



S.A.S.A North District

LONG COURSE OPEN SWIMMING CHAMPIONSHIPS 2015

(UNDER FINA AND SASA RULES)

2 & 3 MAY

ABERDEEN SPORTS VILLAGE AQUATICS CENTRE
Regents Walk, Aberdeen, AB24 1SX

MEET INFORMATION

Pool	50 metres, 10 lanes, deck level, full electronic timing There is no separate swim down facility at this meet			
Sessions	Session One	Warm Up 08.00	- Start 09.00	- Finish 12.00
	Session Two	Warm Up 12.30	- Start 13:30	- Finish 16.30
	Session Three	Warm Up 17.00	- Start 17.45	- Finish 19.30
	Session Four	Warm Up 08.00	- Start 09.00	- Finish 12.00
	Session Five	Warm Up 12.30	- Start 13:30	- Finish 16.30
	Session Six	Warm Up 17.00	- Start 17.45	- Finish 19.30

(SUBJECT TO CHANGE IF NECESSARY)

Events The following events will be swum with heats and finals
50m Backstroke, Butterfly, Breaststroke and Freestyle
100m Backstroke, Butterfly, Breaststroke and Freestyle
200m Backstroke, Butterfly, Breaststroke, Freestyle and Individual Medley
The following events will be swum as timed finals
400m Freestyle and Individual Medley
800m Freestyle and 1500m Freestyle
4 x 50m Freestyle and Medley Relays

Age at All events will be swum as Open with no age groups

Eligibility to Enter Entries may only be accepted from competitors registered as members of the SASA, ASA or WASA, or competitors from one of the countries affiliated to FINA. All such swimmers are eligible to enter with Open Consideration Times.

There are Junior Consideration Times as well as Open Consideration Times. Only swimmers from Clubs affiliated to the North District may enter this meet using Junior Consideration Times and such entrants must be Juniors ie aged under 17 on 31 December 2015.

Entries from composite teams are welcome at this meet

Consideration times are attached. Please note that accredited times are required.

Entry Fees	£7.00 per individual swim £10.00 per team event Cheques should be made payable to SASA North District.
Entries	<p>All entries must be on Hy-tek Team Manager entry file (District Rule SW 4.1.).</p> <p>Entry files may be obtained by downloading from the North District website (www.sasanorth.org.uk) or contact the entries secretary – Anne Hendry.</p> <p>Please ensure that you use the correct entry files as only North District Clubs and Teams may enter using Junior Times.</p> <p>Unless otherwise notified –</p> <p>Entry files for Clubs and Teams that are affiliated to the SASA North District – File named <i>Meet Events-ND Open Junior Champs LC 2015-02May2015-002</i></p> <p>Entry files for Clubs and Teams that not affiliated to the SASA North District – File named <i>Meet Events-ND Open Champs LC 2015-02May2015-001</i></p> <p>Entries may have to be limited dependent upon numbers received.</p> <p>Please email completed entry files to – bhendry@btinternet.com</p> <p>Summary sheet and entry fees should be sent to –</p> <p>Anne Hendry, 21 Bernham Avenue, Stonehaven, Kincardineshire AB39 2WD. (summary sheet may be emailed with entry files)</p> <p>CLOSING DATE FOR ELECTRONIC ENTRIES IS FRIDAY 3 APR 2015 Please note summary sheet and payment must be received within 3 days of this date. 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)</p>
Early Withdrawals	<p>Withdrawals prior to the event may be e-mailed to bhendry@btinternet.com to arrive by 5pm at the latest on Friday 1 May 2015.</p> <p>NB: All details must be included on e-mail withdrawals ie Name, Event No, Stroke, Comp No etc. Telephone withdrawals will not be accepted.</p>
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).
Qualifying for Finals	<p>There will be heats and finals for all 50m, 100m and 200m events.</p> <p>Finals will be seeded directly from the results of the heats.</p> <p>Events of 400m and longer will be swum as timed finals.</p>
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.

Marshalling

There will be marshalling for heats and for 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 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.

Medals

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

Champions And Awards

North District Open Champions

The fastest swimmer in the final of each event will be the North District Open Champion. In a Heat Declared Winner event, the North District Open Champion will be the fastest swimmer in the event.

North District Champions

The North District Champion of all events with the exception of the form 50m events will receive a trophy.

In determining North District Champion for an event, results from the Final shall be considered before results from any Heat. The fastest North District swimmer in the final of each event shall be the North District Champion. If no North District swimmer is in the final the title shall be awarded to the fastest North District swimmer in the heats. In a heat declared winner event, the North District Champion will be the fastest North District swimmer in the event.

North District Junior Champions

The North District Junior Champion of all events with the exception of the form 50m events will receive a trophy.

The fastest North District Junior swimmer in the final of each event shall be the North District Junior Champion. If no North District Junior swimmers are in the final the title shall be awarded to the fastest North District Junior swimmer in the heats. In a Heat declared Winner event, the North District Junior Champion will be the fastest North District Junior swimmer in the event.

Best Performance Trophies

The Hugh Campbell Memorial Trophy will be awarded for the best male individual swim by a North District swimmer based on FINA points.

The Gordon Council Friendship Trophy will be awarded for the best female individual swim by a North District swimmer based on FINA points.

Best Team Trophy

The North District Club/Team Championship Trophy will be presented to the North District Club/Team that achieves the most points based on results (10 - 1). Points will be scored from Finals, Timed Finals and Relays with no enhancements for any events.

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 no later than 14 days before the first day of the meet (17 April 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

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 this meet. The main pool will be available between sessions only by agreement with the Meet Convenor and will be withdrawn if it is misused.
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 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.

