



S.A.S.A North District

NORTH DISTRICT AGE GROUP SWIMMING CHAMPIONSHIPS 2023

**Incorporating Midland District Age Group Championships
(UNDER FINA AND SCOTTISH SWIMMING RULES)**

Round 1 – 3 to 5 February 2023

Round 2 – 3 to 5 March 2023

Aberdeen Aquatics Centre, Regent Walk, Aberdeen AB24 1SX

MEET INFORMATION

Pool 50 Metres, 10 Lanes, 2m Deep, Electronic Timing, Omega blocks with back-plates and backstroke starting devices

Session Times for Both Rounds	Session One	Warm Up 16.50	- Start 17.25	- Finish 19.45
	Session Two	Warm Up 08.00	- Start 09.05	- Finish 11.45
	Session Three	Warm Up 12.15	- Start 13.20	- Finish 16.00
	Session Four	Warm Up 16.30	- Start 17.15	- Finish 19.30
	Session Five	Warm Up 08.00	- Start 09.05	- Finish 11.45
	Session Six	Warm Up 12.15	- Start 13.20	- Finish 16.00
	Session Seven	Warm Up 16.30	- Start 17.15	- Finish 19.30

(SUBJECT TO CHANGE IF NECESSARY)

Events 50m Backstroke, Butterfly, Breaststroke and Freestyle – Heats and Finals
100m Backstroke, Butterfly, Breaststroke and Freestyle – Heats and Finals
200m Ind. Medley – Heats and Finals
200m Backstroke, Butterfly, Breaststroke and Freestyle – Timed Finals
400m Freestyle and Individual Medley - Timed Finals
800m and 1500m Freestyle - Timed Finals
4 x 100m Freestyle and 4 x 100m Medley Relays – Timed Finals
4 x 50m Freestyle and 4 x 50m Medley Relays – Timed Finals

Age at In accordance with British Swimming requirement age is at 31 December 2023
Competitors may swim only in their own age groups – see below

Ages and Times There are separate consideration times for girls and boys ages 11/12 years, 13 years, 14 years, 15 years, 16 years, 17 and over to maximise opportunity.

Please note that –individual events will be swum combined for ages 11 – 15 and 16 and over in heats and in timed finals.

Consideration times for individual events are attached. Please note that accredited times are required, and a Proof of Times report must be submitted with entry. Entries may have to be limited dependent upon numbers received in which case entries will be accepted across age groups (entry age) as evenly as is practical.

In the 400 IM, 800m and 1500m events the youngest age group will be 12/13 years and entries will not be accepted from swimmers born in 2012.

Team events will be open to teams comprising swimmers aged 11 – 14 and swimmers aged 15 and over. Each event will be run separately OR combined and seeded by time at the discretion of the Referee. There are no consideration times for relay events but entry times must be submitted and these should be the sum of the times of four swimmers eligible to swim in that event.



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Para Swimming Events

Swimmers from the North and Midland Districts who have a recognised classification (WPS, BS, BBS, UKSA or INAS-FID) and are registered members of Scottish Swimming will be eligible to compete in the multi-classification (MC) events. The MC events will be integrated into the heats of each age group seeded by absolute time. Please refer to the Supplementary Para Swimming Conditions for more information. **Please ensure that any MC swimmers are identified as such with their classification at the point of entry.**

On application to the relevant Swimming Convenor, which must be prior to the closing date for the meet, entries from swimmers with a disability or impairment that do not have a classification or meet the eligibility criteria, may be allowed to compete. The Swimming Convenor's decision is final.

Eligibility to Enter

This meet is open to swimmers who are members of Clubs affiliated to the North District or the Midland District of the SASA.

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 District Entries Secretary on entries@sasanorth.org.uk.

Entries may have to be limited dependent upon numbers received.

Please email completed entry files to the District Entries Secretary – entries@sasanorth.org.uk

Summary sheet and entry fees (if paying by cheque) should be sent to –

Round 1 – Lesley Gatton, 152 Shillinghill, Alness, Ross-shire, IV17 0TD

Round 2 – Anne Hendry, 12 Westfield Road, Turriff, Aberdeenshire, AB53 4AF

Summary sheet may alternatively be emailed with entry files.

CLOSING DATE FOR ELECTRONIC ENTRIES IS FRIDAY 6 JANUARY 2023 for Round 1 and FRIDAY 3 FEBRUARY 2023 for Round 2.

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.

Entry fees

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 Rule SW 4.6 refers).

