**JUNIOR LONG COURSE TIME TRIALS 2016**

**(UNDER FINA AND SASA RULES)**

**28 & 29 MAY**

**ABERDEEN SPORTS VILLAGE AQUATICS CENTRE**

**Regent Walk, Aberdeen, AB24 1SX**

**MEET INFORMATION**

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| Pool | 50 metres, 10 lanes, deck level, full electronic timing  There will be no separate 25 metres swim down facility available |
| **Sessions** | **Saturday 28 May**  **Session One** Warm Up 11.30 - Start 12.20 - Finish 15.10  **Session Two** Warm Up 15.50 - Start 16.40 - Finish 19.20  **Sunday 29 May**  **Session Three\*** Warm Up 08.30 - Start 09.20 - Finish 12.10  **Session Four\*** Warm Up 12.55 - Start 13.45 - Finish 16.20  (SUBJECT TO CHANGE IF NECESSARY) |
| **Events** | 50m Backstroke, Butterfly, Breaststroke and Freestyle  100m Backstroke, Butterfly, Breaststroke and Freestyle  200m Backstroke, Butterfly, Breaststroke, Freestyle and Individual Medley  400m Freestyle and Individual Medley  800m Freestyle for Girls and 1500m Freestyle for Boys |
| **Ages and Consideration Times**  **Entries** | Age is at 31 December 2016 and entries will be accepted only from swimmers born in 2000, 2001, 2002, 2003 and 2004.  Please note that –   * Events will be swum combined for all ages in heats according to time * All events will be swum as time-trials with no finals and no awards * There are no consideration times for these time-trials but times must be submitted on entry for seeding purposes. These should be real times but do not need to be accredited.   In the event that the time trials are over-subscribed, entries will be accepted fastest first across age groups as evenly as is practical and across events in proportion to the invitations to be made into the Scottish Summer Meet where possible. In the event that an event or an age-group is undersubscribed, any time made available will be allocated to other events or age-groups in that session at the discretion of the Swimming Convenor.  Entries for these time trials are welcome from outside of the SASA North District.  Entries must be submitted by Clubs and will not be accepted from Composite Teams.  All entries must be on Hy-tek Team Manager entry file (District Rule SW4.1). |

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| **Entries** | | Entry files may be obtained by downloading from the North District website (www.sasanorth.org.uk) or contact the entries secretary Sandra Middleton.  Please email entry files to – [sandra@the-middletons.co.uk](mailto:sandra@the-middletons.co.uk)  Summary sheet and entry fees (£7.00 per individual swim) should be sent to-  Sandra Middleton, 19 Slains Terrace, Bridge of Don, Aberdeen, AB22 8TU  (summary sheet may be emailed with entry files)  CLOSING DATE FOR ELECTRONIC ENTRIES IS FRIDAY 29 April 2016  Summary sheet and payment must be received within 3 days of this date. |
| **Early Withdrawals** | | Withdrawals prior to the event may be e-mailed to  [sandra@the-middletons.co.uk](mailto:sandra@the-middletons.co.uk)  to arrive by 5pm at the latest on Friday 27 May 2016.  NB: All details must be included on e-mail withdrawals ie Name, Event No, Stroke, Comp No etc. Telephone withdrawals will not be accepted. |
| **Special**  **Withdrawal**  **Conditions**  **Withdrawals at the Meet** | | This meet is being provided to complement the East District Open/Grand Prix thereby maximising opportunity for swimmers in Scotland to post long course times in the British Swimming window. Special withdrawal conditions therefore apply for this meet only as follows –  A full list of entries received will be issued as the uncut draft programme to  clubs for checking as soon as possible after the closing date. This uncut  programme confirms entries received but does not guarantee acceptance  into the meet.  Any cuts that are necessary to comply with licence conditions will be made  four days after the publishing of the East District Open/Grand Prix programme on SwimScotland or on Friday 6 May, whichever is the soonest.  The North District Junior Time Trials Programme with any cuts that are necessary will then be issued.  Withdrawals received after the full list of entries has been published but  before the draft programme with cuts is issued will be treated as scratches  by the North District and entry fees will be refunded.  All withdrawals received after the publishing of the cut programme will be  treated in the usual way and there will be no refund.  Full details of withdrawal procedures shall be issued with the initial draft  programme.  Withdrawals from heats at the meet should be notified on the withdrawal form issued. The sheets should be handed in to the recorders table at least 1 hour prior to the start of the appropriate session. See SW5.1(b). |
| **Marshalling**  **Awards**  **Technical Officials** | | There will be marshalling. All swimmers must attend marshalling before their events and are advised to attend in good time. The start of a race will not be delayed for absent competitors and swimmers who have not presented themselves to the marshals prior to their heat leaving at the first marshalling area will not be permitted to swim and will be treated as a late withdrawal and fined accordingly.  There will be no medals and no awards.  Lists of Technical Officials for all sessions must be emailed on the form for this purpose to the Meet Officials Convenor - Durno Jessiman - at [carnethy6@hotmail.com](mailto:carnethy6@hotmail.com) no later than 14 days before the first day of the meet (13 May 2016) – North District rules SW 6.2. and SW4.1 refer.  The form attached to this meet information is acceptable, the excel spreadsheet that will be available on the North District website is preferred.  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, Judge 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, Durno Jessiman, or emailed to [carnethy6@hotmail.com](mailto:carnethy6@hotmail.com) |
| **AdditionalNotes** |  | 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.   All participants should adhere to the Scottish Swimming Code of Ethics, and relevant codes of conduct.   1. The use of mobile phones is not permitted at any time in the changing village and they must be switched to silent in the pool hall. 2. Poolside/changing room access will be limited to team coaches and chaperones up to a maximum of one coach/chaperone per 10 swimmers, with a maximum of 3 coaches/chaperones at any one time.   Access will be granted with a pass. Passes are free and issued to clubs in their club packs. Seating areas may be allocated to each club. **Clubs are responsible for clearing their seating area of belongings, litter, etc. before leaving at the end of the competition day**. Bin liners for plastic bottles/recyclable items and for general waste will be distributed around the pool - please use them. **Glass bottles or containers are not permitted in the pool hall – this includes the spectator areas.**   1. Warm-up Supervisors may be appointed at this meet in the competition pool to ensure safe conduct during the warm-up and that swimmers enter and exit the warm up at the allotted times. Swimmers must not enter the pool until their warm-up start is announced and must follow any instruction of any Warm-up Supervisors or Meet Official. Swimmers must leave the pool when the end of their warm up is announced.   Full warm up details will be issued prior to the time trials. The warm up may be segregated.   1. Vuvuzelas and air horns are not permitted. 2. Participating clubs will receive one copy of start sheets for each session. 3. Different people have authority and overall responsibility for the running of the meet at different stages.   A list will be issued prior to the competition detailing who you should approach with any queries, concerns or complaints during the various stages of the meet. |
| **Photos/**  **Videos** |  | Please note that anyone wishing to use photographic equipment, including video cameras must register with the Meet Convenor (application should be made on the appropriate SASA Health and Safety form and signed by the relevant club official). |
| **Meet Convenor** |  | Kenny Dryburgh - [dry.sto@btinternet.com](mailto:dry.sto@btinternet.com) |

