

NORTH DISTRICT DISTANCE MEET
(UNDER WORLD AQUATICS AND SCOTTISH SWIMMING RULES)
7 & 8 OCTOBER 2023
FRASERBURGH SWIMMING POOL

MEET INFORMATION

Pool 25 Metres, 6 Lanes, Deck level, anti-turbulence ropes, electronic timing

Sessions

Session One	Warm Up 09.00 - Start 09.35 - End 13.00
Session Two	Warm Up 13.30 - Start 14.05 - End 17.25
Session Three	Warm Up 09.00 - Start 09.35 - End 13.00
Session Four	Warm Up 13.30 - Start 14.05 - End 17.25

(SUBJECT TO CHANGE IF NECESSARY)

Events 400m, 800m, 1500m Freestyle, 400m Individual Medley

Age As at 8 October 2023 – 10 - 12 years, 13/14 years, 15+ years

Eligibility To Enter This meet is open to swimmers who are members of clubs affiliated to the North District.

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 contacting entries@sasanorth.org.uk

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

Summary sheet and entry fee cheques should be sent to:
Lesley Gatton entries@sasanorth.org.uk

CLOSING DATE FOR ELECTRONIC ENTRIES IS FRIDAY 8 SEPTEMBER 2023

Entries may have to be limited dependent upon numbers received. If there is an oversubscription, entries will be accepted as evenly across the programme as is practical.

Entry Fees £7.00 PER INDIVIDUAL EVENT

Payment should be made by direct bank transfer. Reference should be DIST23 followed by your club code eg DIST23NAOX. Bank details for direct bank transfer payments are on the summary sheet.

IMPORTANT: The direct bank transfer for entry fees must be received no later than three postal days after the closing date. 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.

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)

Early Withdrawals

Withdrawals prior to the event may be emailed to entries@sasanorth.org.uk no later than 5pm on Thursday 5 October 2023.

NB: All details must be included on email withdrawals ie Name, Event No, Stroke, Comp No etc. Telephone withdrawals will not be accepted.

Medical Withdrawals

In terms of SW4.7 entry fees will be refunded in the event of a swimmer being unable to take part due to illness or injury only in the following circumstances: The swimmer has been withdrawn in time according to the Meet Information. The swimmer can provide medical evidence confirming that they are unfit to swim to the District Entries Secretary at entries@sasanorth.org.uk within 14 days following the Meet. The letter should be dated not more than 4 weeks before the Meet and not more than 10 days following the last day of the meet.

Withdrawals At the Meet

Withdrawals should be notified on the relevant withdrawal form. The sheets should be handed in to the recorders no later than the start of each warm up ie first session withdrawals by 9.00am on Saturday. Withdrawal forms must be updated accordingly at the start of each session warm-up thereafter.

Please note withdrawals for the whole session must be done at the start of the session warm up regardless of the fact that there will be an interim warm-up.

Marshalling

There will be marshalling for all heats. 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.

Reserves

Reserves must marshal unless they have also withdrawn as above.

Awards

Medals will be awarded for 1st, 2nd and 3rd places in each age group.

Technical Officials

Lists of Technical Officials for all sessions must be emailed to the Meet Officials Convenor, Colin Oswald at theoswalds2@icloud.com no later than 14 days before the first day of the meet (22 September 2023).

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 Colin or the North District website is preferred but submissions can be sent by email using the form. Please complete one sheet for each session of the meet.

Mentoring will be at the discretion of the referee depending on the availability of suitable mentors.

Any queries or changes to Technical Officials after the closing date should be directed to the Meet Officials Convenor, Colin Oswald at theoswalds2@icloud.com

Technical

Officials (cont)

We are aware that SW6.2 may not provide enough Technical Officials for this Meet and would ask that all Clubs entering swimmers support this meet with as many officials as possible as if there are not enough for the Meet to be accredited there will no alternative but to cancel it, as the intention is to provide an opportunity for swimmers to gain accredited times for these distance events.

Notes

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 - see attached.

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

The use of mobile phones or other devices capable of photography are not permitted at any time in the changing village, toilets or shower areas and they must be switched to silent in the pool hall.

Any devices that are to be used for video/photography in the poolhall must be registered using the QR code available at the venue and in the event participant information.

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 Statement

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.