£7.00 per individual swim £10.00 per team event

Cheques should be made payable to SASA North District and MUST be received within 3 postal days of the closing date.

Payment can alternatively be paid by BACS. Reference should be AGECE followed by the round and your club code eg AGECE1NANX. Bank details for BACS payments are on the summary sheets.



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Early Withdrawals

Withdrawals prior to the event may be sent or e-mailed to:

District Entries Secretary at entries@sasanorth.org.uk

to arrive by 5pm at the latest on Thursday 2 February 2023 for Round 1 and Thursday 2 March 2023 for Round 2.

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).

Qualifying for Finals

There will be heats and finals for all 50m, 100m events and for 200m Individual Medley with the finals age-grouped as 11 – 13 years, 14/15 years and 16/17 years and 18 years and over.

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 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.

Marshalling

There will be marshalling for heats and for finals. All swimmers must marshal 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 entering the final marshalling area will not be permitted to swim, will be treated as a late withdrawal and may be fined accordingly.

Reserves

Reserves must marshal unless they have withdrawn.

Medals and Awards

North District

North District Medals will be awarded for 1st, 2nd and 3rd places achieved by North District swimmers in all events according to age groupings 11 – 13 years, 14/15 years, 16/17 years and 18 years and over. Medals will be presented if time allows.

Grampian Rosebowl, Sam Muir Quaich, Jean Muir Memorial Trophies and Welsh Trophies will be awarded according to North District rule SW12.3. using FINA points as the scoring method. The Roy Wilson Trophy will be awarded to the Best Club using points scored 10 – 1 over all events. Points will be scored from Finals and Timed Finals only. Awards will be presented at the end of Round 2.

Midland District

Midland District Medals will be awarded for 1st, 2nd and 3rd places achieved by Midland District swimmers in all events according to age groupings 11 – 13 years, 14/15 years, 16/17 years and 18 years and over.

Midland District Open Trophies will be awarded to the fastest first claim Midland District swimmer of any age in the event. Midland District Junior Trophies will be awarded to the fastest first claim Midland District swimmer aged under 17 years on 31 December 2023 as follows:



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Medals and Awards (cont.)

Event

Men's 50m Freestyle
Women's 50m Freestyle
Men's 100m Freestyle
Women's 100m Freestyle
Men's 400m Freestyle
Women's 400m Freestyle
Men's 800m Freestyle
Men's 1500m Freestyle
Men's 50m Backstroke
Men's 100m Backstroke
Women's 100m Backstroke
Women's 100m Breaststroke
Men's 200m Breaststroke
Women's 200m Breaststroke
Men's 50m Butterfly
Men's 100m Butterfly
Women's 100m Butterfly
Men's 200m Butterfly
Men's 400m IM
Women's 400m IM
Men's 4 x 50m Freestyle
Women's 4 x 50m Freestyle

Open Trophy

Lochee Cup
Tayside Trophy
Dundee Corporation Cup
T Norman Bell Cup
Andrew G Kidd
Syme Trophy

Brighty Rosebowl
Architects Trophy
Leith Midland Shield

Chalmers Trophy
RS Smith Cup
Miller Scott
Hughes Trophy

George Prescott Trophy
George Baird Trophy
Tensa Trophy
Balruddery Shield
JH Montgomery Cup

Junior Trophy

E Sanderson Memorial Cup
E Sanderson Memorial Cup

F Thomson Rosebowl
Walter Ewen Cup
James Graham Trophy

100m BK Etta Cooper Cup
Etta Cooper Cup
Edith Thomson Memorial TR

George Baird Trophy

The Best Boy Trophy shall be decided by FINA points based on the current meet management system being used by the District.

The Best Girl Trophy shall be decided by FINA points based on the current meet management system being used by the District.

The Walter Ewen Cup and James Graham Trophy will be awarded on completion of the relevant event. The remaining Midland District Trophies will be awarded at the end of Round 2.

Technical Officials

North District Clubs must submit lists of Swimming Technical Officials to the Meet Officials Convenor (Colin Oswald) in accordance with North District Regulations using the Swimming Technical Officials workbook available on North District website [here](#). Please complete one sheet for each session of the meet.

Lists for all sessions for each round must be emailed (not posted) to the Meet Officials Convenor, Colin Oswald at theoswalds2@icloud.com no later than 14 days before the first day of the meet (Friday 20 January 2023 for Round 1 and Friday 17 February 2023 for Round 2). 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.