**JUNIOR LONG COURSE TIME TRIALS 2016**

**28 & 29 MAY - ABERDEEN SPORTS VILLAGE AQUATICS CENTRE**

**Programme of Events**

# Session One – Saturday 28 May - Warm Up 11.30pm – Start 12.20pm – Finish 3.10pm

Event 101 Boys 12 - 16 200m Individual Medley

Event 102 Girls 12 - 16 200m Freestyle

Event 103 Boys 12 - 16 100m Backstroke

Event 104 Girls 12 - 16 100m Butterfly

Event 105 Boys 12 - 16 400m Freestyle

Event 106 Girls 12 - 16 800m Freestyle

Event 107 Boys 12 - 16 50m Breaststroke

Event 108 Girls 12 - 16 50m Freestyle

# Session Two – Saturday 28 May - Warm Up 3.50pm – Start 4.40pm – Finish 7.20pm

Event 201 Boys 12 - 16 200m Butterfly

Event 202 Girls 12 - 16 200m Backstroke

Event 203 Boys 12 - 16 100m Freestyle

Event 204 Girls 12 - 16 100m Breaststroke

Event 205 Boys 12 - 16 200m Breaststroke

Event 206 Girls 12 - 16 400m Individual Medley

Event 207 Boys 12 - 16 50m Butterfly

Event 208 Girls 12 - 16 50m Backstroke

**Session Three – Sunday 29 May - Warm Up 8.30am – Start 9.20am – Finish 12.10pm**

Event 301 Girls 12 - 16 200m Individual Medley

Event 302 Boys 12 - 16 200m Freestyle

Event 303 Girls 12 - 16 100m Backstroke

Event 304 Boys 12 - 16 100m Butterfly

Event 305 Girls 12 - 16 400m Freestyle

Event 306 Boys 12 - 16 1500m Freestyle

Event 307 Girls 12 - 16 50m Breaststroke

Event 308 Boys 12 - 16 50m Freestyle

**Session Four – Sunday 29 May - Warm Up 12.55pm – Start 1.45pm – Finish 4.20pm**

Event 401 Girls 12 - 16 200m Butterfly

Event 402 Boys 12 - 16 200m Backstroke

Event 403 Girls 12 - 16 100m Freestyle

Event 404 Boys 12 - 16 100m Breaststroke

Event 405 Girls 12 - 16 200m Breaststroke

Event 406 Boys 12 - 16 400m Individual Medley

Event 407 Girls 12 - 16 50m Butterfly

Event 408 Boys 12 - 16 50m Backstroke

**Entry Times**

Please note that accredited times are not required to enter these time trials. Times submitted should be real times achieved at club time trials or unaccredited meets. Entries with “No Time” will be rejected.

