

***NORTH DISTRICT  
SPRINT CHAMPIONSHIPS***  
(UNDER FINA AND SASA RULES)

*4<sup>th</sup> October 2008  
Inverness Aquadome*

**MEET INFORMATION**

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

**Sessions**           **Session One**           Warm Up 08.30           -           Start 09.35  
                          **Session Two**           Warm Up 14.00           -           Start 15.05

(SUBJECT TO CHANGE IF NECESSARY)

**Events**           Individual           Open 100m IM + Age Group 50m each stroke  
                          Team                4 x 50m FR (10-13 and 14/over)  
  4 x 50m MR (10-13 and 14/over)  
Maximum of 2 teams per club per event.  
Please note swimmers must swim only in their own age groups

**Age**                Age on day (i.e. 4/10/08) - 10 - 12 years, 13/14 years, 15 years & over

**Consideration Times**   Consideration times are on the attached programme of events. Please note that accredited times are required for Sprint Championship entries. The fee for entries received which are outwith the consideration times for any of the District Competitions shall not be refunded under any circumstances.

**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](http://www.sasanorth.org.uk)) or e-mail Tom Tracey at [tomtracey@btinternet.com](mailto:tomtracey@btinternet.com)  
Please return entry files along with summary sheet, entry fees and officials sheets to:-  
Tom Tracey  
2 Mackay Road  
Inverness  
IV2 4JN

**CLOSING DATE FOR ENTRIES IS 6th September 2008**

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

**Entry Fees**           £4.00 PER INDIVIDUAL EVENT  
                          £9.00 PER TEAM 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](mailto:tomtracey@btinternet.com) to arrive by 5.00 pm at the latest on Friday 3 October 2008.  
NB: All details must be included on e-mail withdrawals ie Name, Event No, Stroke, Comp No etc  
Please do not telephone withdrawals.

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** Reserves for finals must marshal unless they have also withdrawn as above.

**Awards** Mens Senior 50m Freestyle Champion : The Solingen Salver  
Mens Junior 50m Freestyle Champion : The ND Swimming Coaches Assoc Plaque  
Womens Senior 50m Freestyle Champion: The Criterion Ladies Barrie Cup  
Womens Junior 50m Freestyle Champion: The Mary Bell Shield

Medals will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places.

**Technical Officials** Lists of Technical Officials for all sessions must be included with the meet entries – North District rule SW 6.2.

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

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

- 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).

**Meet Convenor** Margaret Anderson  
Tel: 01463 237062. Email: [mandsanderson@hotmail.com](mailto:mandsanderson@hotmail.com)

## NORTH DISTRICT SPRINT CHAMPIONSHIPS

4 October 2008 – Inverness Aquadome

### PROGRAMME OF EVENTS

**Session 1**      Warm Up 08.30                      Start 09.35

<b>HEATS</b>		
Event 101	Open Girls	100m Individual Medley
Event 102	10-12 Girls	50m Freestyle
Event 103	10-12 Boys	50m Freestyle
Event 104	13/14 Girls	50m Breaststroke
Event 105	13/14 Boys	50m Breaststroke
Event 106	15/o Girls	50m Backstroke
Event 107	15/o Boys	50m Backstroke
Event 108	10-12 Girls	50m Butterfly
Event 109	10-12 Boys	50m Butterfly
Event 110	13/14 Girls	50m Freestyle
Event 111	13/14 Boys	50m Freestyle
Event 112	15/o Girls	50m Breaststroke
Event 113	15/o Boys	50m Breaststroke
Event 114	10-13 Girls	4 x 50m Medley Relay <b>HDW</b>
Event 115	10-13 Boys	4 x 50m Medley Relay <b>HDW</b>
<b>FINALS</b>		
Event 101	Open Girls	100m Individual Medley
Event 102	10-12 Boys	50m Freestyle
Event 103	10-12 Girls	50m Freestyle
Event 104	13/14 Boys	50m Breaststroke
Event 105	13/14 Girls	50m Breaststroke
Event 106	15/o Boys	50m Backstroke
Event 107	15/o Girls	50m Backstroke
Event 108	10-12 Boys	50m Butterfly
Event 109	10-12 Girls	50m Butterfly
Event 110	13/14 Boys	50m Freestyle
Event 111	13/14 Girls	50m Freestyle
Event 112	15/o Boys	50m Breaststroke
Event 113	15/o Girls	50m Breaststroke
Event 116	14+ Boys	4 x 50m Medley Relay <b>HDW</b>
Event 117	14+ Girls	4 x 50m Medley Relay <b>HDW</b>