Midland District Clubs are requested to submit lists of Swimming Technical Officials to the Meet Officials Convenor (Colin Oswald) using the Swimming Technical Officials workbook available on North District website [here](#). The minimum number of Swimming Technical Officials in the North District workbook can be used as a guide to ensure that each round is run efficiently and accredited. Please complete one sheet for each session of the meet.



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Technical Officials (cont.)

Lists for all sessions for each round are requested to be emailed to the Meet Officials Convenor, Colin Oswald at theooswalds2@icloud.com no later than 14 days before the first day of the meet (Friday 20 January 2023 for Round 1 and Friday 17 February 2023 for Round 2).

All Clubs

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

Mentoring will be at the discretion of the referees during heats sessions only depending on the availability of suitable mentors.

Queries or changes to Technical Officials after the closing date should be directed to Colin Oswald at theooswalds2@icloud.com

Photos/ Videos

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 (which may be electronic and signed or endorsed 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 activities and 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.

Data Protection

Data Protection Statement

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.



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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. **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.**
3. 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.

Meet Convenor

- | | | |
|---------|-----------------|--|
| Round 1 | Michelle Mackay | dyceascsecretary@hotmail.com |
| Round 2 | Alice Currie | ythanasc@outlook.com |

SASA NORTH DISTRICT AGE GROUP SWIMMING CHAMPIONSHIPS 2023 ROUND 1

3 to 5 FEBRUARY - ABERDEEN SPORTS VILLAGE AQUATICS CENTRE

Programme of Events

Session One – Friday Evening

Event 101	Girls 12+	1500m Freestyle
Event 102	Boys 12+	800m Freestyle

Session Two – Saturday Morning

Event 201	Girls 16+	200m Freestyle
Event 202	Boys 16+	100m Butterfly
Event 203	Girls 16+	100m Backstroke
Event 204	Boys 11 – 15	50m Breaststroke
Event 205	Girls 11 – 15	50m Butterfly
Event 206	Boys 16+	50m Backstroke
Event 207	Girls 16+	50m Freestyle
Event 208	Boys 16+	400m Individual Medley
Event 209	Girls 16+	200m Breaststroke

Session Three – Saturday Afternoon

Event 221	Girls 11 – 15	200m Individual Medley
Event 222	Boys 11 – 15	200m Backstroke
Event 223	Girls 11 – 15	400m Freestyle
Event 224	Boys 11 – 15	100m Freestyle
Event 225	Girls 11 – 15	100m Breaststroke
Event 226	Boys 11 – 15	200m Butterfly

Session Four – Saturday Finals - Finals

Event 221A	Girls 11 - 13	200m Individual Medley
Event 221B	Girls 14/15	200m Individual Medley
Event 202A	Boys 16/17	100m Butterfly
Event 202B	Boys 18+	100m Butterfly
Event 203A	Girls 16/17	100m Backstroke
Event 203B	Girls 18+	100m Backstroke
Event 204A	Boys 11 – 13	50m Breaststroke
Event 204B	Boys 14/15	50m Breaststroke
Event 205A	Girls 11 – 13	50m Butterfly
Event 205B	Girls 14/15	50m Butterfly
Event 206A	Boys 16/17	50m Backstroke
Event 206B	Boys 18+	50m Backstroke
Event 207A	Girls 16/17	50m Freestyle
Event 207B	Girls 18+	50m Freestyle
Event 224A	Boys 11 – 13	100m Freestyle
Event 224B	Boys 14/15	100m Freestyle
Event 225A	Girls 11 – 13	100m Breaststroke
Event 225B	Girls 14/15	100m Breaststroke
Event 231A	Boys 11 – 14	4 x 100m Free. Relay
Event 231B	Boys 15+	4 x 100m Free. Relay
Event 232A	Girls 11 – 14	4 x 50m Medley Relay
Event 232B	Girls 15+	4 x 50m Medley Relay

Session Five – Sunday Morning

Event 301	Boys 16+	200m Freestyle
Event 302	Girls 16+	100m Butterfly
Event 303	Boys 16+	100m Backstroke
Event 304	Girls 11 – 15	50m Breaststroke
Event 305	Boys 11 – 15	50m Butterfly
Event 306	Girls 16+	50m Backstroke
Event 307	Boys 16+	50m Freestyle
Event 308	Girls 16+	400m Ind. Medley
Event 309	Boys 16+	200m Breaststroke

Session Six – Sunday Afternoon

Event 321	Boys 11 – 15	200m Ind. Medley
Event 322	Girls 11 – 15	200m Backstroke
Event 323	Boys 11 – 15	400m Freestyle
Event 324	Girls 11 – 15	100m Freestyle
Event 325	Boys 11 – 15	100m Breaststroke
Event 326	Girls 11 – 15	200m Butterfly

