



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

# **NORTH DISTRICT OPEN SWIMMING CHAMPIONSHIPS 2017**

**(UNDER FINA AND SASA RULES)**

**4 and 5 November 2017**

**Inverness Leisure, Bught Lane, Inverness, IV3 5SS**

### **MEET INFORMATION**

**Pool** 25 Metres, 8 Lanes, 2m Deep, Electronic Timing, Omega blocks with back-plates and backstroke starting devices

<b>Sessions</b>	<b>Session One</b>	Warm Up 08.00	Start 09.05	End 11.50
	<b>Session Two</b>	Warm Up 12.20	Start 13.25	End 16.15
	<b>Session Three</b>	Warm Up 16.45	Start 17.35	End 19.30
	<b>Session Four</b>	Warm Up 08.00	Start 09.05	End 11.50
	<b>Session Five</b>	Warm Up 12.20	Start 13.25	End 16.15
	<b>Session Six</b>	Warm Up 16.45	Start 17.35	End 19.30

(SUBJECT TO CHANGE IF NECESSARY)

**Events** We will be following the FINA World Cup programme for Men and Women with Open Events with Heats in the morning and Finals in the evening for -  
50m Backstroke, Butterfly, Breaststroke and Freestyle  
100m Backstroke, Butterfly, Breaststroke and Freestyle  
200m Backstroke, Butterfly, Breaststroke, Freestyle and Individual Medley  
400m Freestyle  
The following events will be swum as heat declared winner with the fastest heat in the Finals session -  
400m Individual Medley, 800m/1500m Freestyle

There will be Girls and Boys events with Heats in the afternoon and Finals in the evening for the following events –  
100m Backstroke, Butterfly, Breaststroke and Freestyle  
200m Backstroke, Butterfly, Breaststroke, Freestyle and Individual Medley

The following Girls and Boys events will be swum as heat declared winner –  
400m Freestyle, 400m Individual Medley

The following team events will be swum –

4 x 50m Mixed Freestyle and Mixed Medley Relays

**Eligibility to Enter** Entries will be accepted from competitors registered as members of the SASA, ASA or WASA, or competitors from one of the countries affiliated to FINA. Entries from composite teams are welcome at these Championships.

Open events can be entered by any swimmer with the consideration time.

Girls and Boys events can be entered by any swimmer with the consideration time who is under 17 at 31 December 2017.

## 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.

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 is reasonably possible with fastest entries accepted first.

In the event that a session is oversubscribed and another is undersubscribed on the same day, SASA North District reserves the right to move some heats of oversubscribed events into the undersubscribed session. We also reserve the right not to do so. Clubs will be notified at the point of issue of the draft programme if some oversubscribed heats are moved, and at this time, instruction will be given as to how to accept the moved swim or to refuse it.

Please email completed entry files to – [entries@sasanorth.org.uk](mailto:entries@sasanorth.org.uk)

Summary sheet and entry fees should be sent to –

Anne Hendry, Saron, 12 Westfield Road, Turriff AB53 4AF  
(summary sheet may be emailed with entry files)

### **CLOSING DATE FOR ELECTRONIC ENTRIES IS FRIDAY 6 OCT 2017**

Please note summary sheet and payment must be received within 3 days of this date and that due to previous late payments and the need to get the programme out timeously 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.

## Entry fees

£7.00 per individual swim    £10.00 per team event

Cheques should be made payable to SASA North District and MUST be received within 3 postal days of the closing date.

Payment can alternatively be paid by BACS. Reference should be OPEN followed by your club code eg OPENNANX. Please contact North District Treasurer for details if required.

## 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). Please note that accredited times are required.

## Early Withdrawals

Withdrawals prior to the event may be e-mailed to [entries@sasanorth.org.uk](mailto:entries@sasanorth.org.uk) to arrive by 5pm at the latest on Thursday 2 November 2017.

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).

## 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 (cont)**

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 corresponding heats.

The fastest eight swimmers in the Open Heats shall qualify for Open Finals. Two reserves shall be nominated.

The fastest eight swimmers in the Girls and Boys Heats shall qualify for the Girls and Boys Finals. Two reserves shall be nominated.

Swimmers in the Girls and Boys Heats of an event are not eligible to qualify for the corresponding Open Final regardless of the time achieved. Likewise, swimmers in the Open Heats are not eligible to qualify for the corresponding Girls or Boys Final regardless of their age.

