**NORTH DISTRICT SPRING SWIMMING CHAMPIONSHIPS 2022**

**(UNDER FINA AND SCOTTISH SWIMMING RULES)**

**5 and 6 February 2022**

**Inverness Leisure, Bught Lane, Inverness, IV3 5SS**

**MEET INFORMATION**

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| Pool | 25 Metres, 8 Lanes, Anti-turbulence ropes, Electronic Timing, Omega blocks with back-plates and backstroke starting devices |
| **Sessions** | **Session One** Warm Up 08.00 - Start 09.05  **Session Two** Warm Up 12.30 - Start 13.35  **Session Three** Warm Up 17.00 - Start 18.05  **Session Four** Warm Up 08.00 - Start 09.05  **Session Five** Warm Up 12.30 - Start 13.35  (SUBJECT TO CHANGE IF NECESSARY) |
| **Events** | 100m Freestyle, Backstroke, Breaststroke, Butterfly, Individual Medley  200m Freestyle, Backstroke, Breaststroke, Butterfly, Individual Medley  400m Freestyle, Individual Medley  All heats will be swum seeded by time with ages combined  4 x 50m Mixed Medley Relay and 4 x 50m Mixed Freestyle Relay  Relay events will be open to mixed teams comprising two boys and two girls aged 12-14 and aged 15 and over. Each relay event will be run separately OR combined and seeded by time at the discretion of the referee. |
| **Age** | As at 31st December 2022, 12/13, 14/15, 16/17, 18 & over |
| **Eligibility to Enter** | This meet is open to swimmers who are members of clubs affiliated to the  SASA North District. Only swimmers entered in at least one individual event will be eligible for relay teams. |

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| **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 Anne Hendry on [entries@sasanorth.org.uk](mailto:entries@sasanorth.org.uk).  Entries may have to be limited dependent upon numbers received. In the event that the meet is over-subscribed and cuts have to be made in order to meet the conditions of the licence, swimmers will be accepted fastest first across the events and age groups in so far as this is practical.  If the meet is over subscribed and cuts have to be made in order to meet the capacity of the building, swimmers with the fewest swims in a session will be rejected first regardless of where they lie in the seeding.  If cuts need to be made for both reasons a combination of the two methods will be used.  Please return entry files to District Entries Secretary– [entries@sasanorth.org.uk](mailto:entries@sasanorth.org.uk)  Summary sheet and entry fees should be sent to:-  Anne Hendry, 12 Westfield Road, Turriff, AB53 4AF  **CLOSING DATE FOR ELECTRONIC ENTRIES IS FRIDAY 7 JANUARY 2022**  Please note summary sheet and payment must be received within 3 postal days of this date. |
| **Entry Fees** | £6.00 per individual swim £8.00 per relay team  Cheques should be made payable to SASA North District.  Payment can alternatively be made by BACS. Reference should be SPR22 followed by your club code eg SPR22NANX. Bank details for BACS payments are on the summary sheet. |
| **Consideration Times** | Consideration times for this event are on Page 6. These should be real times but do not need to be accredited. Please note that NT entries will NOT be accepted. |
| **Early Withdrawals** | Withdrawals prior to the event may be sent or e-mailed to Anne Hendry at [entries@sasanorth.org.uk](mailto:entries@sasanorth.org.uk) to arrive by 5pm at the latest on Thursday 3 February 2022.  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 Rule SW5.1(b). |
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| **Marshalling**  **Reserves** | There will be marshalling for heats. 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 may be fined accordingly.  Reserves must marshall unless they have withdrawn. |

