



## *S.A.S.A North District*

### **NORTH DISTRICT DEVELOPMENT MEET (UNDER FINA AND SASA RULES)**

**20 & 21 JUNE 2015 - INVERNESS LEISURE**

#### **MEET INFORMATION**

**Pool** 25 Metres, 8 Lanes, Deck Level, Anti-turbulence ropes, Electronic Timing Equipment

<b>Sessions</b>	<b>Session One</b>	Warm Up 09.00	-	Start 10.05
	<b>Session Two</b>	Warm Up 13.30	-	Start 14.35
	<b>Session Three</b>	Warm Up 09.00	-	Start 10.05
	<b>Session Four</b>	Warm-up 13.30	-	Start 14.35

(SUBJECT TO CHANGE IF NECESSARY)

**This meet is a development opportunity for North District Swimmers to achieve times for entry into the District Regional Programme element of the National Squad Programme. Therefore age of swimmers is at 31 December and entries will only be considered from swimmers with a time slower than those needed for qualifying into the Scottish National Squads.**

**Events** 200m Freestyle, 200m Backstroke, 200m Breaststroke, 200m Butterfly, 200m Individual Medley, 400m Freestyle, 400m Individual Medley

Ages: 11 years (born 2004), 12 years (born 2003), 13 years (born 2002), 14 years (born 2001) and 15+ years (born 2000 and earlier)

**Age** **AGE AS AT 31 DECEMBER 2015**

**Start Rule** Over the top starts will be used where practical.

**Entries** **All entries must be on Hy-tek Team Manager entry file** (District Rule SW 4.1). To obtain a file please e-mail Anne Hendry at [bhendry@btinternet.com](mailto:bhendry@btinternet.com) or download from [www.sasanorth.org.uk](http://www.sasanorth.org.uk)

Please return entry files along with summary sheet and entry fees to

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

**Entry Fees** £6.00 PER INDIVIDUAL EVENT

Cheques should be made payable to SASA North District.  
Entries may have to be limited dependent upon numbers received.

**CLOSING DATE FOR ENTRIES IS FRIDAY 22 May 2015**

Please note that entry files must be received by this date and paperwork and payment must be received within 3 days. No late entries will be accepted.

**Withdrawals** Early withdrawals should be notified by e-mail or letter to Anne Hendry at [bhendry@btinternet.com](mailto:bhendry@btinternet.com) by 1pm on Friday 19 June. Telephone withdrawals will not be accepted.

**NB: All details must be included on e-mail withdrawals ie Name, Event No, Stroke, Comp No etc**

Withdrawals from heats at the meet should be notified on the relevant withdrawal forms. The sheets should be handed in to the recorders table **at least 1 hour prior to the start of the first session and updated accordingly one hour before the start of each session thereafter.**

**Marshalling** There will be marshalling for all events. All swimmers, including reserves, 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.

**Awards** Medals will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places and Speeding Tickets will be awarded to swimmers exceeding the cut-off times.

Cut off times will be set at consideration times less 5%.

**Technical Officials** Lists of Technical Officials for all sessions must be emailed to the Meet Officials Convenor, Durno Jessiman at [carnethy6@hotmail.com](mailto:carnethy6@hotmail.com) no later than 14 days before the first day of the meet (5 June 2015) – North District rules SW 6.2. and SW4.1 refer.

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

For Trainee Judge 1, Judge 2 or Judge 2S, please see the Officials Sheet.

Any queries or changes to Technical Officials after the closing date should be directed to the Meet Officials Convenor, Durno Jessiman, or emailed to [carnethy6@hotmail.com](mailto:carnethy6@hotmail.com)

**Photography** 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 Convenor:** Lisa Woolley      E-mail:- [barwcontractors@aol.com](mailto:barwcontractors@aol.com)

1. All swimmers entered must have paid their SASA membership fee for the current year and be members of a club affiliated to the SASA North District. 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.
2. All participants should adhere to the Scottish Swimming Code of Ethics, and relevant codes of conduct.
3. The use of mobile phones is not permitted at any time in the changing village and all phones must be turned to silent in the pool hall.
4. Due to lack of space poolside access will be limited to one Coach per 10 swimmers, with a maximum of 3 Coaches 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 may be appointed at this meet 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.
6. Vuvuzelas are not permitted at this meet. Air horns are not permitted.
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.