Session Seven – Sunday Finals

Event 321A	Boys 11 – 13	200m Ind. Medley
Event 321B	Boys 14/15	200m Ind. Medley
Event 302A	Girls 16/17	100m Butterfly
Event 302B	Girls 18+	100m Butterfly
Event 303A	Boys 16/17	100m Backstroke
Event 303B	Boys 18+	100m Backstroke
Event 304A	Girls 11 – 13	50m Breaststroke
Event 304B	Girls 14/15	50m Breaststroke
Event 305A	Boys 11 – 13	50m Butterfly
Event 305B	Boys 14/15	50m Butterfly
Event 306A	Girls 16/17	50m Backstroke
Event 306B	Girls 18+	50m Backstroke
Event 307A	Boys 16/17	50m Freestyle
Event 307B	Boys 18+	50m Freestyle
Event 324A	Girls 11 – 13	100m Freestyle
Event 324B	Girls 14/15	100m Freestyle
Event 325A	Boys 11 – 13	100m Breaststroke
Event 325B	Boys 14/15	100m Breaststroke
Event 331A	Girls 11 – 14	4 x 100m Free. Relay
Event 331B	Girls 15+	4 x 100m Free. Relay
Event 332A	Boys 11 – 14	4 x 50m Med. Relay
Event 332B	Boys 15+	4 x 50m Med. Relay

SASA NORTH DISTRICT AGE GROUP SWIMMING CHAMPIONSHIPS 2023 ROUND 2

3 to 5 MARCH - ABERDEEN SPORTS VILLAGE AQUATICS CENTRE

Programme of Events

Session One – Friday Evening

Event 401	Boys 12+	1500m Freestyle
Event 402	Girls 12+	800m Freestyle

Session Two

Event 501	Boys 16+	200m Individual Medley
Event 502	Girls 16+	50m Breaststroke
Event 503	Boys 16+	50m Butterfly
Event 504	Girls 11 – 15	50m Backstroke
Event 505	Boys 11 – 15	50m Freestyle
Event 506	Girls 16+	200m Backstroke
Event 507	Boys 16+	400m Freestyle
Event 508	Girls 16+	100m Freestyle
Event 509	Boys 16+	100m Breaststroke
Event 510	Girls 16+	200m Butterfly

Session Three – Saturday Afternoon

Event 521	Boys 11 – 15	200m Breaststroke
Event 522	Girls 11 – 15	100m Butterfly
Event 523	Boys 11 – 15	100m Backstroke
Event 524	Girls 12 – 15	400m Individual Medley
Event 525	Boys 11 – 15	200m Freestyle

Session Four – Saturday Finals

Event 501A	Boys 16/17	200m Individual Medley
Event 501B	Boys 18+	200m Individual Medley
Event 522A	Girls 11 - 13	100m Butterfly
Event 522B	Girls 14/15	100m Butterfly
Event 523A	Boys 11 – 13	100m Backstroke
Event 523B	Boys 14/15	100m Backstroke
Event 502A	Girls 16/17	50m Breaststroke
Event 502B	Girls 18+	50m Breaststroke
Event 503A	Boys 16/17	50m Butterfly
Event 503B	Boys 18+	50m Butterfly
Event 504A	Girls 11 – 13	50m Backstroke
Event 504B	Girls 14/15	50m Backstroke
Event 505A	Boys 11 – 13	50m Freestyle
Event 505B	Boys 14/15	50m Freestyle
Event 508A	Girls 16/17	100m Freestyle
Event 508B	Girls 18+	100m Freestyle
Event 509A	Boys 16/17	100m Breaststroke
Event 509B	Boys 18+	100m Breaststroke
Event 531A	Girls 11 – 14	4 x 100m Medley Relay
Event 531B	Girls 15+	4 x 100m Medley Relay
Event 532A	Boys 11 – 14	4 x 50m Freestyle Relay
Event 532B	Boys 15+	4 x 50m Freestyle Relay

Session Five – Sunday Morning

Event 601	Girls 16+	200m Ind. Medley
Event 602	Boys 16+	50m Breaststroke
Event 603	Girls 16+	50m Butterfly
Event 604	Boys 11 – 15	50m Backstroke
Event 605	Girls 11 – 15	50m Freestyle
Event 606	Boys 16+	200m Backstroke
Event 607	Girls 16+	400m Freestyle
Event 608	Boys 16+	100m Freestyle
Event 609	Girls 16+	100m Breaststroke
Event 610	Boys 16+	200m Butterfly

