



S.A.S.A North District

NORTH DISTRICT SPRINT CHAMPIONSHIPS 2023 (UNDER WORLD AQUATICS AND SCOTTISH SWIMMING RULES)

9th September 2023

Aberdeen Aquatics Centre, Regent Walk, Aberdeen AB24 1SX

MEET INFORMATION

- Pool** 25 Metres, 10 Lanes, 2m Deep, Electronic Timing, Omega blocks with back-plates and backstroke starting devices
- Sessions**
- | | | | |
|----------------------|--------------|------------|----------|
| Session One | Warm Up 0800 | Start 0905 | End 1130 |
| Session Two | Warm Up 1200 | Start 1305 | End 1530 |
| Session Three | Warm Up 1600 | Start 1705 | End 1950 |
- (SUBJECT TO CHANGE IF NECESSARY)
- Ages** Age at 31st December 2023
- Events**
- Individual Events**
Male and Female 11/12, 13/14, 15/16 & 17 & Over
50m Butterfly, Backstroke, Breaststroke, Freestyle – heats and finals
100m Individual Medley – timed finals
SKINS with qualifiers determined from 100m Individual Medley – 15 & over only
- Team Events**
4 x 50m Male & Female Freestyle and Medley Relays – 11–14, 15 & Over
A maximum of 2 teams per event per age group will be accepted from each club
- Eligibility to Enter** Entries will be accepted from competitors registered as members of clubs that are affiliated to the SASA 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 contact Lynn Alderton on entries@sasanorth.org.uk.
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 as is reasonably possible with fastest entries accepted first.
Please email completed entry files to the District Entries Secretary
Lynn Alderton entries@sasanorth.org.uk
Summary sheet and entry fees should be sent to – Lynn Alderton, 2 Gordon Place, Alford, Aberdeenshire, AB33 8DF
(summary sheet may be emailed with entry files)
- CLOSING DATE FOR ELECTRONIC ENTRIES IS FRIDAY 11 AUGUST 2023**
IMPORTANT: The summary sheet and direct bank transfer or cheque 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.



S.A.S.A North District

Entry fees	£6.00 per individual swim £8.00 per team event Payment can be made by direct bank transfer. Reference should be SPRINT23 followed by your club code eg SPRINT23NAOX. Bank details for direct bank transfer payments are on the summary sheet.
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 Rule SW 4.6 refers). <u>Please note that accredited times are required.</u>
Early Withdrawals	Withdrawals prior to the event may be e-mailed to Lynn Alderton at entries@sasanorth.org.uk to arrive by 5pm at the latest on Thursday 7 September 2023. NB: All details must be included on e-mail withdrawals ie Name, Event No, Stroke, Comp No etc. Telephone withdrawals or by WhatsApp 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 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).
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. 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 heats. The fastest ten swimmers shall qualify for Finals. Two reserves shall be nominated.
SKINS Event	The top 10 swimmers from the 100 IM heats by combining results from 15/16 and 17 & over age groups will be invited to take part. A reserve will not be brought in if any swimmer declines to take part. Elimination will be as follows: Round 1 – 3 swimmers eliminated, down to 7 swimmers Round 2 – 3 swimmers eliminated, down to 4 swimmers Round 3 – 2 swimmers eliminated, down to 2 swimmers Round 4 – 1 swimmer eliminated and winner declared The first start will be a normal start and thereafter, each round will start with a 10 second verbal warning (whistle), then the starting signal. Starting before the signal will result in disqualification.

SKINS Event (cont)

The turnaround time will be 2 minutes. The stroke for each round of the skins will be decided by draw. If Freestyle is drawn, this means any stroke apart from Breaststroke, Butterfly or Backstroke, as per World Aquatics rules for Medley swimming. Each stroke will be drawn once only.

Marshalling

There will be marshalling for all heats and all 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.

Swimmers may report to marshalling for more than one event where it is deemed that there will be insufficient time between races to marshal in good time for their next event. It is for the swimmer to inform the marshal if they are reporting for more than one event.

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 must marshal unless they have withdrawn.

There will be marshalling for relays.

Awards

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

A cash award of £100 will be made to the winners of the SKINS events.

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 (25th August 2023).

Technical Officials should be submitted on the North District pro-forma for this purpose and must be emailed (not posted) by the specified date. The pro-forma is [North District Meet Officials Pro-Forma \(excel\)](#) on page <https://www.sasanorth.org.uk/2023meets.html>

Submission on the North District pro-forma is preferred but submissions can be sent using the form below. Please complete one section or sheet for each session.

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, eg., Chief Timekeeper, Chief Inspector of Turns, Relays or Finish Order should make the request to the Meet Officials Convenor when names are submitted.

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

Queries or changes to Technical Officials after the closing date should be directed to Colin Oswald at theoswalds2@icloud.com

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](#)

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 far end of the pool will be in use as a swim down facility during this Meet however swimmers will need to be aware of the Meet going on in the near end and the facility will be withdrawn if it is misused or becomes too noisy.
3. 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.
4. 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

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

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.

