



S.A.S.A North District

NORTH DISTRICT OPEN SWIMMING CHAMPIONSHIPS 2016

(UNDER FINA AND SASA RULES)

5/6 November 2016

Inverness Leisure, Bught Lane, Inverness, IV3 5SS

MEET INFORMATION

Pool	25 Metres, 8 Lanes, 2m Deep, Electronic Timing			
Sessions	Session One	Warm Up 08.00	Start 09.05	End 11.50
	Session Two	Warm Up 12.20	Start 13.25	End 16.15
	Session Three	Warm Up 16.45	Start 17.35	End 19.30
	Session Four	Warm Up 08.00	Start 09.05	End 11.50
	Session Five	Warm Up 12.20	Start 13.25	End 16.15
	Session Six	Warm Up 16.45	Start 17.35	End 19.30

(SUBJECT TO CHANGE IF NECESSARY)

Events

We will be following the FINA World Cup programme for Men and Women with Open Events with Heats in the morning and Finals in the evening for -

50m Backstroke, Butterfly, Breaststroke and Freestyle

100m Backstroke, Butterfly, Breaststroke and Freestyle

200m Backstroke, Butterfly, Breaststroke, Freestyle and Individual Medley

400m Freestyle

The following events will be swum as heat declared winner with the fastest heat in the Finals session -

400m Individual Medley, 800m/1500m Freestyle

There will be Girls and Boys events with Heats in the afternoon and Finals in the evening for the following events -

100m Backstroke, Butterfly, Breaststroke and Freestyle

200m Backstroke, Butterfly, Breaststroke, Freestyle and Individual Medley

The following Girls and Boys events will be swum as heat declared winner -

400m Freestyle, 400m Individual Medley

The following team events will be swum -

4 x 50m Mixed Freestyle and Mixed Medley Relays

Eligibility to Enter

Entries will be accepted from competitors registered as members of the SASA, ASA or WASA, or competitors from one of the countries affiliated to FINA. Entries from composite teams are welcome at these Championships.

Open events can be entered by any swimmer with the consideration time.

Girls and Boys events can be entered by any swimmer with the consideration time who is under 17 at 31 December.

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. (District SW 4.6 refers). Please note that accredited times are required.

Entry fees £6.00 per individual swim £8.00 per team event

Cheques should be made payable to SASA North District or payment can be made by BACS by arrangement with the North District Treasurer.

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 contact the entries secretary.

Entries may have to be limited dependent upon numbers received. In the event that there is an oversubscription, entries will be accepted as evenly across the programme is reasonably possible with fastest entries accepted first.

In the event that a session is oversubscribed and another is undersubscribed on the same day, SASA North District reserves the right to move some heats of oversubscribed events into the undersubscribed session. We also reserve the right not to do so. Clubs will be notified at the point of issue of the draft programme if some oversubscribed heats are moved, and at this time, instruction will be given as to how to accept the moved swim or to refuse it.

Please email completed entry files to – bhendry@btinternet.com

Summary sheet and entry fees should be sent to –

Anne Hendry, 21 Bernham Avenue, Stonehaven, Kincardineshire AB39 2WD. (summary sheet may be emailed with entry files)

CLOSING DATE FOR ELECTRONIC ENTRIES IS FRIDAY 7 OCT 2016

Please note summary sheet and payment must be received within 3 days of this date and that due to previous late payments and the need to get the programme out timeously there will be zero tolerance of late payment and any entry that is not accompanied by payment in the specified timeframe will be rejected without delay.

Early Withdrawals Withdrawals prior to the event may be e-mailed to bhendry@btinternet.com to arrive by 5pm at the latest on Thursday 4 November 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.

Withdrawals at the Meet 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).

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.

Withdrawals from Finals (cont)

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.

Qualifying for Finals

Finals will be seeded directly from the results of the corresponding heats.

The fastest eight swimmers in the Open Heats shall qualify for Open Finals. Two reserves shall be nominated.

The fastest eight swimmers in the Girls and Boys Heats shall qualify for the Girls and Boys Finals. Two reserves shall be nominated.

Swimmers in the Girls and Boys Heats of an event are not eligible to qualify for the corresponding Open Final regardless of the time achieved. Likewise, swimmers in the Open Heats are not eligible to qualify for the corresponding Girls or Boys Final regardless of their age.

Please note that if there are insufficient competitors to require the swimming of heats in any Girls or Boys event then the event shall be swum as a final only, taking place in the finals session.

Marshalling

There will be marshalling for heats and for finals. 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, will be treated as a late withdrawal and fined accordingly.

Reserves

Reserves must marshal unless they have withdrawn.