Session Six – Sunday Afternoon

Event 621	Girls 11 – 15	200m Breaststroke
Event 622	Boys 11 – 15	100m Butterfly
Event 623	Girls 11 – 15	100m Backstroke
Event 624	Boys 12 – 15	400m Ind. Medley
Event 625	Girls 11 – 15	200m Freestyle

Session Seven – Sunday Finals

Event 601A	Girls 16/17	200m Ind. Medley
Event 601B	Girls 18+	200m Ind. Medley
Event 622A	Boys 11 – 13	100m Butterfly
Event 622B	Boys 14/15	100m Butterfly
Event 623A	Girls 11 – 13	100m Backstroke
Event 623B	Girls 14/15	100m Backstroke
Event 602A	Boys 16/17	50m Breaststroke
Event 602B	Boys 18+	50m Breaststroke
Event 603A	Girls 16/17	50m Butterfly
Event 603B	Girls 18+	50m Butterfly
Event 604A	Boys 11 – 13	50m Backstroke
Event 604B	Boys 14/15	50m Backstroke
Event 605A	Girls 11 – 13	50m Freestyle
Event 605B	Girls 14/15	50m Freestyle
Event 608A	Boys 16/17	100m Freestyle
Event 608B	Boys 18+	100m Freestyle
Event 609A	Girls 16/17	100m Breaststroke
Event 609B	Girls 18+	100m Breaststroke
Event 631A	Boys 11 – 14	4 x 100m Med. Relay
Event 631B	Boys 15+	4 x 100m Med. Relay
Event 632A	Girls 11 – 14	4 x 50m Free. Relay
Event 632B	Girls 15+	4 x 50m Free. Relay

SASA NORTH DISTRICT AGE GROUP SWIMMING CHAMPIONSHIPS 2023

Round 1 – 3 to 5 FEBRUARY 2023 and Round 2 – 3 to 5 MARCH 2023

Consideration Times:

Accredited Times are required for Age Group Championships events. These times must have been achieved since 1 January 2022 for both rounds. You must send a proof of time report with your entries. Times which cannot be verified as accredited will be automatically withdrawn as per Swimming Regulation 2.2.

Times below are long course times. Times converted from short course accredited competitions will also be accepted. Times must be equal to or faster than -

Women/Girls						Event	Men/Boys					
<2006	2007	2008	2009	2010	2011/12		2011/12	2010	2009	2008	2007	<2006
00:31.3	00:32.8	00:33.5	00:34.6	00:36.0	00:38.5	<i>50m Freestyle</i>	00:38.5	00:36.0	00:33.2	00:31.5	00:30.7	00:28.4
01:08.8	01:11.4	01:13.4	01:16.2	01:19.4	01:28.1	<i>100m Freestyle</i>	01:28.1	01:19.4	01:15.1	01:10.1	01:06.7	01:03.2
02:31.5	02:36.4	02:41.5	02:49.5	02:56.0	03:10.4	<i>200m Freestyle</i>	03:10.4	02:56.0	02:49.5	02:37.5	02:29.0	02:23.0
05:17.4	05:24.8	05:33.2	05:47.6	06:00.3	06:28.8	<i>400m Freestyle</i>	06:28.8	06:00.3	05:47.6	05:24.4	05:09.0	04:59.4
10:46.9	11:02.8	11:21.8	11:44.3	**12:02.3	**12:02.3	<i>800m Freestyle</i>	**12:02.3	**12:02.3	11:44.3	11:12.7	10:41.6	10:20.6
20:34.8	21:04.6	21:40.4	22:22.5	**22:56.3	**22:56.3	<i>1500m Freestyle</i>	**22:56.3	**22:56.3	22:22.5	21:23.3	20:24.9	19:45.4
00:35.4	00:37.1	00:37.6	00:39.0	00:41.6	00:45.0	<i>50m Backstroke</i>	00:45.0	00:41.6	00:38.2	00:36.3	00:34.9	00:32.4
01:16.8	01:19.3	01:21.7	01:25.8	01:31.5	01:43.2	<i>100m Backstroke</i>	01:43.2	01:31.5	01:25.8	01:20.7	01:16.7	01:12.2
02:47.1	02:51.5	02:57.3	03:06.3	03:12.1	03:25.8	<i>200m Backstroke</i>	03:25.8	03:12.1	03:06.3	02:54.6	02:45.5	02:39.4
00:41.0	00:42.3	00:43.3	00:44.8	00:47.7	00:52.5	<i>50m Breaststroke</i>	00:52.5	00:47.7	00:43.0	00:40.7	00:38.7	00:36.3
01:30.9	01:33.2	01:35.7	01:39.8	01:48.9	02:06.6	<i>100m Breaststroke</i>	02:06.6	01:48.9	01:39.8	01:32.0	01:27.7	01:23.5
03:15.2	03:18.2	03:23.6	03:37.6	03:49.0	04:12.0	<i>200m Breaststroke</i>	04:12.0	03:49.0	03:37.6	03:21.0	03:09.0	03:01.1
00:34.1	00:35.3	00:36.5	00:37.7	00:41.0	00:46.0	<i>50m Butterfly</i>	00:46.0	00:41.0	00:36.8	00:34.5	00:32.9	00:30.0
01:16.8	01:19.6	01:22.6	01:27.6	01:35.6	01:51.5	<i>100m Butterfly</i>	01:51.5	01:35.6	01:27.6	01:19.3	01:14.3	01:09.5
02:53.6	02:59.8	03:08.4	03:23.2	03:31.1	03:54.3	<i>200m Butterfly</i>	03:54.3	03:31.1	03:22.9	03:03.6	02:51.4	02:42.4
02:51.5	02:56.2	03:01.9	03:11.3	03:19.0	03:37.9	<i>200m I.M.</i>	03:37.9	03:19.0	03:11.3	02:57.8	02:48.2	02:40.6
06:02.7	06:10.3	06:21.5	06:44.8	07:02.2	07:42.5	<i>400m I.M.</i>	07:42.5	07:02.2	06:44.8	06:12.9	05:54.5	05:42.1

