

ABERDEEN DOLPHIN SC - THE MITCHELL TROPHY 2007  
(UNDER FINA AND SASA RULES)  
10 and 11 November 2007

WESTHILL SWIMMING POOL , WESTHILL, ABERDEEN

**MEET INFORMATION**

**POOL:** 25 Metres, 6 Lanes, Anti-turbulence ropes, Level Deck Pool, Electronic Timing, Overall depth 2 metres.

**ACCREDITATION:** Licence No: ND/LA2/558/NOV07

<b>SESSIONS:</b>	<b>Session 1</b>	Warm up 08:00	Start 09:15
	<b>Session 2</b>	Warm up 12:30	Start 13:45
	<b>Session 3</b>	Warm up 17:30	Start 18:00
	<b>Session 4</b>	Warm up 08:00	Start 09:15
	<b>Session 5</b>	Warm up 12:30	Start 13:45
	<b>Session 6</b>	Warm up 17:30	Start 18:00

**(subject to change if necessary)**

**AGE GROUPS:** 12yrs/under; 13/14 years; 15yrs/over      **Age on the 10 November 2007**

**EVENTS:** See attached programme of events

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

**ENTRIES:** All entries must be on Hy-Tek Meet Manager entry file, and can be by email or disk. Entry packs may be obtained by contacting Sandra Middleton on 01224 824251 or e-mail [sandra@the-middletons.co.uk](mailto:sandra@the-middletons.co.uk) **Time cards are not required.** Composite Swim Teams will not be accepted.

**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 10 OCTOBER 2007**

Withdrawals from heats should be notified on the withdrawal form issued with the acceptance pack. The sheets should be handed in to the Recorders Table **at least 1 hour prior to the start** of the appropriate session.

Withdrawals prior to the event may be posted or e-mailed to Sandra Middleton to arrive by 5.00 pm on Friday 9 November 2007 at the very latest.

Telephone withdrawals will not be accepted under any circumstances.

**NB: CLUBS SHOULD COMPLETE A SEPARATE SHEET FOR EACH SESSION**

**WITHDRAWAL FROM FINALS:**

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

**START SHEETS:** Will be prepared on Friday 9 November 2007

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

**ABERDEEN DOLPHIN SC - THE MITCHELL TROPHY 2007**  
(UNDER FINA AND SASA RULES)  
**10 and 11 November 2007**

- AWARDS:** Will be 6pts for 1<sup>st</sup> down to 1pt for 6<sup>th</sup> 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.
- PRESENTATIONS:** Finalists are requested to report to the Presentation Marshall immediately upon completing their race. Appropriate clothing must be worn for the presentations
- OFFICIALS:** A list of Technical Officials for all sessions should be included with meet entries
- IMPORTANT NOTES**
- SASA REGISTRATION**
- All swimmers entered must have paid their SASA, ASA or relevant National Registration Fee. Membership fee for the current year. Registration number must be shown on disks or entry sheets. A Licence has been granted for this competition and accreditation will be applied from the SASA.
- COACHES**
- 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.
- START SHEETS**
- Participating clubs will receive one copy of start sheets and results sheets per session
- ARRIVAL**
- Please advise your swimmers that they should not arrive too early as they will not gain entrance to the pool until 7.30 at the earliest.
- SPECTATORS**
- There is very limited spectator seating – we would be grateful if you could ensure that all swimmers/parents are aware of this.
- 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).
- CAMERAS/VIDEOS/PHOTO MOBILE PHONES:**
- The use of mobile phones is only permitted in the designated Phone Zone area located at reception foyer, 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.**
- ARMISTICE DAY:** Armistice Day, Sunday 11 November, will be marked with a Two Minute Silence at 11.00 am, to remember all those who have died in war. We would be grateful if you could ensure that all members of your club are aware of this.