## **NORTH DISTRICT DEVELOPMENT MEET - 20 & 21 JUNE 2015 - INVERNESS LEISURE**

### **PROGRAMME OF EVENTS**

(ALL EVENTS ARE HEAT DECLARED WINNER)

<b>Session 1</b>	<b>Warm-up 09.00am</b>	<b>Start 10.05am</b>	<b>Session 2</b>	<b>Warm-up 1.30pm</b>	<b>Start 2.35pm</b>
Event 101	Girls 11, 12 years	200m Individual Medley	Event 201	Boys 14, 15+ years	200m Individual Medley
Event 102	Boys 11, 12, 13 years	400m Freestyle	Event 202	Girls 13, 14, 15+ years	400m Freestyle
Event 103	Girls 13, 14, 15+ years	200m Backstroke	Event 203	Boys 11, 12, 13 years	200m Backstroke
Event 104	Boys 14, 15+ years	400m Individual Medley	Event 204	Girls 11, 12 years	400m Individual Medley
Event 105	Girls 11, 12 years	200m Freestyle	Event 205	Boys 14, 15+ years	200m Freestyle
Event 106	Boys 11, 12, 13 years	200m Breaststroke	Event 206	Girls 13, 14, 15+ years	200m Breaststroke
Event 107	Girls 13, 14, 15+ years	200m Butterfly	Event 207	Boys 11, 12, 13 years	200m Butterfly
<b>Session 3</b>	<b>Warm-up 09.00am</b>	<b>Start 10.05am</b>	<b>Session 4</b>	<b>Warm-up 1.30pm</b>	<b>Start 2.35pm</b>
Event 301	Boys 11, 12, 13 years	200m Individual Medley	Event 401	Girls 13, 14, 15+ years	200m Individual Medley
Event 302	Girls 11, 12 years	400m Freestyle	Event 402	Boys 14, 15+ years	400m Freestyle
Event 303	Boys 14, 15+ years	200m Backstroke	Event 403	Girls 11, 12 years	200m Backstroke
Event 304	Girls 13, 14, 15+ years	400m Individual Medley	Event 404	Boys 11, 12, 13 years	400m Individual Medley
Event 305	Boys 11, 12, 13 years	200m Freestyle	Event 405	Girls 13, 14, 15+ years	200m Freestyle
Event 306	Girls 11, 12 years	200m Breaststroke	Event 406	Boys 14, 15+ years	200m Breaststroke
Event 307	Boys 14, 15+ years	200m Butterfly	Event 407	Girls 11, 12 years	200m Butterfly

### **NORTH DISTRICT DEVELOPMENT MEET - 20 & 21 JUNE 2015 - INVERNESS LEISURE**

#### **Consideration Times**

#### **Age at 31 December 2015**

Times to be equal to or slower than Scottish National Squad Policy Bronze times as follows:-

Boys					Event	Girls				
2004	2003	2002	2001	2000 & earlier		2000 & earlier	2001	2002	2003	2004
02:46.80	02:33.10	02:21.90	02:12.70	2:04.80	<b>200 Free</b>	2:11.30	02:18.30	02:27.00	02:37.10	02:49.10
05:55.50	05:26.30	05:02.50	04:43.00	4:26.10	<b>400 Free</b>	4:37.70	04:51.20	05:09.50	05:30.70	05:55.70
03:04.80	02:49.70	02:37.30	02:27.30	2:17.60	<b>200 Back</b>	2:25.60	02:32.70	02:42.30	02:53.40	03:06.50
03:24.50	03:07.70	02:53.90	02:42.70	2:32.70	<b>200 Brst</b>	2:42.60	02:51.60	03:02.50	03:15.00	03:29.80
03:01.80	02:46.90	02:34.80	02:24.90	2:16.40	<b>200 Fly</b>	2:24.80	02:30.80	02:40.20	02:51.20	03:04.10
03:07.00	02:51.60	02:39.10	02:28.80	2:19.10	<b>200 IM</b>	2:28.30	02:35.90	02:45.70	02:57.00	03:10.40
06:37.70	06:05.00	05:38.40	05:16.70	4:57.60	<b>400 IM</b>	5:12.00	05:28.00	05:48.60	06:12.50	06:40.70

Please note, all events will be swum with age groups combined but medals will be awarded to each age group.