**Please note that in recognition of the limited opportunities for swimmers in the youngest swimmers to compete in 800m and 1500m events, entries will be accepted for these events only with times that are within the time standard and that are real but have not been performed at accredited meets. Entries that are made in this way will only be accepted only if all other entries into the events have been accepted and there is still capacity.

[L1/697/SS/FEB23](#) and [L1/698/SS/MAR23](#)



S.A.S.A North District

SASA NORTH DISTRICT AGE GROUP SWIMMING CHAMPIONSHIPS 2023

Round 1 – 3 to 5 FEBRUARY 2023 and

Round 2 – 3 to 5 MARCH 2023

ABERDEEN SPORTS VILLAGE AQUATICS CENTRE

Supplementary Para Swimming Conditions and Entry Standards

These are to be adhered to in conjunction with the general conditions for the Age Group Championships.

The following events will be integrated into the heats according to eligibility criteria:

Event	Male and Female
50m Freestyle	S1 – S14
100m Freestyle	S1 – S14
200m Freestyle	S1 – S5 and S14
400m Freestyle	S6 – S13
50m Backstroke	S1 – S5
100m Backstroke	S6 – S14
50m Breaststroke	SB1 – SB3
100m Breaststroke	SB4 – SB9, SB11 – SB14
50m Butterfly	S2 – S7
100m Butterfly	S8 – S14
200m IM	SM5 – SM14

Eligibility

All Competitors must be registered as members of a swimming club affiliated to the SASA North District at the time of entry. **Entry standards are as attached and these are open age group standards.**

Competitors in WPS Classification S1 - S13 must have an authorised British Swimming or WPS classification, which is held on the Scottish Swimming Membership database at the time of entry.

Competitors in Classification S14 must have an authorised WPS, INAS-FID or UKSAPLD classification which is held on the Scottish Swimming Membership database at the time of entry.

Para swimmers must be identified as such with their classification at the point of entry.

General

- A copy of information held on the Scottish Swimming Membership database must be submitted to the Recording desk prior to the start of the session with the athlete's first event. No further submission is required following this. Any concerns about this, please speak to the Meet Convenor.
- All eligible swimmers will be integrated into the event seeded by absolute time.
- Where relevant, the competition shall take place under the relevant WP Swimming, Swimming Rules.
- Personal care attendants will only be permitted for swimmers in the following classes: S1, S2, S3, S4 and S11. A swimmer in any of the classes as specified above may have both a coach and personal care attendant(s) present.

Medals

There will be no medals for Para swimming events.

