



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

### **JUNIOR LONG COURSE TIME TRIALS 2015**

(UNDER FINA AND SASA RULES)

**30 & 31 MAY**

### **ABERDEEN SPORTS VILLAGE AQUATICS CENTRE**

Regents Walk, Aberdeen, AB24 1SX

#### **MEET INFORMATION**

- Pool** 50 metres, 10 lanes, deck level, full electronic timing  
There will be no separate 25 metres swim down facility available
- Sessions**
- Saturday**
- Session One** Warm Up 12.30 - Start 13.15 - Finish 15.45
- Sunday**
- Session Two** Warm Up 08.00 - Start 08.45 - Finish 11.15
- Session Three** Warm Up 11.45 - Start 12.30 - Finish 15.00
- (SUBJECT TO CHANGE IF NECESSARY)
- Events** 50m Backstroke, Butterfly, Breaststroke and Freestyle  
100m Backstroke, Butterfly, Breaststroke and Freestyle  
200m Backstroke, Butterfly, Breaststroke, Freestyle and Individual Medley  
400m Freestyle and Individual Medley  
800m Freestyle for Girls and 1500m Freestyle for Boys
- Age at** Age is at 31 December 2015
- Ages and Consideration Times** Entries will be accepted only from swimmers born in 1999, 2000, 2001, 2002 and 2003.

Please note that –

- events will be swum combined for all ages in heats and in timed finals
- all events will be swum as time-trials with no finals and no awards
- due to the very limited time available, the number of heats in each event will be limited. As a result swimmers should be advised that there may be only a very short time between each events.

There are no consideration times for these time-trials but times must be submitted on entry for seeding purposes and these must have been achieved at an accredited competition or equivalent.

In the event that the time trials are over-subscribed, entries will be accepted fastest first across age groups as evenly as is practical and across events in proportion to the invitations to be made into the Scottish Summer Meet where possible. In the event that an event or an age-group is undersubscribed, any time made available will be allocated to other events or age-groups in that session at the discretion of the Swimming Convenor.

- 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](http://www.sasanorth.org.uk)) or contact the entries secretary – [four.gibsons@gmail.com](mailto:four.gibsons@gmail.com).  
Please email entry files to – [four.gibsons@gmail.com](mailto:four.gibsons@gmail.com)  
Summary sheet and entry fees should be sent to –  
Mrs Jo Gibson, 2 Kirkbrae View, Cults, Aberdeen, AB15 9RU  
(summary sheet may be emailed with entry files)  
CLOSING DATE FOR ELECTRONIC ENTRIES IS FRIDAY 1 MAY 2015  
Summary sheet and payment must be received within 3 days of this date.
- Early Withdrawals** Withdrawals prior to the event may be e-mailed to [four.gibsons@gmail.com](mailto:four.gibsons@gmail.com) to arrive by 5pm at the latest on Friday 29 May 2015.  
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 SW5.1(b).  
SASA North District reserves the right to fill any empty lanes with eligible swimmers present at the meet.
- Marshalling** There will be marshalling. 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 and will be treated as a late withdrawal and fined accordingly.
- Awards** There will be no medals and no awards.
- Technical Officials** Lists of Technical Officials for all sessions must be emailed on the form for this purpose 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 (15 May 2015) – North District rules SW 6.2. and SW4.1 refer.  
The form attached to this meet information is acceptable, the excel spreadsheet that will be available in the meet information pack is preferred.  
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. 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)
- 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 - see attached.

2. There will be no separate swim down facility in use during these time-trials.
3. The use of mobile phones is not permitted at any time in the changing village and they must be switched to silent in the pool hall.
4. Poolside/changing room access will be limited to team coaches and chaperones up to a maximum of one coach/chaperone per 10 swimmers, with a maximum of 3 coaches/chaperones at any one time.

Access will be granted with a pass. 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 are appointed at this meet in the competition pool 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 any Warm-up Supervisors or Meet Official. Swimmers must leave the pool when the end of their warm up is announced.

Full warm up details will be issued prior to the time trials. The warm up may be segregated.

6. Vuvuzelas and 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.

### **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 SASA Health and Safety form and signed by the relevant club official).