Please note that if there are insufficient competitors to require the swimming of heats in any Girls or Boys event then the event shall be swum as a final only, taking place in the finals session.

**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, will be treated as a late withdrawal and fined accordingly.

**Reserves**

Reserves must marshal unless they have withdrawn.

**Medals**

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

**Champions And Awards**

Champions will be decided only from the entries into the Open events.

**North District Open Champions**

The fastest swimmer in the final of each Open 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 Open event.

**North District Champions**

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

In determining North District Champion for an event, results from the Open Final shall be considered before results from the Open Heats. The fastest North District swimmer in the Open 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 Open Heats. In a heat declared winner event, the North District Champion will be the fastest North District swimmer in the Open 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.

## **Champions And Awards (cont)**

The fastest North District Junior swimmer in the Open Final of each event shall be the North District Junior Champion. If no North District Junior swimmers are in the Open Final, the title shall be awarded to the fastest North District Junior swimmer in the Open Heats. In a heat declared winner event, the North District Junior Champion will be the fastest North District Junior swimmer in the Open event. North District Junior Champions cannot be drawn from the Girls and Boys events.

### **Cash Awards**

There will be cash awards available at this meet. A full breakdown of awards will be made available at a later date.

Sponsors to date are Scottish Swimming and SASA North District.



### **Best Performance Trophies**

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

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

### **Best Club Trophy**

The North District Club/Team Championship Trophy will be presented to the North District Club/Team that achieves the most points in the Open events based on results (8 - 1). Points will be scored from Finals and Timed Finals only.

## **Technical Officials**

Lists of Technical Officials for all sessions must be emailed to the Meet Officials Convenor, Sean Dawson at [officials@sasanorth.org.uk](mailto:officials@sasanorth.org.uk) no later than 14 days before the first day of the meet (20 October 2017).

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 Sean or the North District website) is preferred but submissions can be sent by email using the form below. Please complete one sheet for each session of the meet. Queries or changes to Technical Officials after the closing date should be directed to Sean Dawson at [officials@sasanorth.org.uk](mailto:officials@sasanorth.org.uk)

## **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. 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 or other devices capable of photography is 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. 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.  
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 Director**

Julia Hay – [juliahay63@gmail.com](mailto:juliahay63@gmail.com)