**Session 2**      Warm Up 14.00                      Start 15.05

<b>HEATS</b>		
Event 201	Open Boys	100m Individual Medley
Event 202	10-12 Boys	50m Breaststroke
Event 203	10-12 Girls	50m Breaststroke
Event 204	13/14 Boys	50m Backstroke
Event 205	13/14 Girls	50m Backstroke
Event 206	15/o Boys	50m Butterfly
Event 207	15/o Girls	50m Butterfly
Event 208	10-12 Boys	50m Backstroke
Event 209	10-12 Girls	50m Backstroke
Event 210	13/14 Boys	50m Butterfly
Event 211	13/14 Girls	50m Butterfly
Event 212	15/o Boys	50m Freestyle
Event 213	15/o Girls	50m Freestyle
Event 214	10-13 Boys	4 x 50m Freestyle Relay <b>HDW</b>
Event 215	10-13 Girls	4 x 50m Freestyle Relay <b>HDW</b>
<b>FINALS</b>		
Event 201	Open Boys	100m Individual Medley
Event 202	10-12 Girls	50m Breaststroke
Event 203	10-12 Boys	50m Breaststroke
Event 204	13/14 Girls	50m Backstroke
Event 205	13/14 Boys	50m Backstroke
Event 206	15/o Girls	50m Butterfly
Event 207	15/o Boys	50m Butterfly
Event 208	10-12 Girls	50m Backstroke
Event 209	10-12 Boys	50m Backstroke
Event 210	13/14 Girls	50m Butterfly
Event 211	13/14 Boys	50m Butterfly
Event 212	15/o Girls	50m Freestyle
Event 213	15/o Boys	50m Freestyle
Event 216	14 + Girls	4 x 50m Freestyle Relay <b>HDW</b>
Event 217	14 + Boys	4 x 50m Freestyle Relay <b>HDW</b>

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*CONSIDERATION TIMES*

Please note accredited Times are required for Sprint Championship Events.

These times must have been achieved since 6<sup>th</sup> September 2007.

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.

Entry times will not be amended after the closing date.

**Consideration Times (times to be faster than or equal to)**

<i>Open Boys</i>	<i>15+ Boys</i>	<i>13/14 Boys</i>	<i>10 – 12 Boys</i>	<i>Event</i>	<i>10 – 12 Girls</i>	<i>13/14 Girls</i>	<i>15+ Girls</i>	<i>Open Girls</i>
	00:29.50	00:32.50	00:35.00	50 Free	00:35.00	00:33.50	00:32.00	
	00:33.50	00:37.50	00:40.50	50 Back	00:40.00	00:38.50	00:37.00	
	00:38.00	00:42.00	00:46.00	50 Breast	00:45.50	00:43.00	00:41.00	
	00:32.50	00:36.50	00:40.00	50 Fly	00:39.00	00:37.00	00:35.50	
01:17.00				100 IM				01:21.00

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**Summary Sheet**

**Club Name/Abbr** \_\_\_\_\_ **Match Secretary** \_\_\_\_\_

**Address** \_\_\_\_\_  
\_\_\_\_\_

**E-mail address** \_\_\_\_\_

**Tel No** \_\_\_\_\_

Individual Age Group Male entries	@ £4.00	£.....
Individual Age Group Female entries	@ £4.00	£.....
Female relay team entries	@ £9.00	£.....
Male relay team entries	@ £9.00	£.....
N.B. maximum of 2 teams per club Swimmers may only swim in their own age group		
Coaches Meal Pass	@ £5	£.....
	Total	£.....

**Closing Date for Entries is 6<sup>th</sup> September 2008**

**Cheques should be made payable to SASA North District**

**Please enclose:**      **Cheque**  
                                 **Entry files**  
                                 **Officials Sheet**

**Declaration**

*I confirm that all swimmers entered in this competition have paid their current SASA membership fee.*

Signed..... Position in Club.....

Date.....

(This declaration **must** be completed by all competing clubs)

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**Officials Sheet**

Gala Officials Convenor: Club:\_\_\_\_\_

Mrs Eleanore Murison STO Contact Name:\_\_\_\_\_

Tel: 01224 486870

E-mail:eat\_190@hotmail.com Tel No:\_\_\_\_\_

E-mail address:\_\_\_\_\_

**Total number of club swimmers entered:**

Name	Duty	Sig reqd	Session 1	Session 2

**Trainee Judge 1 or Judge 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 2S count as Judge.**

Name	Duty	No of Signatures so far	Session 1	Session 2

***Please return this form with your entries.***

***Please ensure form complies with SW6.2 as follows:***

- |                    |   |
|--------------------|---|
| 4 swimmers or less | No Technical Officials required, but please return the form duly marked         |
| 5 – 9 swimmers     | 1 Timekeeper for every session of the Meet                                      |
| 10 – 14 swimmers   | 3 Technical Officials for every session, one of whom must be a Judge or above   |
| 15 – 24 swimmers   | 5 Technical Officials for every session, two of whom must be a Judge or above   |
| 25+ swimmers       | 6 Technical Officials for every session, three of whom must be a Judge or above |

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