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

6. Vuvuzelas and air horns are not permitted at this meet.
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**

Helen Smith - ndswimcon@gmail.com – 07544 535165



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Programme of Events

Session One

Event 101	Men	50m Butterfly
Event 102	Women	50m Backstroke
Event 103	Men	200m Individual Medley
Event 104	Women	200m Freestyle
Event 105	Men	100m Backstroke
Event 106	Women	100m Butterfly
Event 107	Men	400m Freestyle
Event 108	Women	800m Freestyle
Event 109	Men	50m Breaststroke
Event 110	Women	50m Freestyle

Session Two

Event 201	Men	200m Butterfly
Event 202	Women	200m Backstroke
Event 203	Men	1500m Freestyle
Event 204	Women	100m Breaststroke
Event 205	Men	200m Breaststroke
Event 206	Women	400m Individual Medley
Event 207	Men	100m Freestyle

Session Three - Finals

Event 101	Men	50m Butterfly
Event 102	Women	50m Backstroke
Event 103	Men	200m Individual Medley
Event 104	Women	200m Freestyle
Event 105	Men	100m Backstroke
Event 106	Women	100m Butterfly
Event 109	Men	50m Breaststroke
Event 110	Women	50m Freestyle
Event 201	Men	200m Butterfly
Event 202	Women	200m Backstroke
Event 205	Men	200m Breaststroke
Event 204	Women	100m Breaststroke
Event 207	Men	100m Freestyle
Event 301	Women	4 x 50m Freestyle Relay
Event 302	Men	4 x 50m Medley Relay

Session Four

Event 401	Women	50m Butterfly
Event 402	Men	50m Backstroke
Event 403	Women	200m Ind. Medley
Event 404	Men	200m Freestyle
Event 405	Women	100m Backstroke
Event 406	Men	100m Butterfly
Event 407	Women	400m Freestyle
Event 408	Men	800m Freestyle
Event 409	Women	50m Breaststroke
Event 401	Men	50m Freestyle

Session Five

Event 501	Women	200m Butterfly
Event 502	Men	200m Backstroke
Event 503	Women	1500m Freestyle
Event 504	Men	100m Breaststroke
Event 505	Women	200m Breaststroke
Event 506	Men	400m Ind. Medley
Event 507	Women	100m Freestyle

Session Six - Finals

Event 401	Women	50m Butterfly
Event 402	Men	50m Backstroke
Event 403	Women	200m Ind. Medley
Event 404	Men	200m Freestyle
Event 405	Women	100m Backstroke
Event 406	Men	100m Butterfly
Event 409	Women	50m Breaststroke
Event 401	Men	50m Freestyle
Event 501	Women	200m Butterfly
Event 502	Men	200m Backstroke
Event 505	Women	200m Breaststroke
Event 504	Men	100m Breaststroke
Event 507	Women	100m Freestyle
Event 601	Men	4 x 50m Free. Relay
Event 602	Women	4 x 50m Medley Relay

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Consideration Times:

Please note Accredited Times are required for North District Open Championships events. These times must have been achieved since 3 April 2014.

Only Junior swimmers from members of clubs affiliated to the North District of the SASA may enter these Championships with times slower than the Open consideration times. Such swimmers can only enter with times faster than the Junior times. Entries made by Juniors will be combined with entries from Open swimmers at the time of entry.

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. To avoid spot checks, please send a proof of entry report with your entries

Times below are long course times. Times converted from short course accredited competitions using Hy-Tek factors or ASA tables will also be accepted. Times must be equal to or faster than -

FEMALE		EVENT	MALE	
Junior*	Open		Junior*	Open
00:33.0	00:31.0	50 Freestyle	00:30.0	00:28.0
01:10.0	01:06.0	100 Freestyle	01:05.0	01:01.0
02:29.0	02:23.0	200 Freestyle	02:20.0	02:14.0
05:10.0	05:01.0	400 Freestyle	04:54.0	04:45.0
10:28.0	10:14.0	800 Freestyle	10:15.0	10:01.0
21:58.0	21:29.0	1500 Freestyle	20:06.0	17:47.0
00:38.0	00:36.0	50 Backstroke	00:36.0	00:33.0
01:21.0	01:15.0	100 Backstroke	01:17.0	01:12.0
02:47.0	02:41.0	200 Backstroke	02:38.0	02:31.0
00:42.0	00:40.0	50 Breaststroke	00:40.0	00:37.0
01:32.0	01:28.0	100 Breaststroke	01:26.0	01:21.0
03:14.0	03:08.0	200 Breaststroke	03:07.0	02:58.0
00:36.0	00:34.0	50 Butterfly	00:34.0	00:31.0
01:22.0	01:18.0	100 Butterfly	01:16.0	01:11.0
03:06.0	03:00.0	200 Butterfly	02:59.0	02:49.0
02:48.0	02:42.0	200 Individual Medley	02:38.0	02:31.0
05:54.0	05:45.0	400 Individual Medley	05:42.0	05:32.0

*As Scottish Swimming definition of 'Junior': A swimmer who is under 17 at 31 December 2015. Entries will be sorted solely on entry time with no differentiation between Open and Junior entries.

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SUMMARY SHEET

Club Name/Abbr _____

Match Secretary _____

Address _____

Tel. No _____

E-mail address _____

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

CLOSING DATE – 3 APRIL 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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OFFICIALS SHEET – SEND THIS SHEET BY EMAIL ON OR BEFORE 15 APRIL 2015
OR COMPLETE AND SEND EXCEL SPREADSHEET AVAILABLE FROM MEET PACK (PREFERRED)

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

Meet Officials Convenor: Durno Jessiman
Tel: 019755 63619
E-mail: 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	SESSION 5	SESSION 6	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	SESSION 5	SESSION 6
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 **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.