

Club Summer Sprints

Saturday 7th June 2025

Venue Aboyne Community Centre, Aboyne, Aberdeenshire AB34 5JN

Age Groups All UDASC Members are invited

Events Events are detailed on the following sheet.

Events will be swum within squads and age groups, combined & seeded by entry times. All events are finals and will be swum as

mixed ages and gender, and by seed times.

Swim events entered will be finalised by UDASC coach.

Session Provisional session times are as follows and will be confirmed

once entries are in.

Registration in the Community Centre Foyer 15 mins before

Warm-up

SESSION 12:00 - 2:30pm

WARM-UP JB 1&2 12.00 - 12:15

Bronze/KW 12:15 - 12:30

START 12:45pm, FINISH 2:30pm

Presentation of medals will take place during the swim

session (if we have time)

Squad Trophies will be presented at the Celebration event.

Entry Fees Free of charge

Awards Medals will be awarded to 1st, 2nd and 3rd in each age group, and

for boys and girls. The Squad trophies are listed on page 3.

Trophies are awarded on the basis of LEN points, which are calculated by comparing the time achieved for a swim to the

current world record for that event/gender.



End of Year Celebration All members and their families are invited to join the UDASC End of Swim Year Celebration which will take place in the Pine Loft at The Boat Inn.

Food can be ordered from the set Menu attached.

There is no charge to Club swimmers, coaches and committee officials for the Summer Sprints Celebration meal

For all other attendees there is a charge of £17 per person

Food will be served at approx. 3:30pm Please confirm the number of attendees and menu choice using the Entry form below.

All payments for the food order must be received before 31st May.

Menu order payments must be made by bank transfer to:

Name Upper Deeside ASC

Sort Code 80-22-60 Account No. 26945263

CLOSING DATE FOR ENTRIES: Sunday 18th May 2025

Confirm your Entry & Celebration attendance
by completing this form (Click on Link)

Entry Form

or email to Mark Boyes udasc.coach@icloud.com



Summer Sprints Event schedule

	Event	JB1	JB2	Bronze	Jnr Masters	Killer Whales
1	100 fr			Х	Х	х
2	50 bk	Х	Х			
3	50 fly	Х	Х	Х	Х	х
4	100 brs			Х	Х	х
		Medal presentation				
5	50 brs	Х	Х			
6	100 bk			Х	Х	х
7	50 fr	Х	Х			
8	100 IM		Х	Х	Х	х
		Medal presentation				
9	200 Mixed Medley		If time allows			
	Relay					
10	Club fc Relay	Х	Х	Х	Х	Х

Note

This is for information only swimmer entries will be finalised by UDASC coach.

UDASC IS PROUD TO BE AN ECO FRIENDLY CLUB. ALL THOSE ATTENDING THE
MEET, INCLUDING SWIMMERS, STOS, COACHES, HELPERS, PARENTS,
SPECTATORS, ARE ASKED BRING THEIR OWN REFILLABLE WATER BOTTLE.
DRINKING WATER WILL BE FREELY AVAILABLE



End of Swim Year Celebration The Pine Loft



The Boat Inn On Saturday 7th June 3.30pm - 5.30pm

A choice of

Cheeseburger and Chips (GF Available)

Hot Dog and chips

Veggie Burger (Vegetarian ,GF Available)

Ice Cream and Hot Fudge Sauce

Price includes jugs of juice

£17.00 per person