 x 50m Freestyle Relay

**(Age on day i.e. 27th April 2008)**

Please see attached sheet for qualifying times (SLOWER THAN).

The meet will operate using the one-start rule and we reserve the right to use over the top starts as necessary. The organising committee also reserves the right to restrict the number of entries to keep the meet to a manageable size and to comply with council poolside restrictions. Bridge of Don ASC may add a slower heat for it's own swimmers.

<b>Fees</b>	£3.50 per individual event £6.00 per relay team
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## **Relays**

Relay teams will comprise of four swimmers where the combined age of the swimmers does not exceed **40 years**. Teams can be mixed or all boys or all girls.

**Medley Relay:** Swimmers must have swum the individual corresponding stroke in their age group.

**Freestyle Relay:** Swimmers must have swum the individual freestyle event.

## **Pool**

No eating of food on poolside or in spectator's area. Mobile phones must be switched off in the building.

Note: There is no café at Northfield Swimming Pool. There will be a tuck-shop but it will only offer snacks and juice.

## **Awards**

Medals for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> and 'too fast' certificates for those who exceed the medal cut off time which is 5% less than the consideration time.

## **Entries**

All entries are to be submitted electronically using Hy-Tek Team Manager format. To obtain the meet entry files please visit our website at [www.bodasc.co.uk](http://www.bodasc.co.uk). They will be available here in due course.

Please email entry files to [bodasc@dsl.pipex.com](mailto:bodasc@dsl.pipex.com)

**CLOSING DATE FOR ENTRIES IS FRIDAY 28<sup>th</sup> MARCH 2008.**

Please send consolidation sheet, entry fees & officials sheet to:-

Audrey Deans

6 Keir Heights

Balmedie

Aberdeenshire

AB23 8WJ

Email: [deansbalmedie@aol.com](mailto:deansbalmedie@aol.com)

Clubs will be notified of any rejected swims prior to the meet along with a provisional programme.

## **Officials**

We will not be able to run the meet without a sufficient amount of officials. Therefore we would be grateful for a list of officials willing to help on the day (lunch will be provided).

**Please complete the enclosed form and return it along with the entries.**

**We look forward to seeing you on 27<sup>th</sup> April 2008**

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**PROGRAMME OF EVENTS**

<b>Session One</b>					<b>Entry times slower than</b>
	Warm Up	08.40am		Start 9.30am	
Event No	101	Boys	8 years	25m Freestyle	00.20.00
	102	Girls	8 years	25m Freestyle	00.20.00
	103	Boys	9 years	50m Breaststroke	00.54.00
	104	Girls	9 years	50m Breaststroke	00.54.00
	105	Boys	10 years	50m Backstroke	00.44.00
	106	Girls	10 years	50m Backstroke	00.44.00
	107	Boys	11 years	50m Fly	00.43.00
	108	Girls	11 years	50m Fly	00.43.00
	109	Boys	8 years	25m Fly	00.24.00
	110	Girls	8 years	25m Fly	00.24.00
	111	Boys	9 years	50m Freestyle	00.41.00
	112	Girls	9 years	50m Freestyle	00.41.00
	113	Boys	10 years	50m Breaststroke	00.51.00
	114	Girls	10 years	50m Breaststroke	00.51.00
	115	Boys	11 years	50m Backstroke	00.42.00
	116	Girls	11 years	50m Backstroke	00.42.00
	117	Mixed		4 x 50m Medley Relay	N/A
<b>Session Two</b>					<b>Entry times slower than</b>
	Warm Up	12.55pm		Start 1.45pm	
Event No	201	Boys	8 years	25m Backstroke	00.22.00
	202	Girls	8 years	25m Backstroke	00.22.00
	203	Boys	9 years	50m Fly	00.51.00
	204	Girls	9 years	50m Fly	00.51.00
	205	Boys	10 years	50m Freestyle	00.39.00
	206	Girls	10 years	50m Freestyle	00.39.00
	207	Boys	11 years	50m Breaststroke	00.48.00
	208	Girls	11 years	50m Breaststroke	00.48.00
	209	Boys	8 years	25m Breaststroke	00.26.00
	210	Girls	8 years	25m Breaststroke	00.26.00
	211	Boys	9 years	50m Backstroke	00.47.00
	212	Girls	9 years	50m Backstroke	00.47.00
	213	Boys	10 years	50m Fly	00.47.00
	214	Girls	10 years	50m Fly	00.47.00
	215	Boys	11 years	50m Freestyle	00.36.00
	216	Girls	11 years	50m Freestyle	00.36.00
	217	Mixed		4 x 50m Freestyle Relay	N/A



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Meet Secretary \_\_\_\_\_  
Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Tel. No \_\_\_\_\_  
Email \_\_\_\_\_

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

**ENTRIES SUMMARY**

Female Individual Entries	_____	@ £3.50 =	£	_____
Male Individual Entries	_____	@ £3.50 =	£	_____
Relay Teams	_____	@ £6.00 =	£	_____
		Total =	£	_____

**CLOSING DATE FRIDAY 28th MARCH 2008**

PLEASE MAKE CHEQUES PAYABLE TO: BRIDGE OF DON ASC

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

Signed \_\_\_\_\_ Position in Club \_\_\_\_\_ Date \_\_\_\_\_

(This declaration must be completed by all competing clubs)