Standards

EVENT	CLASS	FEMALE	MALE	EVENT	CLASS	FEMALE	MALE	
50m FREESTYLE	S1	02:22.99	02:33.08	100m BACKSTROKE	S1	07:37.83	04:16.00	
	S2	02:38.47	01:41.51		S2	04:44.27	03:18.78	
	S3	01:17.84	01:13.93		S6	02:25.01	02:15.46	
	S4	01:07.69	01:08.68		S7	02:23.60	02:03.78	
	S5	01:05.11	00:55.83		S8	02:12.43	01:56.74	
	S6	00:57.95	00:52.00		S9	02:02.43	01:50.04	
	S7	00:58.50	00:48.43		S10	01:57.95	01:40.81	
	S8	00:52.31	00:46.34		S11	02:18.30	02:03.96	
	S9	00:50.29	00:44.47		S12	02:03.54	01:44.48	
	S10	00:47.65	00:40.43		S13	01:57.81	01:43.41	
	S11	00:52.80	00:45.92		S14	01:54.55	01:44.96	
	S12	00:49.44	00:40.90		50m BREASTSTROKE	SB1	03:50.89	03:06.32
	S13	00:47.12	00:40.44			SB2	02:21.58	01:39.01
	S14	00:48.52	00:43.18			SB3	01:37.95	01:24.95
100m FREESTYLE	S1	07:04.37	05:28.18	100m BREASTSTROKE	SB4	03:12.17	02:58.70	
	S2	05:38.69	04:33.90		SB5	02:52.11	02:47.42	
	S3	02:50.36	02:58.35		SB6	02:51.17	02:23.65	
	S4	02:28.10	02:27.08		SB7	02:37.61	02:17.14	
	S5	02:21.59	01:57.84		SB8	02:23.99	02:02.25	
	S6	02:04.92	01:52.34		SB9	02:12.46	01:53.73	
	S7	02:04.00	01:46.16		SB11	02:28.32	02:11.15	
	S8	01:51.59	01:41.69		SB12	02:17.36	01:59.42	
	S9	01:47.88	01:35.69		SB13	02:10.44	01:55.07	
	S10	01:43.77	01:28.38		SB14	02:10.63	01:54.70	
	S11	01:58.13	01:41.64		50m BUTTERFLY	S1	05:00.00	05:00.00
	S12	01:43.55	01:32.85			S2	03:57.64	04:05.00
	S13	01:43.12	01:29.37			S3	01:59.07	02:23.11
	S14	01:44.19	01:31.87			S4	01:43.00	01:18.22
200m FREESTYLE	S1	11:16.00	08:43.43	S5		01:19.36	01:03.38	
	S2	11:49.48	07:03.06	S6		01:02.53	00:55.71	
	S3	08:26.41	05:59.35	S7		01:02.56	00:51.61	
	S4	05:51.71	05:18.10	S8	02:10.49	01:46.50		
	S5	04:52.77	04:22.11	S9	01:57.93	01:43.29		
	S14	03:36.39	03:20.34	S10	01:55.29	01:34.96		
400m FREESTYLE	S6	09:15.85	08:51.32	100m BUTTERFLY	S11	02:23.09	01:51.25	
	S7	09:06.04	08:10.77		S12	01:55.50	01:38.55	
	S8	08:29.17	07:51.94		S13	01:51.86	01:39.57	
	S9	08:07.61	07:19.11		S14	01:51.30	01:38.36	
	S10	07:46.43	06:59.24	200m IM	SM5	06:17.82	05:47.45	
	S11	09:22.53	08:22.86		SM6	05:11.78	04:45.63	
	S12	08:10.79	07:38.24		SM7	05:10.30	04:25.98	
	S13	07:59.89	07:06.34		SM8	04:47.27	04:07.21	
S14	08:14.60	07:22.95	SM9		04:30.74	03:56.13		
50m BACKSTROKE	S1	03:51.05	02:04.20		SM10	04:13.18	03:45.51	
	S2	02:14.74	01:32.12		SM11	05:07.77	04:18.52	
	S3	01:35.37	01:22.14		SM12	04:26.46	03:54.52	
	S4	01:28.57	01:17.28		SM13	04:09.32	03:49.55	
	S5	01:17.66	01:01.49		SM14	04:06.52	03:45.62	



S.A.S.A North District

NORTH DISTRICT AGE GROUP SWIMMING CHAMPIONSHIPS 2023 Incorporating Midland District Age Group Championships Round 1 – 3 to 5 February 2023 – ABERDEEN AQUATICS CENTRE