Technical Swimsuits

As of 1st September 2022, new regulations came into force regarding technical swimsuits. From this date all swimmers 13 years and younger cannot compete wearing technical suits in Scottish Swimming licensed or registered events.

For further information and FAQ's please see link below.

[Swimsuits | Scottish Swimming](#)

Disclaimer

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.

Meet Convenor

Jennifer Reid wpobrochasc@gmail.com

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Consideration Times

Times to be faster than the following

Men/Boys					Events	Women/Girls				
10/11	12	13	14	15+		15+	14	13	12	10/11
06:20.00	06:00.00	05:45.00	05:30.00	05:15.00	400 Free	05:30.00	05:40.00	05:50.00	06:00.00	06:20.00
07:30.00	07:10.00	06:50.00	06:20.00	06:00.00	400 IM	06:20.00	06:35.00	06:55.00	07:10.00	07:30.00
12:40.00	12:15.00	11:25.00	11:00.00	10:20.00	800 Free	11:00.00	11:15.00	11:30.00	12:15.00	12:40.00
23:45.00	22:40.00	21:30.00	20:45.00	19:30.00	1500 Free	20:30.00	21:00.00	21:45.00	22:40.00	23:45.00

All events will be swum by time.

Please note that although there are differing entry times for different age groups that for the purpose of awards and medals age groups are 10 – 12, 13/14 and 15 and over with age being Age at 8th October 2023. Entries for all events will be accepted on as equal a basis as possible across the ages within reason.

Times do not require to be accredited but should be real times achieved at non-accredited meets or Club time trials.

SASA North District

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Programme of Events

All events are swum as timed finals (heat declared winner)

Interim warm up times are approximate only and will not be finalised until after the meet programme has been issued and agreed.

Saturday

Session One	Warm Up Event 101 Interim Warm-up Event 102	09.00 10-12, 13/14, 15+ years Approx 10.50 10-12, 13/14, 15+ years	Start Boys Resume Girls	09.35 1500m Freestyle Approx 11.20 400m Freestyle
Session Two	Warm Up Event 201 Interim Warm-up Event 202	13.30 10-12, 13/14, 15+ years Approx 15.10 10-12, 13/14, 15+ years	Start Boys Resume Girls	14.05 400m Individual Medley Approx 15.40 800m Freestyle
Sunday				
Session Three	Warm Up Event 301 Interim Warm-up Event 302	09.00 10-12, 13/14, 15+ years Approx 10.45 10-12, 13/14, 15+ years	Start Boys Resume Girls	09.35 800m Freestyle Approx. 11.15 400m Individual Medley
Session Four	Warm Up Event 401 Interim Warm-up Event 402	13.30 10-12, 13/14, 15+ years Approx 15.10 10-12, 13/14, 15+ years	Start Boys Resume Girls	14.05 400m Freestyle Approx 15.40 1500m Freestyle



S.A.S.A North District

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SUMMARY SHEET

Club Name/Code _____

Match Secretary _____

Contact No _____

Email address _____

..... Individual Male Entries	@ £7.00	£
..... Individual Female Entries	@ £7.00	£
..... Coaches Meal Pass	@ £12.00	£
TOTAL		£

CLOSING DATE FOR ELECTRONIC ENTRIES IS 8 SEPTEMBER 2023

Paperwork and Payment must be received by the District Entries Secretary within 3 postal days of closing date
Bank transfer reference DIST23 followed by Club Code eg DIST23NANX
Sort Code: 80-05-16 A/C No 00882011
Cheques should be made payable to: SASA NORTH DISTRICT

Have you enclosed or sent: Entries fees payment?
Hy-tek Team Manager Entry File
Summary Sheet and Declaration
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)

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

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

Meet Officials Convenor: Colin Oswald
 Tel: 07711614512
 E-mail: theoswalds2@icloud.com

No of swimmers entered.....

	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						

Please be sure to include any requests for mentoring

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:-

Total number of club swimmers at Meet	Number of officials per Session
1 – 5	None
6 – 10	One official
11 – 15	Two officials at least one of which must be Judge 1 or Recorder
16 – 20	Two officials 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	Three officials 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	Four officials at least one of which must be Judge 1 or Recorder and one more must be Judge 2 or above, or an AOE Operator
41+	Five officials 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	