

***NORTH DISTRICT
AGE GROUP CHAMPIONSHIPS
(UNDER FINA AND SASA RULES)***

***7 & 8 MARCH 2009
Inverness Aquadome***

MEET INFORMATION

Pool 25 Metres, 8 Lanes, Anti-turbulence ropes, Electronic Timing & Level Deck Pool

Sessions	Session One	Warm Up 08.00	-	Start 09.05
	Session Two	Warm Up 12.45	-	Start 13.50
	Session Three	Warm Up 17.30	-	Start 18.15
	Session Four	Warm Up 08.00	-	Start 09.05
	Session Five	Warm Up 12.45	-	Start 13.50
	Session Six	Warm Up 17.30	-	Start 18.15

(SUBJECT TO CHANGE IF NECESSARY)

Events See attached sheets.

Age As at 8th March 2009 - 10 – 12 years, 13/14 years, 15 years and over.
SW11.1.2 Competitors may swim only in their own age groups in both individual and relay events.

Consideration Times Consideration times are with the attached Programme of Events. The fee for entries received which are outwith the consideration times for any of the District Competitions shall not be refunded under any circumstances.

Please note that accredited times are required for Age Group Championship entries.

Entries All entries must be on Hy-tek Team manager entry file (District Rule SW 4.1.).
Entry files may be obtained by downloading from the North District website (www.sasanorth.org.uk) or by contacting Tom Tracey at tomtracey@btinternet.com

Please return entry files along with summary sheet, entry fees and official sheets to:
Tom Tracey, 2 Mackay Road, Inverness IV2 4JN

CLOSING DATE FOR ENTRIES IS FRIDAY 6 FEBRUARY 2009

Please note all paperwork & entry files must be received by this date

Entry Fees £4.00 PER INDIVIDUAL EVENT

£6.00 PER RELAY EVENT

Cheques should be made payable to SASA North District.

Entries may have to be limited dependent upon numbers received.

Early Withdrawals Withdrawals prior to the event may be sent or e-mailed to:
Tom Tracey, 2 Mackay Road, Inverness IV2 4JN or e-mail tomtracey@btinternet.com to arrive by 5.00 pm at the latest on Friday 6 March 2008.

NB: All details must be included on e-mail withdrawals ie Name, Event No, Stroke, Comp No etc

Telephone withdrawals will not be accepted.

Withdrawals At the Meet Withdrawals from heats should be notified on the relevant withdrawal form. The sheets should be handed in to the recorders at least 1 hour prior to the start of the first session and updated accordingly one hour before the start of each session thereafter.

Reserves Reserves must marshall unless they have also withdrawn as above.

**Withdrawals
from Finals**

Swimmers who wish to withdraw from a Final must inform the recorder and complete the 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. Rule SW 5.1 refers. Withdrawals from finals or in the case of illness should be completed on the old style withdrawal forms available from the recorders.

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.

Reserves for finals must marshal unless they have also withdrawn as above.

**Reserves
Awards**

Medals will be awarded for 1st, 2nd and 3rd places.

Grampian Rosebowl, Sam Muir Quaich, Jean Muir Memorial Trophies and Welsh Trophies will be awarded according to North District rule SW11.3 .

**Technical
Officials**

Lists of Technical Officials for all six sessions should be included with meet entries – North District rules SW 4.1 and SW 6.2. refer.

Please note that probationary Judges and Timekeepers wishing specific signatures, i.e. Chief timekeeper or stroke, should make this request to the Meet Officials Convenor when names are submitted.

For Trainee Judge 1, 2 or Judge 2S, please see the Officials Sheet

Any queries or changes to Technical Officials after the closing date should be directed to the Meet Officials Convenor.

Notes

- 1 All swimmers entered must have paid their SASA membership fee for the current year. Registration numbers must be shown on entry files. A Licence has been granted for this competition and accreditation will be applied for to the SASA.
- 2 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.
- 3 Participating clubs will receive one copy of start sheets and results sheets for each session.

Photography

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).

Use of mobile phones will not be permitted within the changing rooms or pool area in order to prevent any misuse of photo phones.

**Meet
Convenor**

Margaret Anderson Tel: 01463 237062. Email: mandsanderson@hotmail.com

NORTH DISTRICT AGE GROUP CHAMPIONSHIPS

7 & 8 March 2009 Inverness Aquadome

Please note Accredited Times are required for Age Group Championship Events.

These times must have been achieved since 6th February 2008.

There will be spot checks on entry times and Clubs may be asked to verify them. Should you receive such a request you will also be advised of the deadline for verification. Any times which cannot be verified or which are not verified by the deadline will be automatically withdrawn as per Swimming Regulation 2.2.