Times do not require to be accredited but should be **real** times achieved at accredited meets, non-accredited meets or Club Time Trials.

**Swimmers exceeding the consideration times after the entry date must be withdrawn and a refund will be given. See SW.14.1.2.**



# S.A.S.A North District

## NORTH DISTRICT DEVELOPMENT MEET - 20 & 21 JUNE 2015 - INVERNESS LEISURE

### SUMMARY SHEET

Club Name/Abbr \_\_\_\_\_

Meet Secretary \_\_\_\_\_  
Address \_\_\_\_\_

Tel. No \_\_\_\_\_  
E-mail address \_\_\_\_\_

..... Individual Male Entries	@ £6.00	£ .....
..... Individual Female Entries	@ £6.00	£ .....
..... Coaches Meal Pass	@ £12.00	£ .....
TOTAL		£ .....

**CLOSING DATE FOR ENTRIES IS 22 May 2015  
(Hy-Tek entry file must arrive by this date)**

**CHEQUES SHOULD BE MADE PAYABLE TO:  
SASA NORTH DISTRICT**

Have you enclosed or sent: Cheque  
Hy-tek Team Manager entry file  
Summary Sheet

**Summary Sheet and Cheque must arrive within 3 days of closing date by (i.e. Monday 25 May)**

### Declaration

I confirm that all swimmers entered in this competition have paid their current SASA membership fee.  
I confirm that all coaches passes will only be issued to individuals from our club that are known to have current enhanced disclosures and/or PVG .

Signed .....

Position in Club .....

Date .....

(This declaration **must** be completed by all competing clubs)



# *S.A.S.A North District*

(This form must be completed by all competing clubs and submitted by 5 June 2015)

## **NORTH DISTRICT DEVELOPMENT MEET - 20 & 21 JUNE 2015 - INVERNESS LEISURE OFFICIALS SHEET**

Club \_\_\_\_\_  
 STO Contact Name \_\_\_\_\_  
 Tel No: \_\_\_\_\_  
 E-mail address \_\_\_\_\_

Meet Officials Convenor: Durno Jessiman  
 Tel: 07808 897168  
 E-mail: [carnethy6@hotmail.com](mailto:carnethy6@hotmail.com)

No of swimmers entered .....

### **PART 1 – OFFICIALS (see note 2)**

NAME	DUTY	SIGNATURE REQUIRED?	SESSION 1	SESSION 2	SESSION 3	SESSION 4	Mentor Sessions

### **MENTORING DETAILS (see note 5)**

Trainee Judges, 1, 2 or 2S, please complete details below (also completing Part 1 above) for requested mentoring sessions.  
 Please indicate duty in each session

NAME	TRAINEE	SESSION 1	SESSION 2	SESSION 3	SESSION 4
Example Name	J1		CIT	Relay	

## **COMPLETION NOTES**

- 1 The attached Officials Sheet should be completed and emailed to the Meet Officials Convenor, Durno Jessiman to [carnethy6@hotmail.com](mailto:carnethy6@hotmail.com) **no later than 14 days before the first day of the meet.** The sheet should comply with North District **Swimming Regulation 6.2** as follows:-

4 swimmers or less	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

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

Please note these are the minimum requirements, extra officials are always welcome.

- 2 All officials should be entered in Part 1, the 'Officials Session' - this includes mentoring requests
- 3 The 'Duty' column should indicate the duty i.e. TK, J1, J2, J2S, REC
- 4 Any probationary Timekeepers or Judges requiring specific signatures following the old process e.g. Chief Timekeeper, Stroke Judge, can include requests for those in the 'Signature Required' column
- 5 The 'Mentor Session' column should be completed to indicate which of the specified sessions are requests for mentoring
- 6 Details of all requests for mentoring should be completed in Part 2.
- 7 The 'Trainee' column should indicate J1, J2 or J2S as appropriate.
- 8 The Session column should indicated the requested mentor duty.

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

For the purposes of Rule SW6.2 Trainee Judge 1 will count as Timekeeper, and Trainee Judge 2 & 2S count as Judge. However, for Trainees being mentored or undergoing Final Assessments on the day, Rule SW6.5 applies.

*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*





## ***S.A.S.A North District***

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*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.*