



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

Or downloaded from www.aberdeendolphin.co.uk or www.sasanorth.org.uk or 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**
- 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**
- Participating clubs will receive one copy of start sheets and results sheets per session
- CAMERAS/VIDEOS/PHOTO MOBILE PHONES:**
- 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 516 | 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 | | | | |
| | | | | | |
| | | | | | |



Aberdeen Dolphin SC
The Mitchell Trophy 2010
 (UNDER FINA AND SASA RULES)
6 & 7 November 2010



SUMMARY SHEET

CLUB NAME

MEET SECRETARY

ADDRESS

.....

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.



**Aberdeen Dolphin SC
The Mitchell Trophy 2010
(UNDER FINA AND SASA RULES)
6 & 7 November 2010**



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> | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |



Aberdeen Dolphin SC
The Mitchell Trophy 2010
(UNDER FINA AND SASA RULES)
6 & 7 November 2010



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