Events & Consideration Times

Times must be faster than or equal to:-

Boys		Events			Girls	
15 +	13/14	10 - 12		10 - 12	13/14	15+
01:00.00	01:05.40	01:14.00	100 Free	01:14.00	01:08.00	01:07.80
02:11.00	02:22.00	02:38.00	200 Free	02:38.00	02:28.00	02:27.20
04:45.00	04:55.00	05:25.00	400 Free	05:25.00	05:05.00	05:00.00
09:25.00	10:00.00	11:30.00	800 Free	11:30.00	10:30.00	10:20.00
18:12.00	18:42.00	21:00.00	1500 Free	21:00.00	20:30.00	20:00.00
01:11.00	01:16.00	01:24.00	100 Back	01:24.00	01:18.00	01:16.40
02:38.00	02:45.00	02:56.00	200 Back	02:56.00	02:46.00	02:42.00
01:21.80	01:25.00	01:37.60	100 Breast	01:37.60	01:29.20	01:27.80
03:00.00	03:04.00	03:27.40	200 Breast	03:27.40	03:14.20	03:13.20
01:11.00	01:16.00	01:31.00	100 Fly	01:31.00	01:20.00	01:19.20
02:48.00	03:06.60	03:16.00	200 Fly	03:16.00	03:08.80	02:54.40
02:36.00	02:41.00	02:58.00	200 IM	02:58.00	02:47.00	02:45.40
05:35.00	05:45.00	06:25.00	400 IM	06:25.00	06:00.00	05:52.00

Notes: There will be Finals for 100m events and 200m IM. All other events will be HDW.

400, 800 & 1500 Events will be swum as combined events to maximise opportunity however medals will be awarded in each age group and entries will be accepted in as near equal numbers per age group as possible.

Relay teams should be entered with realistic times in order to allow for relevant seeding to take place.

Programme of Events 7 & 8 March 2009

Session 1				Session 2				Session 3			FINALS			
Event 101	Boys 15+	200m Backstroke	<u>HDW</u>	Event 201	Girls 10-12	200m Freestyle	<u>HDW</u>	Event 301	Boys 10+	1500m Freestyle	<u>HDW</u>			
Event 102	Girls 15+	200m Backstroke	<u>HDW</u>	Event 202	Boys 10-12	200m Freestyle	<u>HDW</u>	Event 106	Girls 10-12	100m Freestyle				
Event 103	Boys 13/14	200m Butterfly	<u>HDW</u>	Event 203	Girls 13/14	100m Butterfly		Event 105	Boys 10-12	100m Freestyle				
Event 104	Girls 13/14	200m Butterfly	<u>HDW</u>	Event 204	Boys 13/14	100m Butterfly		Event 116	Girls 13/14	200m Individual Medley				
Event 105	Boys 10-12	100m Freestyle		Event 205	Girls 15+	200m Breaststroke	<u>HDW</u>	Event 115	Boys 13/14	200m Individual Medley				
Event 106	Girls 10-12	100m Freestyle		Event 206	Boys 15+	200m Breaststroke	<u>HDW</u>	Event 108	Girls 15+	100m Breaststroke				
Event 107	Boys 15+	100m Breaststroke		Event 207	Girls 10-12	200m Backstroke	<u>HDW</u>	Event 107	Boys 15+	100m Breaststroke				
Event 108	Girls 15+	100m Breaststroke		Event 208	Boys 10-12	200m Backstroke	<u>HDW</u>	Event 213	Girls 10-12	100m Breaststroke				
Event 109	Boys 13/14	100m Freestyle		Event 209	Girls 13/14	200m Breaststroke	<u>HDW</u>	Event 214	Boys 10-12	100m Breaststroke				
Event 110	Girls 13/14	100m Freestyle		Event 210	Boys 13/14	200m Breaststroke	<u>HDW</u>	Event 203	Girls 13/14	100m Butterfly				
Event 111	Boys 10-12	200m Breaststroke	<u>HDW</u>	Event 211	Girls 15+	100m Backstroke		Event 204	Boys 13/14	100m Butterfly				
Event 112	Girls 10-12	200m Breaststroke	<u>HDW</u>	Event 212	Boys 15+	100m Backstroke		Event 211	Girls 15+	100m Backstroke				
Event 113	Boys 15+	200m Butterfly	<u>HDW</u>	Event 213	Girls 10-12	100m Breaststroke		Event 212	Boys 15+	100m Backstroke				
Event 114	Girls 15+	200m Butterfly	<u>HDW</u>	Event 214	Boys 10-12	100m Breaststroke		Event 110	Girls 13/14	100m Freestyle				
Event 115	Boys 13/14	200m Individual Medley		Event 215	Girls 10+	800m Freestyle	<u>HDW</u>	Event 109	Boys 13/14	100m Freestyle				
Event 116	Girls 13/14	200m Individual Medley		Event 216	Boys 13 & under	4 x 100 Medley Relay		Event 302	Girls 13 & under	4 x 100m F/C Relay				
Event 117	Boys 10+	400m Freestyle	<u>HDW</u>	Event 217	Girls 13 & under	4 x 100 Medley Relay	<u>HDW</u>	Event 303	Boys 13 & under	4 x 100m F/C Relay				