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| **Awards** | There will be no awards. |
| **Technical Officials** | Lists of Technical Officials for all sessions must be emailed to the Meet Officials Convenor, Colin Oswald theoswalds2@icloud.com no later than 14 days before the first day of the meet (21 January 2022).  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.  Submission on an excel spreadsheet (available from 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. Queries or changes to Technical Officials after the closing date should be directed to the relevant Meet Officials Convenor as above. |
| **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.   1. **The use of mobile phones or other devices capable of photography 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.** 2. 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.   1. Any facility capacity will be prioritised for athletes and team staff. Any remaining capacity may be allocated to spectators if conditions permit. |
| **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 Scottish Swimming Health and Safety form and signed by the relevant club official).  **Media & Photography Information**  Throughout this event SASA North District may have authorised media partners taking static photographs and video footage. These images are intended solely for the purposes of promotion and celebration of the activitiesand may include live streaming on the internet**.** Images will be uploaded to our website and our social network sites.  Should any competitor wish not to be photographed please complete the Media/Photography Refusal of Consent Form which is available on our website. If at any time a competitor wishes a static image to be removed from our website, 7 days’ notice must be given to SASA North District after which the data will be removed. |

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| **Data Protection**  **Covid Disclaimer** | |  |  |  | | --- | --- | --- | | 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 Scottish Swimming Health and Safety form and signed by the relevant club official).   |  | | --- | | **Entries & Results**  In order to operate this meet, we have a legitimate interest to collect and process some basic personal data from all competitors, specifically name, gender, date of birth.  This data will be held securely and only used for the purposes of managing the meet and reporting results. Dates of birth will only be shared with -   * Scottish Swimming for the purpose of maintaining the National Database which is used for Squad Selection and * Swim England for inclusion on Rankings   Names, gender and age (but not date of birth) will be retained and will be shared with attending clubs and may be published for the purpose of reporting and keeping records.  **Test & Protect**  As per the COVID procedures and guidelines in place for the event, Inverness Leisure require contact details for everyone that is part of the event.  They will require:   * Name * Contact number * Club * Role at the event * Sessions participating   Information will be gathered through the QR codes available at the venue. This does not apply to athletes as club contacts will be given for athletes. The information will be given to the facility management who will store it securely for 21 days and will delete it at that point. The information will only be passed on to the Test & Protect team if required. | | While every reasonable effort will be made for the competition to happen, the regular changes in COVID restrictions that we have seen still provide some unpredictability when planning competition. The conditions for the meet and whether the entire competition  ultimately takes place is dependent on the local/regional restrictions in place on facilities, the sporting activity and the participants at that time.  No guarantee can be given by SASA North District that the meet will take place at a particular time, on any particular date or at any particular venue. SASA North District reserves the right to cancel the meet without notice and without liability for doing so if required. The meet will not be rescheduled if is unable to take place on the scheduled dates.  In the event of cancellation or abandonment of the event, refunds if any, will be made at the absolute discretion of SASA North District.  SASA North District will have no legal liability to make a refund or to pay any form of consequential or indirect damage such as loss of enjoyment, travel, catering and accommodation. | | |
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**SPRING SWIMMING CHAMPIONSHIPS 2022 – 5 and 6 FEBRUARY –**