# S.A.S.A North District

## OPEN SWIMMING CHAMPIONSHIPS 2017–4 and 5 NOVEMBER – INVERNESS LEISURE

### PROGRAMME OF EVENTS

<p><b>Saturday 4 November - Morning Session - Open</b></p> <p>101 Men's 100m Freestyle            102 Women's 200m Backstroke            103 Men's 50m Breaststroke            104 Women's 100m Breaststroke            105 Men's 100m Backstroke            106 Women's 100m Butterfly            107 Men's 200m Butterfly            108 Women's 50m Backstroke            109 Men's 400m Freestyle            110 Women's 200m Individual Medley            111 Men's 200m Breaststroke            112 Women's 200m Freestyle            113 Men's 50m Butterfly            114 Women's 50m Freestyle            115 Men's 400m Individual Medley Slower Heat(s)</p>	<p><b>Sunday 5 November - Morning Session - Open</b></p> <p>401 Women's 100m Freestyle            402 Men's 200m Backstroke            403 Women's 50m Breaststroke            404 Men's 100m Breaststroke            405 Women's 100m Backstroke            406 Men's 100m Butterfly            407 Women's 200m Butterfly            408 Men's 50m Backstroke            409 Women's 400m Freestyle            410 Men's 200m Individual Medley            411 Women's 200m Breaststroke            412 Men's 200m Freestyle            413 Women's 50m Butterfly            414 Men's 50m Freestyle            415 Women's 400m Individual Medley Slower Heat(s)</p>
<p><b>Afternoon Session – Boys and Girls</b></p> <p>201 Women's 800m Freestyle Slower Heat(s)            202 Boy's 100m Freestyle            203 Girl's 200m Backstroke            204 Boy's 100m Backstroke            205 Girl's 100m Breaststroke            206 Boy's 200m Butterfly            207 Girl's 100m Butterfly            208 Boy's 400m Freestyle (hdw)            209 Girl's 200m Individual Medley            210 Boy's 200m Breaststroke            211 Girl's 200m Freestyle            212 Boy's 400m Individual Medley (hdw)</p>	<p><b>Afternoon Session – Boys and Girls</b></p> <p>501 Men's 1500m Freestyle Slower Heat(s)            502 Girl's 100m Freestyle            503 Boy's 200m Backstroke            504 Girl's 100m Backstroke            505 Boy's 100m Breaststroke            506 Girl's 200m Butterfly            507 Boy's 100m Butterfly            508 Girl's 400m Freestyle (hdw)            509 Boy's 200m Individual Medley            510 Girl's 200m Breaststroke            511 Boy's 200m Freestyle            512 Girl's 400m Individual Medley (hdw)</p>
<p><b>Evening Finals Session – Open and Boys and Girls</b></p> <p>201 Women's 800m Freestyle Fastest Heat            115 Men's 400m Individual Medley Fastest Heat            202 Boy's 100m Freestyle Final            101 Men's 100m Freestyle Final            203 Girl's 200m Backstroke Final            102 Women's 200m Backstroke Final            103 Men's 50m Breaststroke Final            205 Girl's 100m Breaststroke Final            104 Women's 100m Breaststroke Final            204 Boy's 100m Backstroke Final            105 Men's 100m Backstroke Final            207 Girl's 100m Butterfly Final            106 Women's 100m Butterfly            206 Boy's 200m Butterfly Final            107 Men's 200m Butterfly Final            108 Women's 50m Backstroke Final            109 Men's 400m Freestyle Final            209 Girl's 200m Individual Medley Final            110 Women's 200m Individual Medley Final            210 Boy's 200m Breaststroke Final            111 Men's 200m Breaststroke Final            211 Girl's 200m Freestyle Final            112 Women's 200m Freestyle Final            113 Men's 50m Butterfly Final            114 Women's 50m Freestyle Final            301 Mixed 4 x 50m Freestyle Relay</p>	<p><b>Evening Finals Session – Open and Boys and Girls</b></p> <p>501 Men's 1500m Freestyle Fastest Heat            415 Women's 400m Individual Medley Fastest Heat            502 Girl's 100m Freestyle Final            401 Women's 100m Freestyle Final            503 Boy's 200m Backstroke Final            402 Men's 200m Backstroke Final            403 Women's 50m Breaststroke Final            505 Boy's 100m Breaststroke Final            404 Men's 100m Breaststroke Final            504 Girl's 100m Backstroke Final            405 Women's 100m Backstroke Final            507 Boy's 100m Butterfly Final            406 Men's 100m Butterfly            506 Girl's 200m Butterfly Final            407 Women's 200m Butterfly Final            408 Men's 50m Backstroke Final            409 Women's 400m Freestyle Final            509 Boy's 200m Individual Medley Final            410 Men's 200m Individual Medley Final            510 Girl's 200m Breaststroke Final            411 Women's 200m Breaststroke Final            511 Boy's 200m Freestyle Final            412 Men's 200m Freestyle Final            413 Women's 50m Butterfly Final            414 Men's 50m Freestyle Final            601 Mixed 4 x 50m Medley Relay</p>





# S.A.S.A North District

## NORTH DISTRICT OPEN SWIMMING CHAMPIONSHIPS 2017 4 and 5 NOVEMBER – INVERNESS LEISURE

### Consideration Times:

Please note Accredited Times are required for this meet. These times must have been achieved since 6 October 2016.

Swimmers entering Open events in the morning must have achieved the Open consideration times regardless of their age. Swimmers aged under 17 at midnight on 31 December 2017 may enter the Girls and Boys events in the afternoon using the Girls and Boys consideration times. There will be no movement between sessions of swimmers except as stated on Page 2.