Times should be submitted as long course times**.** Times converted from short course using Hy-Tek standard conversion or ASA tables will also be accepted.

**JUNIOR LONG COURSE TIME TRIALS 28 & 29 MAY 2016**

**SUMMARY SHEET Match Secretary \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Club Name/Abbr \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Tel. No \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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

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| …... Individual Age Group Male Entries @ £7.00  …... Individual Age Group Female Entries @ £7.00  …… Coach Meal Passes @ £12.00 | | £ …........  £ …........  £ ………... | **CLOSING DATE – 29 APRIL 2016**  **Paperwork to be received within 3 days of closing date.**  **CHEQUES SHOULD BE MADE PAYABLE TO:**  **SASA NORTH DISTRICT** |
|  | TOTAL | £ …....... | **Have you enclosed or sent: Cheque**  **Hy-tek Team Manager Entry File**  **Declaration and Summary Sheet** |
|  |  |  | **Proof of Times report** |

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

I confirm that all coaches passes will only be issued to individuals from our club that are known to be registered with the PVG scheme through Scottish Swimming.

Signed …...................................... Position in Club …..................................... Date …...........................

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

**JUNIOR LONG COURSE TIME TRIALS 28 & 29 MAY 2016**

**OFFICIALS SHEET - Please Note: This sheet to be emailed to the Meet Officials Convenor NOT the Entries Secretary**

**Club** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Meet Officials Convenor:** Durno Jessiman

STO Contact Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Tel: 07808 897168

Tel No: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ E-mail: [carnethy6@hotmail.com](mailto:carnethy6@hotmail.com)

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

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

**No of swimmers entered……………**



**COMPLETION AND OTHER NOTES**

1. An Officials Sheet must be completed and emailed to the Meet Officials Convenor, Durno Jessiman at [carnethy6@hotmail.com](mailto:carnethy6@hotmail.com) **no later than 14 days before the first day of the meet**.
2. Each session’s submission should comply with North District **Swimming Regulation 6.2** as follows:-

4 swimmers or fewer No Technical Officials required, but please return the form duly marked

5 – 8 swimmers 1 Technical Official for every session of the Meet

9 – 12 swimmers 2 Technical Officials for every session, at least one of which must be a Judge 1 or above

13 – 16 swimmers 3 Technical Officials for every session, at least one of which must be a Judge 2 or above

17 – 20 swimmers 4 Technical Officials for every session, at least one of which must be a Judge 1 or above and one must be a Judge 2 or above

21 – 24 swimmers 5 Technical Officials for every session, at least one of which must be a Judge 1 or above and one must be a Judge 2 or above

25+ swimmers 6 Technical Officials for every session, at least two of which must be a Judge 1 or above and one must be a Judge 2 or above

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

1. For the purposes of Rule SW6.2 Trainee Judge 1 will count as Timekeeper, and Trainee Judge 2 & 2S count as Judge, however Trainees being mentored on the day will not count towards their club’s provision of officials for the purposes of Rule SW6.4

*SW6.5 Where the Referees in charge agree that there were sufficient Swimming Technical Officials present to ensure adequate cover in any session, an official might be mentored at the next level for which they were training without incurring a penalty for that session, even although this may technically leave their Club short of the numbers required to meet SW6.2. Officials carrying out scheduled Final Assessments will count at their existing level.*

1. For the purpose of determining how many swimmers a Club has entered into a North District Meet or Championships, only swimmers entered into individual events shall be counted in accordance with SW 6.3

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| 1 | Only enter information in the yellow highlighted sections (the others are locked). Capital first letter then lower case. | | | | | | | |
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| 2 | Please complete ALL the programmed sessions for the meet | | | | | | | |
|  |  | **Judges** |  |  |  |  |  |  |
| 3 | Please complete each Colum with the available judges for each session | | | | | | | |
|  | **Name** | **Club** | **Level** |  |  |  |  |  |
|  | Full name of Judge | Your club Initials | Current qualification |  |  |  |  |  |
|  |  | **Time Keepers** |  |  |  |  |  |  |
| 4 | Please complete each Colum with available Time Keepers for each session | | | | | | | |
|  | **Name** | **Club** |  |  |  |  |  |  |
|  | Full name of time keeper | Your club Initials |  |  |  |  |  |  |
| 5 | Mentoring - It is not always possible to facilitate mentoring due to lack of officials. Please enter those who require mentoring under their current qualification AND in the mentoring section. e.g. - If a time keeper is requesting a J1 mentoring session then please include the name in the Time keepers Colum and in mentoring Colum. | | | | | | | |
|  |  | **Mentoring Req** | | |  |  |  |  |
|  | Name | Club | Level |  |  |  |  |  |
|  | Full name of Trainee | Your club Initials | Level at which mentoring is required. |  |  |  |  |  |