**INVERNESS LEISURE**

**Programme of Events**

**Session One – Saturday morning Session Two – Saturday afternoon**

**101** Boys 12 & over 200m Backstroke **201** Girls 12 & over 100m Backstroke

**102** Girls 12 & over 200m Breaststroke **202** Boys 12 & over 100m Breaststroke

**103** Boys 12 & over 100m Butterfly **203** Girls 12 & over 200m Butterfly

**104** Girls 12 & over 100m Freestyle **204** Boys 12 & over 200m IM

**105** Boys 12 & over 400m IM  **205** Girls 12 & over 400m Freestyle

**Session Three – Saturday evening Session Four – Sunday morning**

**301** Girls 12 & over 200m Freestyle **401** Girls 12 & over 200m Backstroke

**302** Boys 12 & over 200m Freestyle **402** Boys 12 & over 200m Breaststroke

**303** Girls 12 & over 100m IM **403** Girls 12 & over 100m Butterfly

**304** Boys 12 & over 100m IM **404** Boys 12 & over 100m Freestyle

**305** Mixed 12 – 14 4 x 50m Freestyle Relay **405** Girls 12 & over 400m IM

**306** Mixed 15 & over 4 x 50m Freestyle Relay

**307** Mixed 12 – 14 4 x 50m Medley Relay

**308** Mixed 15 & over 4 x 50m Medley Relay

**Session Five – Sunday afternoon**

**501** Boys 12 & over 100m Backstroke

**502** Girls 12 & over 100m Breaststroke

**503** Boys 12 & over 200m Butterfly

**504** Girls 12 & over 200m IM

**505** Boys 12 & over 400m Freestyle

**Consideration Times**

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| **Women/Girls** | | | | |  | **Men/Boys** | | | | |
| ***<2004*** | ***2005/6*** | ***2007/8*** | ***2009*** | ***2010*** | ***Event*** | ***2010*** | ***2009*** | ***2007/8*** | ***2005/6*** | ***<2004*** |
| 01:12.5 | 01:15.6 | 01:18.7 | 01:21.9 | 01:29.3 | ***100m Freestyle*** | 01:29.3 | 01:21.9 | 01:16.7 | 01:10.4 | 01:04.0 |
| 02:37.5 | 02:43.8 | 02:50.1 | 02:58.5 | 03:09.0 | ***200m Freestyle*** | 03:15.3 | 02:58.5 | 02:44.9 | 02:35.4 | 02:21.7 |
| 05:15.0 | 05:25.5 | 05:46.5 | 06:07.5 | 06:39.0 | ***400m Freestyle*** | 06:39.0 | 06:07.5 | 05:38.1 | 05:15.0 | 05:04.5 |
| 01:18.7 | 01:24.0 | 01:28.2 | 01:32.4 | 01:39.8 | ***100m Backstroke*** | 01:45.0 | 01:34.5 | 01:27.2 | 01:23.0 | 01:13.5 |
| 02:51.2 | 02:59.5 | 03:05.9 | 03:14.3 | 03:24.8 | ***200m Backstroke*** | 03:30.0 | 03:16.3 | 03:03.7 | 02:52.2 | 02:40.6 |
| 01:34.5 | 01:38.7 | 01:42.9 | 01:50.3 | 01:55.5 | ***100m Breaststroke*** | 02:00.8 | 01:51.3 | 01:39.8 | 01:33.5 | 01:25.1 |
| 03:19.5 | 03:27.9 | 03:32.1 | 03:45.8 | 04:01.5 | ***200m Breaststroke*** | 04:01.5 | 03:51.0 | 03:29.0 | 03:17.4 | 03:01.6 |
| 01:18.7 | 01:25.1 | 01:29.3 | 01:36.6 | 01:45.0 | ***100m Butterfly*** | 01:45.0 | 01:37.7 | 01:27.2 | 01:19.8 | 01:10.4 |
| 02:53.2 | 03:09.0 | 03:19.5 | 03:35.3 | 03:51.0 | ***200m Butterfly*** | 04:01.5 | 03:35.3 | 03:11.1 | 02:58.5 | 02:40.6 |
| 01:21.1 | 01:25.8 | 01:29.8 | 01:35.3 | 01:42.4 | ***100 I.M.*** | 01:45.0 | 01:36.3 | 01:27.7 | 01:21.6 | 01:13.2 |
| 02:58.5 | 03:03.7 | 03:11.1 | 03:19.5 | 03:30.0 | ***200m I.M.*** | 03:40.5 | 03:21.6 | 03:04.8 | 02:56.4 | 02:40.6 |
| 06:18.0 | 06:28.5 | 06:36.9 | 07:05.3 | 07:31.5 | ***400m I.M.*** | 07:31.5 | 07:10.5 | 06:28.5 | 06:12.8 | 05:41.3 |