Medals

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

Champions And Awards

Champions will be decided only from the entries into the Open events.

North District Open Champions

The fastest swimmer in the final of each Open event will be the North District Open Champion. In a Heat Declared Winner event, the North District Open Champion will be the fastest swimmer in the Open event.

North District Champions

The North District Champion of all events with the exception of the form 50m events will receive a trophy.

In determining North District Champion for an event, results from the Open Final shall be considered before results from the Open Heats. The fastest North District swimmer in the Open Final of each event shall be the North District Champion. If no North District swimmer is in the Final the title shall be awarded to the fastest North District swimmer in the Open Heats. In a heat declared winner event, the North District Champion will be the fastest North District swimmer in the Open event.

North District Junior Champions

The North District Junior Champion of all events, with the exception of the form 50m events, will receive a trophy.

Champions And Awards (cont)

The fastest North District Junior swimmer in the Open Final of each event shall be the North District Junior Champion. If no North District Junior swimmers are in the Open Final, the title shall be awarded to the fastest North District Junior swimmer in the Open Heats. In a heat declared winner event, the North District Junior Champion will be the fastest North District Junior swimmer in the Open event. North District Junior Champions cannot be drawn from the Girls and Boys events.

Cash Awards

There will be cash awards available at this meet. A full breakdown of awards will be made available at a later date.

Sponsors to date are Scottish Swimming, SASA North District and Jandel Engineering Ltd.



Best Performance Trophies

The Hugh Campbell Memorial Trophy will be awarded for the best male individual swim by a North District swimmer in the Open events based on FINA points.

The Gordon Council Friendship Trophy will be awarded for the best female individual swim by a North District swimmer in the Open events based on FINA points.

Best Club Trophy

The North District Club/Team Championship Trophy will be presented to the North District Club/Team that achieves the most points in the Open events based on results (8 - 1). Points will be scored from Finals and Timed Finals only.

Technical Officials

Lists of Technical Officials for all sessions must be emailed to the Meet Officials Convenor, Durno Jessiman at carnethy6@hotmail.com no later than 14 days before the first day of the meet (21 October 2016).

Technical Officials must be submitted on the North District form for this purpose and must be emailed (not posted) by the specified date. Failing to submit the form in accordance with these conditions will be considered a failure to submit the form. North District rules SW 6.2. and SW4.1 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.

Submission on an excel spreadsheet (available from Durno or the North District website) is preferred but submissions can be sent by email using the form below. Please complete one sheet for each session of the meet.

Technical Officials cont.

Any queries or changes to Technical Officials after the closing date should be directed to the Meet Officials Convenor, Durno Jessiman at carnethy6@hotmail.com

Additional 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.
All participants should adhere to the Scottish Swimming Code of Ethics, and relevant codes of conduct.
2. There will be no separate swim down facility in use during this meet. The main pool will be available between sessions only by agreement with the Meet Convenor and will be withdrawn if it is misused.
3. **The use of mobile phones is not permitted at any time in the changing village, toilets or shower areas and they must be switched to silent in the pool hall.**
4. 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.
Seating areas may be allocated to each team. Teams 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.
5. Warm-up Supervisors are 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 the Warm-up Supervisors. Swimmers must leave the pool when the end of their warm up is announced. No diving into the pool during warm-up except in the designated lanes during the one-way sprints.
Full warm up details will be issued prior to the competition. The warm up may be segregated.
6. Vuvuzelas and air horns are not permitted at this meet.
7. Participating clubs will receive one copy of start sheets for each session.
8. Different persons have authority and overall responsibility for the running of the meet at different stages.
A list will be issued prior to the competition detailing whom 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 Director