You must submit a proof of entries 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 equal to or faster than -

Times must be faster than or equal to the following –

MALE		EVENT	FEMALE	
Boy's Events	Men's Events		Women's Events	Girl's Events
	00:26.80	50 Freestyle	00:29.20	
00:59.50	00:55.80	100 Freestyle	01:02.50	01:05.50
02:12.50	02:03.40	200 Freestyle	02:15.70	02:20.50
04:51.70	04:25.40	400 Freestyle	04:48.00	05:01.90
		800 Freestyle	10:07.20	
	18:33.60	1500 Freestyle		
	00:32.40	50 Backstroke	00:34.20	
01:13.50	01:07.60	100 Backstroke	01:12.10	01:16.50
02:35.70	02:24.10	200 Backstroke	02:35.20	02:39.10
	00:29.20	50 Butterfly	00:32.70	
01:11.90	01:03.60	100 Butterfly	01:12.30	01:16.00
02:51.60	02:31.60	200 Butterfly	02:41.70	03:00.10
	00:35.80	50 Breaststroke	00:38.90	
01:24.90	01:15.30	100 Breaststroke	01:23.00	01:27.00
03:01.50	02:47.60	200 Breaststroke	02:59.10	03:07.30
02:31.50	02:20.30	200 Individual Medley	02:32.10	02:41.40
05:38.00	05:11.10	400 Individual Medley	05:29.60	05:45.30



# S.A.S.A North District

## NORTH DISTRICT OPEN SWIMMING CHAMPIONSHIPS 2017

4 and 5 NOVEMBER – INVERNESS LEISURE

### SUMMARY SHEET

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

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

Address \_\_\_\_\_

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

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

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

### **CLOSING DATE – 6 OCTOBER 2017**

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

**Cheques should be made payable to:**

**SASA NORTH DISTRICT**

**BACS Payment Reference OPEN followed by Club Code eg  
OPENNANX**

**Have you enclosed or sent: Cheque (BACS by arrangement)  
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.

Signed .....

Position in Club .....

Date .....

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





# S.A.S.A North District

## NORTH DISTRICT OPEN SWIMMING CHAMPIONSHIPS 2017 – 4/5 NOVEMBER – INVERNESS LEISURE 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 \_\_\_\_\_  
**E-mail address** \_\_\_\_\_

**Meet Officials Convenor:** Sean Dawson  
 Tel: 07961751652  
 E-mail: [officials@sasanorth.org.uk](mailto:officials@sasanorth.org.uk)

No of swimmers entered.....

Session 1				Judges			Time Keepers		
Name	Club		Judges	Name	Club	Level	TK	Name	Club
Meet Referee			1				1		
			2				2		
Referees			3				3		
			4				4		
			5				5		
Starter			6				6		
Trainee Starter			7				7		
			8				8		
Chief Recorder			9				9		
Recorder			10				10		
			11				11		
AOE Operator			12				12		
			13				13		
Chief TK			14				14		
			15				15		
Announcer			16				16		
	Mentoring Req			17			17		
	Name	Club	Level	18			18		
Mentoring Req				19			19		
				20			20		
				21			21		
				22			22		
				23			23		
				24			24		
				25			25		
				26			26		
				27			27		
				28			28		

## COMPLETION AND OTHER NOTES

- An Officials Sheet must be completed and emailed to the Meet Officials Convenor, Sean Dawson at [officials@sasanorth.org.uk](mailto:officials@sasanorth.org.uk) **no later than 14 days before the first day of the meet (20 October).**
- Each session's submission should comply with North District **Swimming Regulation 6.2** as follows:-
 

4 swimmers or fewer	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 more 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 more must be a Judge 2 or above
25 - 49 swimmers	6 Technical Officials for every session, at least two of which must be a Judge 1 or above and one more must be a Judge 2 or above
50+ swimmers	7 Technical Officials for every session at least two of which must be a Judge 1 or above and 2 more which must be Judge 2 or above

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.
- 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.*
- 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

1	Only enter information in the yellow highlighted sections (the others are locked). Capital first letter then lower case.		
2	Please complete ALL the programmed sessions for the meet		
	<b>Judges</b>		
3	Please complete each Column with the available judges for each session		
	<b>Name</b>	<b>Club</b>	<b>Level</b>
	Full name of Judge	Your club Initials	Current qualification
	<b>Time Keepers</b>		
4	Please complete each Column with available Time Keepers for each session		
	<b>Name</b>	<b>Club</b>	
	Full name of time keeper	Your club Initials	
5	Mentoring - It is not always possible to facilitate mentoring due to lack of officials. Please enter those who require mentoring under their current qualification AND in the mentoring section. e.g. - If a time keeper is requesting a J1 mentoring session then please include the name in the Time keepers Column and in mentoring Colum.		
	<b>Mentoring Required</b>		
	<b>Name</b>	<b>Club</b>	<b>Level</b>
	Full name of Trainee	Your club Initials	Please indicate both level and stage.