Meet Director Stephen Jupp galaconvenors.adsc@gmail.com

Programme of Events

Session 1 – Heats		
Event 101	15/16 and 17+ Men	100m Individual Medley (HDW)
Event 102	11/12 and 13/14 Girls	50m Freestyle
Event 103	11/12 and 13/14 Boys	50m Breaststroke
Event 104	15/16 and 17+ Women	50m Backstroke
Event 105	15/16 and 17+ Men	50m Butterfly
Event 106	11/12 and 13/14 Girls	50m Breaststroke
Event 107	11/12 and 13/14 Boys	50m Freestyle
Event 108	15/16 and 17+ Women	50m Butterfly
Event 109	15/16 and 17+ Men	50m Backstroke
Event 110	11/12 and 13/14 Girls	100m Individual Medley (HDW)
Event 111	15+ Men	SKINS (from 100 IM)

Session 2 – Heats		
Event 201	15/16 and 17+ Women	100m Individual Medley (HDW)
Event 202	11/12 and 13/14 Boys	50m Butterfly
Event 203	11/12 and 13/14 Girls	50m Backstroke
Event 204	15/16 and 17+ Men	50m Freestyle
Event 205	15/16 and 17+ Women	50m Breaststroke
Event 206	11/12 and 13/14 Boys	50m Backstroke
Event 207	11/12 and 13/14 Girls	50m Butterfly
Event 208	15/16 and 17+ Men	50m Breaststroke
Event 209	15/16 and 17+ Women	50m Freestyle
Event 210	11/12 and 13/14 Boys	100m Individual Medley (HDW)
Event 211	15+ Women	SKINS (from 100 IM)

Session 3 – Finals & Relays		
Event 301	11-14 Girls	4 x 50m Freestyle Relay (HDW)
Event 302	11-14 Boys	4 x 50m Freestyle Relay (HDW)
Event 303	15+ Women	4 x 50m Freestyle Relay (HDW)
Event 304	15+ Men	4 x 50m Freestyle Relay (HDW)
2 Finals for Event 102	11/12 Girls then 13/14 Girls	50m Freestyle
2 Finals for Event 103	11/12 Boys then 13/14 Boys	50m Breaststroke
2 Finals for Event 104	15/16 Women then 17+ Women	50m Backstroke
2 Finals for Event 105	15/16 Men then 17+ Men	50m Butterfly
2 Finals for Event 106	11/12 Girls then 13/14 Girls	50m Breaststroke
2 Finals for Event 107	11/12 Boys then 13/14 Boys	50m Freestyle
2 Finals for Event 108	15/16 Women then 17+ Women	50m Butterfly
2 Finals for Event 109	15/16 Men then 17+ Men	50m Backstroke
2 Finals for Event 203	11/12 Girls then 13/14 Girls	50m Backstroke
2 Finals for Event 202	11/12 Boys then 13/14 Boys	50m Butterfly
2 Finals for Event 205	15/16 Women then 17+ Women	50m Breaststroke
2 Finals for Event 204	15/16 Men then 17+ Men	50m Freestyle
2 Finals for Event 207	11/12 Girls then 13/14 Girls	50m Butterfly
2 Finals for Event 206	11/12 Boys then 13/14 Boys	50m Backstroke
2 Finals for Event 209	15/16 Women then 17+ Women	50m Freestyle
2 Finals for Event 208	15/16 Men then 17+ Men	50m Breaststroke
Event 305	11-14 Girls	4 x 50m Medley Relay (HDW)
Event 306	11-14 Boys	4 x 50m Medley Relay (HDW)
Event 307	15+ Women	4 x 50m Medley Relay (HDW)
Event 308	15+ Men	4 x 50m Medley Relay (HDW)

Consideration Times

Please note Accredited Times are required for this meet. These times must have been achieved since 11th August 2022.

You must submit a proof of times report with your entries. 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 faster than or equal to the following:

Boys				EVENT	Girls			
17+	15/16	13/14	11/12		11/12	13/14	15/16	17+
00:26.20	00:29.00	00:32.60	00:41.90	50m Freestyle	00:39.00	00:33.50	00:31.20	00:30.70
00:30.90	00:35.10	00:38.90	00:48.50	50m Backstroke	00:46.30	00:39.80	00:36.60	00:36.20
00:34.50	00:39.10	00:43.60	00:55.50	50m Breaststroke	00:52.50	00:44.50	00:41.70	00:41.20
00:28.80	00:33.10	00:37.10	00:53.90	50m Butterfly	00:49.60	00:37.80	00:34.80	00:33.60
01:07.50	01:16.10	01:24.40	01:50.00	100m Individual Medley	01:41.60	01:27.00	01:20.20	01:18.80



S.A.S.A North District

NORTH DISTRICT SPRINT CHAMPIONSHIPS 2023 9th SEPTEMBER – ABERDEEN AQUATICS CENTRE

SUMMARY SHEET

Tel. No _____

Match Secretary _____
Club Name/Abbr _____
E-mail address _____

..... Individual Male Entries	@ £6.00	£
..... Individual Female Entries	@ £6.00	£
..... Team Mixed Entries	@ £8.00	£
..... Coach Meal Passes (1 day)	@ £12.00	£
TOTAL		£

CLOSING DATE FOR ELECTRONIC ENTRIES – 11 AUGUST 2023

Paperwork and Payment must be received by the District Entries Secretary within 3 postal days of closing date

Bank transfer reference SPRINT23 followed by Club Code eg SPRINT23NANX

Sort Code: 80-05-16 A/C No 00882011

Cheques should be made payable to: SASA NORTH DISTRICT

Have you enclosed or sent: Entry fees 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 OPEN SWIMMING CHAMPIONSHIPS 2023

9th SEPTEMBER – ABERDEEN AQUATICS CENTRE

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		

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 at theoswalds2@icloud.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:-

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
- 5.

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	