Heather Magill - heather.magill8@btinternet.com



S.A.S.A North District

OPEN SWIMMING CHAMPIONSHIPS 2016 - 5/6 NOVEMBER – INVERNESS LEISURE

PROGRAMME OF EVENTS

<p>Saturday 5 November - Morning Session - Open</p> <p>101 Men's 100m Freestyle 102 Women's 200m Freestyle 103 Men's 50m Breaststroke 104 Women's 100m Breaststroke 105 Men's 100m Backstroke 106 Women's 100m Butterfly 107 Men's 200m Butterfly 108 Women's 50m Backstroke 109 Men's 400m Freestyle 110 Women's 200m Individual Medley 111 Men's 200m Breaststroke 112 Women's 200m Backstroke 113 Men's 50m Butterfly 114 Women's 50m Freestyle 115 Men's 400m Individual Medley Slowest Heat(s)</p>	<p>Sunday 6 November - Morning Session - Open</p> <p>401 Women's 100m Freestyle 402 Men's 200m Freestyle 403 Women's 50m Breaststroke 404 Men's 100m Breaststroke 405 Women's 100m Backstroke 406 Men's 100m Butterfly 407 Women's 200m Butterfly 408 Men's 50m Backstroke 409 Women's 400m Freestyle 410 Men's 200m Individual Medley 411 Women's 200m Breaststroke 412 Men's 200m Backstroke 413 Women's 50m Butterfly 414 Men's 50m Freestyle 415 Women's 400m Individual Medley Slowest Heat(s)</p>
<p>Afternoon Session – Boys and Girls</p> <p>201 Women's 800m Freestyle Slowest Heat(s) 202 Boy's 100m Freestyle 203 Girl's 200m Freestyle 204 Boy's 100m Backstroke 205 Girl's 100m Breaststroke 206 Boy's 200m Butterfly 207 Girl's 100m Butterfly 208 Boy's 400m Freestyle (hdw) 209 Girl's 200m Individual Medley 210 Boy's 200m Breaststroke 211 Girl's 200m Backstroke 212 Boy's 400m Individual Medley (hdw)</p>	<p>Afternoon Session – Boys and Girls</p> <p>501 Men's 1500m Freestyle Slowest Heat(s) 502 Girl's 100m Freestyle 503 Boy's 200m Freestyle 504 Girl's 100m Backstroke 505 Boy's 100m Breaststroke 506 Girl's 200m Butterfly 507 Boy's 100m Butterfly 508 Girl's 400m Freestyle (hdw) 509 Boy's 200m Individual Medley 510 Girl's 200m Breaststroke 511 Boy's 200m Backstroke 512 Girl's 400m Individual Medley (hdw)</p>
<p>Evening Finals Session – Open and Boys and Girls</p> <p>201 Women's 800m Freestyle Fastest Heat 115 Men's 400m Individual Medley Fastest Heat 202 Boy's 100m Freestyle Final 101 Men's 100m Freestyle Final 203 Girl's 200m Freestyle Final 102 Women's 200m Freestyle Final 103 Men's 50m Breaststroke Final 205 Girl's 100m Breaststroke Final 104 Women's 100m Breaststroke Final 204 Boy's 100m Backstroke Final 105 Men's 100m Backstroke Final 207 Girl's 100m Butterfly Final 106 Women's 100m Butterfly 206 Boy's 200m Butterfly Final 107 Men's 200m Butterfly Final 108 Women's 50m Backstroke Final 109 Men's 400m Freestyle Final 209 Girl's 200m Individual Medley Final 110 Women's 200m Individual Medley Final 210 Boy's 200m Breaststroke Final 111 Men's 200m Breaststroke Final 211 Girl's 200m Backstroke Final 112 Women's 200m Backstroke Final 113 Men's 50m Butterfly Final 114 Women's 50m Freestyle Final 301 Mixed 4 x 50m Freestyle Relay</p>	<p>Evening Finals Session – Open and Boys and Girls</p> <p>501 Men's 1500m Freestyle Fastest Heat 415 Women's 400m Individual Medley Fastest Heat 502 Girl's 100m Freestyle Final 401 Women's 100m Freestyle Final 503 Boy's 200m Freestyle Final 402 Men's 200m Freestyle Final 403 Women's 50m Breaststroke Final 505 Boy's 100m Breaststroke Final 404 Men's 100m Breaststroke Final 504 Girl's 100m Backstroke Final 405 Women's 100m Backstroke Final 507 Boy's 100m Butterfly Final 406 Men's 100m Butterfly 506 Girl's 200m Butterfly Final 407 Women's 200m Butterfly Final 408 Men's 50m Backstroke Final 409 Women's 400m Freestyle Final 509 Boy's 200m Individual Medley Final 410 Men's 200m Individual Medley Final 510 Girl's 200m Breaststroke Final 411 Women's 200m Breaststroke Final 511 Boy's 200m Backstroke Final 412 Men's 200m Backstroke Final 413 Women's 50m Butterfly Final 414 Men's 50m Freestyle Final 601 Mixed 4 x 50m Medley Relay</p>



S.A.S.A North District

NORTH DISTRICT OPEN SWIMMING CHAMPIONSHIPS 2016 5/6 NOVEMBER – INVERNESS LEISURE

PROGRAMME OF EVENTS

Consideration Times:

Please note Accredited Times are required for this meet. These times must have been achieved since 7 October 2015.

Swimmers entering Open events in the morning must have achieved the Open consideration times regardless of their age. Swimmers aged under 17 at midnight on 31 December 2016 may enter the Girls and Boys events in the afternoon using the Girls and Boys consideration times. There will be no movement between sessions of swimmers except as stated on Page 2.