Programme of Events 7 & 8 March 2009

Session 4			Session 5			Session 6 FINALS		
Event 401	Girls 15+	100m Butterfly	Event 501	Boys 10-12	200m Individual Medley	Event 601	Girls 10+	400m Freestyle <u>HDW</u>
Event 402	Boys 15+	100m Butterfly	Event 502	Girls 10-12	200m Individual Medley	Event 501	Boys 10-12	200m Individual Medley
Event 403	Girls 10-12	100m Backstroke	Event 503	Boys 13/14	100m Breaststroke	Event 502	Girls 10-12	200m Individual Medley
Event 404	Boys 10-12	100m Backstroke	Event 504	Girls 13/14	100m Breaststroke	Event 406	Boys 13/14	100m Backstroke
Event 405	Girls 13/14	100m Backstroke	Event 505	Boys 15+	200m Individual Medley	Event 405	Girls 13/14	100m Backstroke
Event 406	Boys 13/14	100m Backstroke	Event 506	Girls 15+	200m Individual Medley	Event 505	Boys 15+	200m Individual Medley
Event 407	Girls 15+	200m Freestyle <u>HDW</u>	Event 507	Boys 10-12	100m Butterfly	Event 506	Girls 15+	200m Individual Medley
Event 408	Boys 15+	200m Freestyle <u>HDW</u>	Event 508	Girls 10-12	100m Butterfly	Event 507	Boys 10-12	100m Butterfly
Event 409	Girls 10-12	200m Butterfly <u>HDW</u>	Event 509	Boys 13/14	200m Backstroke <u>HDW</u>	Event 508	Girls 10-12	100m Butterfly
Event 410	Boys 10-12	200m Butterfly <u>HDW</u>	Event 510	Girls 13/14	200m Backstroke <u>HDW</u>	Event 402	Boys 15+	100m Butterfly
Event 411	Girls 13/14	200m Freestyle <u>HDW</u>	Event 511	Boys 15+	100m Freestyle	Event 401	Girls 15+	100m Butterfly
Event 412	Boys 13/14	200m Freestyle <u>HDW</u>	Event 512	Girls 15+	100m Freestyle	Event 503	Boys 13/14	100m Breaststroke
Event 413	Girls 10+	400m Individual Medley <u>HDW</u>	Event 513	Boys 10+	400m Individual Medley <u>HDW</u>	Event 504	Girls 13/14	100m Breaststroke
Event 414	Boys 10+	800m Freestyle <u>HDW</u>	Event 514	Girls 10+	1500m Freestyle <u>HDW</u>	Event 404	Boys 10-12	100m Backstroke
			Event 515	Boys 14 +	4 x 100 Medley Relay <u>HDW</u>	Event 403	Girls 10-12	100m Backstroke
			Event 516	Girls 14+	4 x 100 Medley Relay <u>HDW</u>	Event 511	Boys 15+	100m Freestyle
						Event 512	Girls 15+	100m Freestyle
						Event 602	Boys 14+	4 x 100 Freestyle Relay <u>HDW</u>
						Event 603	Girls 14+	4 x 100 Freestyle Relay <u>HDW</u>

NORTH DISTRICT AGE GROUP CHAMPIONSHIPS

7 & 8 MARCH 2009

Club _____
 STO Contact Name _____
 Tel No: _____
 E-mail address _____

Meet Officials Convenor: Sandra Middleton

Tel: 01224 824251

E-mail: sandra@the-middletons.co.uk

OFFICIALS SHEET

No of swimmers entered

NAME	DUTY	SIGNATURE REQUIRED?	SESSION 1	SESSION 2	SESSION 3	SESSION 4	SESSION 5	SESSION 6

Trainee Judges, 1, 2 or 2S, please enter names below if requesting mentoring sessions. These will be at the discretion of the referee depending on the availability of suitable mentors, and for the purposes of Rule SW6.2 Trainee Judge 1 will count as Timekeeper only. Trainee Judge 2 & 2S count as Judge.

NAME	DUTY	No of signatures to date	SESSION 1	SESSION 2	SESSION 3	SESSION 4	SESSION 5	SESSION 6

Please return this form with your entries.

Please ensure form complies with SW 6.2

- 4 swimmers or less
- 5 – 9 swimmers
- 10 – 14 swimmers
- 15 – 24 swimmers
- 25+ swimmers

- No Technical Officials required, but please return the form duly marked
- 1 Timekeeper for every session of the Meet
- 3 Technical Officials for every session, one of whom must be a Judge, Starter or Referee
- 5 Technical Officials for every session, two of whom must be a Judge, Starter or Referee
- 6 Technical Officials for every session, three of whom must be a Judge, Starter or Referee

Please note these are the **minimum** requirements, extra officials are always welcome.