**NORTH DISTRICT SPRING SWIMMING CHAMPIONSHIPS 2022**

5 and 6 FEBRUARY –INVERNESS LEISURE

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

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

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

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

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

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| …... Individual Male Entries @£6.00  …... Individual Female Entries @ £6.00  …... Team Mixed Entries @ £8.00  …... Coach Meal Passes(2 days)@ £18.00 | | £ …........  £ …........  £ ………...  £ ………... | **CLOSING DATE FOR ELECTRONIC ENTRIES – 7 JANUARY 2022**  **Paperwork and payment to be received by the District Entries Secretary within 3 postal days of closing date**  **Cheques should be made payable to:**  **SASA NORTH DISTRICT**  **BACS Payment Reference SPR22 followed by Club Code eg SPR22NANX Sort Code: 80-05-16 A/C No 00882011** |
|  | TOTAL | £ …....... | **Have you enclosed or sent: Cheque or BACS payment**  **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.

I confirm that all coaches and/or team staff from our club who will be on poolside are members of Scottish

Swimming and have current PVG disclosure.

Signed …...................................... Position in Club …..................................... Date …........................... (This declaration **must** be completed by all competing clubs)

**NORTH DISTRICT SPRING SWIMMING CHAMPIONSHIPS – 5/6 FEBRUARY 2022**

**OFFICIALS SHEET - Please Use the Excel Spreadsheet available and email to Meet Officials Convenor NOT the Entries Secretary**

**Club** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Meet Officials Convenor:** Colin Oswald

STO Contact Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Tel No: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Tel: 07711614512

E-mail address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ E-mail: theoswalds2@icloud.com

**No of swimmers entered……………**

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|  | | | | | | | | | | |
|  | **Judges** | **Judge Level** | **Club Code** |  | **Timekeepers** | **Club Code** | **SASA Number** |  |  |  |
| **Name** | **Name** |  |
| 1 |  |  |  | 1 |  |  |  |  |  |  |
| 2 |  |  |  | 2 |  |  |  |  |  |  |
| 3 |  |  |  | 3 |  |  |  |  |  |  |
| 4 |  |  |  | 4 |  |  |  |  |  |  |
| 5 |  |  |  | 5 |  |  |  |  |  |  |  |
| 6 |  |  |  | 6 |  |  |  |  |  |  |  |
| 7 |  |  |  | 7 |  |  |  |  |  |  |  |
| 8 |  |  |  | 8 |  |  |  |  |  |  |
| 9 |  |  |  | 9 |  |  |  |  |  |  |
| 10 |  |  |  | 10 |  |  |  |  |  |  |
| 11 |  |  |  | 11 |  |  |  |  |  |  |

**COMPLETION AND OTHER NOTES**

1. An Officials Sheet MUST be completed and emailed to the Meet Officials Convenor, Colin Oswald **no later than 14 days before the first day of the meet**.
2. Each Club’s submission for ALL sessions should comply with North District **Swimming Regulation 6.3.1** 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 1 Technical Official for every session, at least Judge 1 or above

13 – 16 swimmers 2 Technical Officials for every session, at least 1 of which must be a Judge 1 or above

17 – 20 swimmers 3 Technical Officials for every session, at least 1 of which must be a Judge 1 or above and 1 more must be a Judge 2 or above

21 – 24 swimmers 4 Technical Officials for every session, at least 1 of which must be a Judge 1 or above and 1 more must be a Judge 2 or above

25 – 49 swimmers 5 Technical Officials for every session, at least 2 of which must be a Judge 1 or above and 1 more must be a Judge 2 or above

50+ swimmers 7 Technical Officials for every session, at least 2 of which must be a Judge 1 or above and 2 more must be a Judge 2 or above

Please note that the number of swimmers is the number entered into the meet not the number in a session and that 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 SW6.5

*SW6.6 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 6.4

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| 1 | Only enter information in the green 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 |  |  |  |  |  |  |
|  |  | | | | | | | |