SYNCHRONISED SWIMMING

SCOTTISH swimming

Scottish Gas Inter District Synchronised Swimming Championships

Buckie Swimming Pool

Saturday 8th May 2010

WEST DISTRICT SWIMMING

SWIMMING · DIVING · SYNCHRO · WATER POLO
EAST DISTRICT

NORTH DISTRICT SASA

Admission £1 Programme £1

SYNCHRONISED SWIMMING
SCOTTISH swimming

WELCOME TO SCOTTISH GAS INTER DISTRICT SYNCHRONSED SWIMMING CHAMPIONSHIPS 2010

The Synchronised Swimming Committee would like to extend a warm welcome to all our officials, competitors and parents for all their assistance and support today.

A special thank you to all coaches and parents from Nairn Synchronised Swimming Club for arranging the hospitality and helping in the various ways to assist with the smooth running of this competition. We appreciate all the help given today.

Scottish Synchronised Swimming Committee

Scottish Convenor	Mrs Phyllis McLean
North Convenor	Mr Bob Stubbs
East Convenor	Mrs Cath Fleming
West Convenor	Mrs Emma Miller
Midlands	Vacant
Events/Assessor Co-ordinator	Mrs Elizabeth Bowman
Academy Organiser	Mrs Susan Anderson
Scottish Swimming Staff Members	Ms Amanda Church & Mr Richard Gordon

We ask that all mobile phones be switched off prior to the start of each session as this can interfere with the music system.

If you are using video or camera equipment please ensure that you have signed in using the book provided.

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Timetable

11.30 am	Warm – up 11.30am - 12.15 for Skill /Rec 1 & 2's 11.45am – 12.30 for Skill/Rec 3,4,& 5
12.00pm	Official's meeting
12.30pm	Skill /Rec1 & 2 Figure Competition
	Skill/Rec 3 Figure Competition
	Skill/Rec 4 & 5 Figure Competition
3.00pm	LUNCH
3.30pm	**Routines**
	Skill Rec 3/5 Solo
	Skill Rec 3/5 Trio
	Skill/Rec 1/2 Trios
	Skill Rec 3/5 Duet
	BREAK - Raffle
	Skill/Rec 1/2 Free Combination Team
	Skill/Rec 3/5 free Combination Team
5.30pm	**PRESENTATION OF AWARDS**

All times are subject to change.

SYNCHRONISED SWIMMING
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Scottish Gas Inter District Officials

Referee:	Mrs Mary Black
Judges:	Elizabeth Bowman Margo Wimberley Wyn McFadyen Cath Fleming Emma Miller Linda Kane Irene Glen
Scorers:	Phyllis McLean Liz Barrett Eleanor Whiteford
Time Keeper:	Yvonne Main
Clerk of Course:	Debbie McLeod
Announcer:	Paul Richardson
Music Controller:	Kath Richardson
Caller:	Tracey McCrae
Programme Sales:	Bob Stubbs

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FIGURES **SKILL/REC 1/2**

1.	101 Ballet Leg Single	1.6
2.	360 Walkover Front	2.1
3.	344 Neptunus	1.8
4.	301 Barracuda	2.0

Order of Swim	**District**
1. Hazel Forgon	North
2. Chloe Hunter	North
3. Lucy Whiteford	West
4. Megan Wimberley	East
5. Joia Raychoudhury	East
6. Holly Webber	West
7. Jennifer Bannon	East
8. Sarah McKinnon	North
9. Jo Hampson	North
10. Louise Broatch	East
11. Laura Burt	East
12. Jenna Heatlie	East
13. Edie Turner	East
14. Rebecca Barrow	West
15. Erin Buckley	East
16. Lucy Barron	North
17. Seona Kelly	West
18. Amy Tulloch	North
19. Charlotte McArdle	West
20. Carmel Connelly	West
21. Kirstin MacLeod	North
22. Eilidh Mackay	East

FIGURE SKILL/REC 3

1. 420	Walkover Back	2.0
2. 355e	Porpoise Spinning 360	2.1
3. 301d	Barracuda Spining 180	2.1
4. 140	Flamingo Bent Knee	2.4

Order of Swim	**District**
1. Eileen Morrow	East
2. Katie Sherriffs	North
3. Ailsa Innes	East
4. Eilidh Richardson	East
5. Mairi Innes	East
6. Freya Macleod	North
7. Clare Hyland	East
8. Chelsey Main	North

FIGURE SKILL/REC 4/5

1. 313	Kip Split Closing	2.5
2. 112f	Ibis Continuous Spin (720)	2.8
3. 355b	Porpoise Full Twist	2.5
4. 150	Knight	3.1

Order of Swim	**District**
1. Caryn Stubbs	North
2. Nyssa Richardson	East
3. Rachel Wimberley	East
4. Annabel Ladomery	East

ROUTINES
Trios Skill/ Rec 1/2

Order of Swim	**District**
1. Kirstin MacLeod/Amy Tulloch Jo Hampson	North A
2. Jenna Heatlie/Megan Wimberley/ Eilidh Mackay	East
3. Chloe Hunter/ Sarah McKinnon Lucy Barron	North B
4. Rebecca Barrow/ Carmel Connelly Charlotte McArdle	West

Solo Skill/Rec 4/5

Order of Swim	**District**
1. Caryn Stubbs	North
2. Annabel Ladomery	East

Trio Skill/Rec 3,4,5

Order of Swim	**District**
1. Katie Sherriffs / Chelsey Main Freya MacLeod	North

DUET Skill/Rec 3,4,5

Order of Swim	**District**
1. Nyssa Richardson / Annabel Ladomery	East
2. Chelsey Main/Katie Sherriffs Res. Freya MacLeod	North

TEAMS SKILL/REC 1 & 2

Order of Swim	**District**
1. Kirstin MacLeod,Hazel Forgon Sarah McKinnon, Lucy Barron, Amy Tulloch, Chloe Hunter, Jo Hampson	North
2. Megan Wimberley, Eilidh Mackay, Louise Broatch, Laura Burt, Erin Buckley, Edie Turner, Joia Raychoudhury, Jenna Heatlie	East
3. Charlotte McArdle, Rebecca Barrow Seona Kelly, Carmel Connelly, Lucy Whiteford, Holly Webber	West

TEAMS SKILL/REC 3,4/5

Order of Swim	**District**
1. Mairi Innes, Ailsa Innes Nyssa Richardson, Eileen Morrow, Rachel Wimberley, Annabel Ladomery, Clare Hyland, Eilidh Richardson	East
2. Caryn Stubbs, Katie Sherriffs, Chelsey Main, Freya McLeod	North

Results

The Shell Oil Trophy
SKILL/REC 1/2

Winning District _____

The marks gained in each section (Figures, Duet, Trio and Free Combination Team shall be added together for the Skill/Recreational 1 & 2 Competition with medals being awarded to the District with the highest total overall.

The Elizabeth Hamilton Trophy
SKILL/REC 3,4/5

Winning District _____

The marks gained in each section (Figures, Solo, Duet, Trio and Free Combination Team shall be added together for the Skill/Recreational 3, 4, 5 Competition with medals being awarded to the District with the highest total overall.

SYNCHRONISED SWIMMING

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The next Synchronised Swimming Competition is the Scottish Gas Club Championships, the Mary Black Rosebowl on Saturday 19th June 2010 at Kirkcaldy Swimming Pool.

The Scottish Gas Synchronised Swimming Nationals and Age Groups will be held at Drumchapel Swimming Pool, Glasgow on 30th & 31st October 2010

THANK YOU FOR SUPPORTING OUR COMPETITION AND HAVE A SAFE JOURNEY HOME.