**ABERDEEN DOLPHIN SC - THE MITCHELL TROPHY 2007**  
(UNDER FINA AND SASA RULES)  
10 and 11 November 2007

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

**SANDRA MIDDLETON  
GALA CONVENOR  
ABERDEEN DOLPHIN SC  
19 SLAINS TERRACE  
BRIDGE OF DON  
ABERDEEN  
AB22 8TU**

**TEL No: 01224 824251**

**EMAIL: [SANDRA@THE-MIDDLETONS.CO.UK](mailto:SANDRA@THE-MIDDLETONS.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 CLUB ENTRIES AND WOULD HOPE THAT THIS COMPETITION MEET WILL BE INCLUDING IN YOUR FORTHCOMING CALENDAR**

**ABERDEEN DOLPHIN SC - THE MITCHELL TROPHY 2007**  
 (UNDER FINA AND SASA RULES)  
 10 and 11 November 2007

WESTHILL SWIMMING POOL , WESTHILL, ABERDEEN

**PROGRAMME OF EVENTS**

**SATURDAY**

<b>Session 1</b>	<b>Warm Up 08:00</b>		<b>Start 09:15</b>		<b>Consideration Time</b>
Event 101	Womens	Open	400 I/M	HDW	
Event 102	Girls	12/U	50 Br/Str	HDW	
Event 103	Boys	12/U	50 Br/Str	HDW	
Event 104	Girls	15/O	100 B/C	Heats	01:25.00
Event 105	Boys	15/O	100 B/C	Heats	01:15.00
Event 106	Girls	13/14	100 Free	Heats	01:15.00
Event 107	Boys	13/14	100 Free	Heats	01:05.00
Event 108	Girls	12/U	200 Fly	HDW	03:25.00
Event 109	Boys	12/U	200 Fly	HDW	03:25.00
Presentations	Events	101,102,103	108,109		
Event 110	Girls	15/O	200 Br/Str	HDW	03:25.00
Event 111	Boys	15/O	200 Br/Str	HDW	03:10.00
Event 112	Girls	13/14	200 B/C	HDW	02:55.00
Event 113	Boys	13/14	200 B/C	HDW	02:45.00
Event 114	Girls	15/O	200 Free	HDW	02:30.00
Event 115	Boys	15/O	200 Free	HDW	02:20.00
Presentations	Events	110-115			
<b>Session 2</b>	<b>Warm Up 12:30</b>		<b>Start 13:45</b>		
Event 201	Womens	Open	800 Free	HDW	
Event 202	Boys	12/U	50 B/C	HDW	
Event 203	Girls	12/U	50 B/C	HDW	
Event 204	Boys	15/O	100 Free	Heats	01:00.00
Event 205	Girls	15/O	100 Free	Heats	01:10.00
Event 206	Boys	13/14	100 Br/Str	Heats	01:35.00
Event 207	Girls	13/14	100 Br/Str	Heats	01:35.00
Event 208	Boys	12/U	200 I/M	Heats	03:10.00
Event 209	Girls	12/U	200 I/M	Heats	03:10.00
Presentations	Events	201-203			
Event 210	Boys	15/O	200 I/M	HDW	02:40:00
Event 211	Girls	15/O	200 I/M	HDW	02:50.00
Event 212	Boys	13/14	200 Fly	HDW	03:05.00
Event 213	Girls	13/14	200 Fly	HDW	03:15.00
Event 214	Mens	Open	400 Free	HDW	04:45.00
Presentations	Events	210-214			
<b>Session 3</b>	<b>Warm Up 17.30</b>		<b>Start 18:00</b>		
Event 301	Girls	12/U	200 I/M	Final	
Event 302	Boys	12/U	200 I/M	Final	
Event 303	Girls	15/O	100 B/C	Final	
Event 304	Boys	15/O	100 B/C	Final	
Event 305	Girls	13/14	100 Free	Final	
Event 306	Boys	13/14	100 Free	Final	
Presentations	301-305				
Event 307	Girls	15/O	100 Free	Final	
Event 308	Boys	15/O	100 Free	Final	
Event 309	Girls	13/14	100 Br/Str	Final	
Event 310	Boys	13/14	100 Br/Str	Final	
Presentations	306-310				