### **Meet Convenor**

SASA North District Swimming Convenor - Helen Smith - [ndswimcon@gmail.com](mailto:ndswimcon@gmail.com) – 07544 535165

# JUNIOR LONG COURSE TIME TRIALS 2015

**30 & 31 MAY - ABERDEEN SPORTS VILLAGE AQUATICS CENTRE**

## Programme of Events

### **Session One – Saturday 30 May - Warm Up 12.30pm – Start 1.15pm – Finish 3.45pm**

Event 101	Boys 12 - 16	400m Freestyle
Event 102	Girls 12 - 16	200m Backstroke
Event 103	Boys 12 - 16	200m Backstroke
Event 104	Girls 12 - 16	100m Butterfly
Event 105	Boys 12 - 16	100m Butterfly
Event 106	Girls 12 - 16	100m Breaststroke
Event 107	Boys 12 - 16	100m Breaststroke
Event 108	Girls 12 - 16	50m Freestyle
Event 109	Boys 12 - 16	50m Freestyle
Event 110	Girls 12 - 16	50m Backstroke
Event 111	Boys 12 - 16	50m Backstroke
Event 112	Girls 12 - 16	800m Freestyle

### **Session Two – Sunday 31 May - Warm Up 8.00am – Start 8.45am – Finish 11.15am**

Event 201	Girls 12 - 16	400m Freestyle
Event 202	Boys 12 - 16	200m Individual Medley
Event 203	Girls 12 - 16	200m Individual Medley
Event 204	Boys 12 - 16	50m Breaststroke
Event 205	Girls 12 - 16	50m Breaststroke
Event 206	Boys 12 - 16	200m Butterfly
Event 207	Girls 12 - 16	200m Butterfly
Event 208	Girls 12 - 16	100m Freestyle
Event 209	Boys 12 - 16	100m Freestyle
Event 210	Boys 12 - 16	1500m Freestyle

### **Session Three – Sunday 31 May - Warm Up 11.45am – Start 12.30pm – Finish 3.00pm**

Event 301	Girls 12 - 16	200m Freestyle
Event 302	Boys 12 - 16	200m Freestyle
Event 303	Girls 12 - 16	50m Butterfly
Event 304	Boys 12 - 16	50m Butterfly
Event 305	Girls 12 - 16	100m Backstroke
Event 306	Boys 12 - 16	100m Backstroke
Event 307	Girls 12 - 16	200m Breaststroke
Event 308	Boys 12 - 16	200m Breaststroke
Event 309	Girls 12 - 16	400m Individual Medley
Event 310	Boys 12 - 16	400m Individual Medley

## Entry Times

Please note accredited times are required for entry into these Junior Long Course Time Trials. These times must have been achieved since 1 May 2014.

Times should be submitted as long course times. Times converted from short course accredited competitions will be accepted.

A proof of times report must be submitted with the entry file. There will be spot checks on entry times and Clubs may be asked to verify them. Should you receive such a request you will also be advised of the deadline for verification. Any times which cannot be verified or which are not verified by the deadline will be automatically withdrawn as per Swimming Regulation 2.2.

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## SUMMARY SHEET

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

Match Secretary \_\_\_\_\_

Address \_\_\_\_\_

Tel. No \_\_\_\_\_

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

..... Individual Age Group Male Entries	@ £7.00	£	.....
..... Individual Age Group Female Entries	@ £7.00	£	.....
..... Coach Meal Passes (Sunday only)	@ £6.00	£	.....

TOTAL £ .....

**CLOSING DATE – 1 MAY 2015**

**Paperwork to be received within 3 days of closing date.**

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

Have you enclosed or sent: Cheque  
Hy-tek Team Manager Entry File  
Declaration and Summary Sheet  
Proof of Times report

## 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)

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**30 & 31 MAY - ABERDEEN SPORTS VILLAGE AQUATICS CENTRE**

**OFFICIALS SHEET – SEND THIS SHEET BY EMAIL ON OR BEFORE 15 MAY 2015  
OR COMPLETE AND SEND EXCEL SPREADSHEET AVAILABLE FROM MEET PACK (PREFERRED)**

Club \_\_\_\_\_  
 STO Contact Name \_\_\_\_\_  
 Tel No \_\_\_\_\_  
 E-mail address \_\_\_\_\_  
 No of swimmers entered .....

Meet Officials Convenor: Durno Jessiman  
 Tel: 019755 63619  
 E-mail: carnethy6@hotmail.com

## PART 1 – OFFICIALS (see note 2)

NAME	DUTY	SIGNATURE REQUIRED?	SESSION 1	SESSION 2	SESSION 3	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
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 Trainees being mentored on the day will not count towards their club's provision of officials for the purposes of Rule SW6.4

*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 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.*