SUMMARY SHEET

Club Name/Abbr _____

Match Secretary _____
Address _____
Tel. No _____
E-mail address _____

..... Individual Male Entries	@£7.00	£
..... Individual Female Entries	@ £7.00	£
..... Team Mixed Entries	@ £10.00	£
..... Coach Meal Passes (2 days)	@ £24.00	£
TOTAL		£

CLOSING DATE FOR ELECTRONIC ENTRIES – 6 JANUARY 2023 (Round 1)

Paperwork and payment to be received by the District Entries Secretary (Lesley Gatton) within 3 postal days of closing date

Cheques should be made payable to:

SASA NORTH DISTRICT

BACS Payment Reference AGEC1 followed by Club Code eg AGEC1NANX Sort Code: 80-05-16 A/C No 00882011

**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 SASA and PVG Scheme.

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



S.A.S.A North District

NORTH DISTRICT AGE GROUP SWIMMING CHAMPIONSHIPS 2023 Incorporating Midland District Age Group Championships Round 2 – 3 to 5 March 2023 – ABERDEEN AQUATICS CENTRE

SUMMARY SHEET

Club Name/Abbr _____

Match Secretary _____
Address _____
Tel. No _____
E-mail address _____

..... Individual Male Entries	@£7.00	£
..... Individual Female Entries	@ £7.00	£
..... Team Mixed Entries	@ £10.00	£
..... Coach Meal Passes (2 days) @	£24.00	£
TOTAL		£

CLOSING DATE FOR ELECTRONIC ENTRIES – 3 FEBRUARY 2023 (Round 2)

Paperwork and payment to be received by the District Entries Secretary (Anne Hendry) within 3 postal days of closing date

Cheques should be made payable to:

SASA NORTH DISTRICT

BACS Payment Reference AGEC2 followed by Club Code eg AGEC2NANX Sort Code: 80-05-16 A/C No 00882011

**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 SASA and PVG Scheme.

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



S.A.S.A North District

NORTH DISTRICT AGE GROUP SWIMMING CHAMPIONSHIPS – (3 to 5 February - Round 1) Incorporating Midland District Age Group Championships

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 _____

Meet Officials Convenor: Colin Oswald
 Tel: 07711 614512
 E-mail: theoswalds2@icloud.com

No of swimmers entered.....

Session 1										
	Judges	Judge Level	Club Code		Timekeepers	Club Code	SASA Number		Judge Mentoring	Training Level
	Name				Name				Name	
1				1				1		
2				2				2		
3				3				3		
4				4				4		
5				5				5		
6				6				6		
7				7				7		
8				8				8		
9				9				9		
10				10				10		
11				11				11		
12				12				12		



S.A.S.A North District

NORTH DISTRICT AGE GROUP SWIMMING CHAMPIONSHIPS – (3 to 5 March - Round 2) Incorporating Midland District Age Group Championships

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 _____

Meet Officials Convenor: Colin Oswald
 Tel: 07711 614512
 E-mail: theoswalds2@icloud.com

No of swimmers entered.....

Session 1										
	Judges	Judge Level	Club Code		Timekeepers	Club Code	SASA Number		Judge Mentoring	Training Level
	Name				Name				Name	
1				1				1		
2				2				2		
3				3				3		
4				4				4		
5				5				5		
6				6				6		
7				7				7		
8				8				8		
9				9				9		
10				10				10		
11				11				11		
12				12				12		

COMPLETION AND OTHER NOTES

1. An Officials Sheet **MUST** be completed and emailed to the Meet Officials Convenor, Colin Oswald at theoswalds2@icoud.com **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:-

1 – 5 swimmers	No Technical Officials required, but please return the form duly marked
6 – 10 swimmers	1 Technical Official for every session of the Meet
11 – 15 swimmers	2 Technical Officials for every session, at least one of which must be Judge 1 or Recorder
16 – 20 swimmers	2 Technical Officials for every session, at least one of which must be Judge 1 or Recorder and another must be Judge 2 or above or an AOE Operator
21 – 30 swimmers	3 Technical Officials for every session, at least one of which must be Judge 1 or Recorder and another must be Judge 2 or above or an AOE Operator
31 – 40 swimmers	4 Technical Officials for every session, at least one of which must be Judge 1 or Recorder and another must be Judge 2 or above or an AOE Operator
41+ swimmers	5 Technical Officials for every session, at least one of which must be Judge 1 or Recorder and another must be Judge 2 or above or an AOE Operator

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.

3. 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.

4. 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

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	
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 Column.		
	Mentoring Requests		
	Name	Club	Level
	Full name of Trainee	Your club Initials	Level at which mentoring is required.