**PROGRAMME OF EVENTS**

**SUNDAY**

<b>Session 4</b>	<b>Warm Up 08:00</b>		<b>Start 09:15</b>		<b>Consideration Time</b>
Event 401	Mens	Open	400 I/M	HDW	
Event 402	Girls	12/U	50 Fly	HDW	
Event 403	Boys	12/U	50 Fly	HDW	
Event 404	Girls	15/O	200 B/C	HDW	03:00.00
Event 405	Boys	15/O	200 B/C	HDW	02:50.00
Event 406	Girls	13/14	100 B/C	Heats	01:25.00
Event 407	Boys	13/14	100 B/C	Heats	01:20.00
Presentations	Events	401-405			
Event 408	Girls	12/U	200 Br/Str	HDW	03.35.00
Event 409	Boys	12/U	200 Br/Str	HDW	03.35.00
Event 410	Girls	15/O	100 Fly	Heats	01:25.00
Event 411	Boys	15/O	100 Fly	Heats	01:15.00
Event 412	Boys	13/14	200 I/M	HDW	02:50.00
Event 413	Girls	13/14	200 I/M	HDW	03:00.00
Event 414	Girls	12/U	200 Free	Heats	02.45.00
Event 415	Boys	12/U	200 Free	Heats	02.45.00
Event 416	Womens	Open	400 Free	HDW	05:30.00
Event 417	Mens	Open	50 Free	Heats	00:28.00
Presentations	Events	408,409	412,413,416		
<b>Session 5</b>	<b>Warm Up 12:30</b>		<b>Start 13:45</b>		
Event 501	Mens	Open	1500 Free	HDW	
Event 502	Girls	13/14	200 Free	HDW	02:30.00
Event 503	Boys	13/14	200 Free	HDW	02:20.00
Event 504	Girls	12/U	50 Free	HDW	
Event 505	Boys	12/U	50 Free	HDW	
Event 506	Girls	15/O	100 Br/Str	Heats	01:35.00
Event 507	Boys	15/O	100 Br/Str	Heats	01:25.00
Presentations	Events	501-505			
Event 508	Girls	13/14	200 Br/Str	HDW	03:20.00
Event 509	Boys	13/14	200 Br/Str	HDW	03:15.00
Event 510	Girls	12/U	200 B/C	HDW	03.00.00
Event 511	Boys	12/U	200 B/C	HDW	03.00.00
Event 512	Girls	15/O	200 Fly	HDW	03:00.00
Event 513	Boys	15/O	200 Fly	HDW	03:00.00
Event 514	Girls	13/14	100 Fly	Heats	01:30.00
Event 515	Boys	13/14	100 Fly	Heats	01:20.00
Event 516	Womens	Open	50 Free	Heats	00:33.00
Presentations	Events	508-513			
<b>Session 6</b>	<b>Warm Up 17.30</b>		<b>Start 18:00</b>		
Event 601	Girls	12/U	200 Free	Final	
Event 602	Boys	12/U	200 Free	Final	
Event 603	Girls	13/14	100 B/C	Final	
Event 604	Boys	13/14	100 B/C	Final	
Event 605	Girls	15/O	100 Fly	Final	
Event 606	Boys	15/O	100 Fly	Final	
Presentations	Events	601-606			
Event 607	Girls	12/U	100m I/M	Special Event	Top Six Points Winners
Event 608	Boys	12/U	100m I/M	Special Event	Top Six Points Winners
Event 609	Girls	13/14	100 FLY	Final	
Event 610	Boys	13/14	100 FLY	Final	
Event 611	Girls	15/O	100 BR	Final	
Event 612	Boys	15/O	100 BR	Final	
Presentations	Events	607-612			
Event 613	Womens	Open	50 Free	Final	
Event 614	Mens	Open	50 Free	Final	
Event 615	Mixed	Open	8 x 50 Canon Relay	HDW	12/U,13/14,15/O,Open
Presentations	Events	613-615			
Presentations	Best Boy/Girl	Each Age Group			
Presentations	Mitchell Trophy				