Please submit a proof of entries report with your entries as clubs will be asked to verify times. Should you receive any additional request to verify a time or times, you will also be advised of the deadline for verification. Where no satisfactory proof can be provided the competitor shall withdraw, forfeit their entry fee and pay without any excuse such sum as is agreed by the AGM for late withdrawals. Swimming Rule SW 2.2.

Times below are short course times. Times converted from long course accredited competitions using Hy-Tek factors or ASA tables will also be accepted. Times must be equal to or faster than -

Times must be faster than or equal to the following –

MALE		EVENT	FEMALE	
Boy's Events	Men's Events		Women's Events	Girl's Events
	00:26.90	50 Freestyle	00:29.90	
01:01.00	00:55.30	100 Freestyle	01:02.20	01:07.00
02:14.50	02:02.40	200 Freestyle	02:14.70	02:25.50
04:56.70	04:23.40	400 Freestyle	04:46.00	05:08.90
		800 Freestyle	10:03.20	
	18:33.60	1500 Freestyle		
	00:32.40	50 Backstroke	00:34.70	
01:13.90	01:07.10	100 Backstroke	01:11.60	01:17.50
02:38.70	02:23.10	200 Backstroke	02:34.20	02:47.10
	00:29.70	50 Butterfly	00:32.90	
01:12.90	01:03.10	100 Butterfly	01:11.80	01:19.00
02:53.60	02:30.60	200 Butterfly	02:41.70	03:03.10
	00:36.10	50 Breaststroke	00:39.70	
01:25.90	01:14.80	100 Breaststroke	01:22.50	01:31.00
03:05.50	02:46.60	200 Breaststroke	02:58.10	03:15.30
02:35.50	02:19.30	200 Individual Medley	02:31.60	02:47.40
05:45.00	05:09.10	400 Individual Medley	05:27.60	05:53.30



S.A.S.A North District

NORTH DISTRICT OPEN SWIMMING CHAMPIONSHIPS 2016

5/6 NOVEMBER – INVERNESS LEISURE

SUMMARY SHEET

Club Name/Abbr _____

Match Secretary _____

Address _____

Tel. No _____

E-mail address _____

..... Individual Male Entries	@ £6.00	£
..... Individual Female Entries	@ £6.00	£
..... Team Mixed Entries	@ £8.00	£
..... Coach Meal Passes (2 days)	@ £24.00	£
TOTAL		£

CLOSING DATE – 7 OCTOBER 2016

Paperwork to be received within 3 days of closing date

CHEQUES SHOULD BE MADE PAYABLE TO: SASA NORTH DISTRICT

Have you enclosed or sent: Cheque
 Hy-tek Team Manager Entry File
 Declaration and Summary Sheet
 Proof of Times Report

Late payment will result in electronic entries being rejected

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)



S.A.S.A North District

NORTH DISTRICT OPEN SWIMMING CHAMPIONSHIPS 2016 - 5/6 NOVEMBER – INVERNESS LEISURE OFFICIALS SHEET - Please Use the Excel Spreadsheet available and email to Meet Officials Convenor NOT the Entries Secretary

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

Meet Officials Convenor: Durno Jessiman
 Tel: 07808 897168
 E-mail: carnethy6@hotmail.com

No of swimmers entered.....

Session 1				Judges			Time Keepers		
Name	Club		Judges	Name	Club	Level	TK	Name	Club
Meet Referee			1				1		
			2				2		
Referees			3				3		
			4				4		
			5				5		
Starter			6				6		
Trainee Starter			7				7		
			8				8		
Chief Recorder			9				9		
Recorder			10				10		
			11				11		
AOE Operator			12				12		
			13				13		
Chief TK			14				14		
			15				15		
Announcer			16				16		
	Mentoring Req			17			17		
	Name	Club	Level	18			18		
Mentoring Req				19			19		
				20			20		
				21			21		
				22			22		
				23			23		
				24			24		
				25			25		
				26			26		
				27			27		
				28			28		

COMPLETION AND OTHER NOTES

- An Officials Sheet must be completed and emailed to the Meet Officials Convenor, Durno Jessiman at carnethy6@hotmail.com **no later than 14 days before the first day of the meet.**
- 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.
- 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.
- 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

1	Only enter information in the yellow highlighted sections (the others are locked). Capital first letter then lower case.		
2	Please complete ALL the programmed sessions for the meet		
	Judges		
3	Please complete each Column 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 Column 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 Column and in mentoring Colum.		
	Mentoring Required		
	Name	Club	Level
	Full name of Trainee	Your club Initials	Please indicate both level and stage.