**NORTH DISTRICT DEVELOPMENT MEET**

**(UNDER FINA AND SCOTTISH SWIMMING RULES)**

### 23 & 24 JUNE 2018 - INVERNESS LEISURE

# MEET INFORMATION

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| Pool | 25 Metres, 8 Lanes, Deck Level, Anti-turbulence ropes, Electronic Timing Equipment |
| **Sessions** | **Session One** Warm Up 09.30 - Start 10.35 **Session Two** Warm Up 14.00 - Start 15.05 **Session Three** Warm Up 08.30 - Start 09.35 **Session Four** Warm-up 13.00 - Start 14.05 (SUBJECT TO CHANGE IF NECESSARY) |
| **Events**  | **This meet is primarily a development opportunity for North District Swimmers to achieve times for entry into the District Regional Programme. Therefore age of swimmers is at 31 December and with the exception of swimmers aged 11, entries will only be considered from swimmers with a time slower than those needed for qualifying into the Scottish National Squads. Swimmers aged 11 can enter if they have times slower than the 12 year old time.**200m Freestyle, 200m Backstroke, 200m Breaststroke, 200m Butterfly, 200m Individual Medley, 400m Freestyle, 400m Individual MedleyAges: 11/12 years (born 2006/2007), 13 years (born 2005), 14 years (born 2004) and 15+ years (born 2003 and earlier)  |
| **Age** | **AGE AS AT 31 DECEMBER 2018** |
| **Entries** | **All entries must be on Hy-tek Team Manager entry file** (District Rule SW 4.1). To obtain a file please e-mail Lesley Gatton at entries@sasanorth.org.uk or download from [www.sasanorth.org.uk](http://www.sasanorth.org.uk) Please return entry files along with summary sheet and entry fees toLesley Gatton, 152 Shillinghill, Alness, Ross-shire, IV17 0TDentries@sasanorth.org.uk (summary sheet may be emailed with entry files) |
| **Entry Fees** | £6.00 PER INDIVIDUAL EVENTCheques should be made payable to SASA North District.Entries may have to be limited dependent upon numbers received.**CLOSING DATE FOR ENTRIES IS FRIDAY 25 May 2018** Please note that entry files must be received by this date and paperwork and payment must be received within 3 postal days. No late entries will be accepted. |

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| **Entry Fees****(cont)****Withdrawals** | Payment can alternatively be paid by BACS. Reference should be DEV18, followed by the club code e.g. DEV18NANX. Please contact North District Treasurer sasanorthtreasurer@hotmail.co.uk for bank details if required.In the event that the meet is over-subscribed, entries will be accepted fastest first across age groups as evenly as is practical, including age 11 as a separate age. Consideration may also be given to how close swimmers are to the qualifying times. 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 Committee. Early withdrawals should be notified by e-mail or letter to Lesley Gatton, 152 Shillinghill, Alness, Ross-shire, IV17 0TD at entries@sasanorth.org.uk by 5pm on Thursday 21 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****Awards** | 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 the first marshalling area will not be permitted to swim and will be treated as a late withdrawal and fined accordingly. Medals will be awarded for 1st, 2nd and 3rd 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****Photography****Notes:****Meet Convenor:**  | Lists of Technical Officials for all sessions must be emailed to the Meet Officials Convenor, Sean Dawson at sdawson14@hotmail.com no later than 14 days before the first day of the meet (8 June 2018) – North District rules SW 6.2. and SW6.3 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, Sean Dawson, or emailed to sdawson14@hotmail.com.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). 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. All participants should adhere to the Scottish Swimming Code of Ethics, and relevant codes of conduct. 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.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.** 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. Vuvuzelas are not permitted at this meet. Air horns are not permitted. Participating clubs will receive one copy of start sheets for each session.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. Julia Hay Email: juliahay63@gmail.com |

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### PROGRAMME OF EVENTS

#### (ALL EVENTS ARE HEAT DECLARED WINNER)

### Session 1 Warm-up 09.30am Start 10.35am Session 2 Warm-up 2.00pm Start 3.05pm

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Event 101 Girls 11/12, 13 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 14, 15+ years 400m Freestyle

Event 103 Girls 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, 13 years 400m Individual Medley

Event 105 Girls 11/12, 13 years 200m Freestyle Event 205 Boys 14, 15+ years 200m Freestyle

Event 106 Boys 11/12, 13 years 200m Breaststroke Event 206 Girls 14, 15+ years 200m Breaststroke

Event 107 Girls 14, 15+ years 200m Butterfly Event 207 Boys 11/12, 13 years 200m Butterfly

### Session 3 Warm-up 08.30am Start 9.35am Session 4 Warm-up 1.00pm Start 2.05pm

Event 301 Boys 11/12, 13 years 200m Individual Medley Event 401 Girls 14, 15+ years 200m Individual Medley

Event 302 Girls 11/12, 13 years 400m Freestyle Event 402 Boys 14, 15+ years 400m Freestyle

Event 303 Boys 14, 15+ years 200m Backstroke Event 403 Girls 11/12, 13 years 200m Backstroke

Event 304 Girls 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 14, 15+ years 200m Freestyle

Event 306 Girls 11/12, 13 years 200m Breaststroke Event 406 Boys 14, 15+ years 200m Breaststroke

Event 307 Boys 14, 15+ years 200m Butterfly Event 407 Girls 11/12, 13 years 200m Butterfly

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**Consideration Times - Age at 31 December 2018**

Times to be equal to or slower than Scottish National Squad Policy Bronze times as shown in the table below. “Faster than” times are also required to avoid disappointment. Entry times must fall between the two to be considered.

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| --- | --- | --- |
| **Boys** |  | **Girls** |
| **2006/****2007 (11/12)** | **2005 (13)** | **2004 (14)** | **2003 & earlier (15+)** | **Event** | **2003 & earlier (15+)** | **2004 (14)** | **2005 (13)** | **2006/ 2007 (11/12)** |
| 02:34.7 | 02:23.7 | 02:12.7 | 02:04.9 | **200 Free** | Slower than | 02:11.6 | 02:18.3 | 02:27.0 | 02:37.1 |
| 03.20.2 | 02.50.3 | 02.39.2 | 02.29.6 | Faster than | 02:37.6 | 02:46.0 | 02:56.4 | 03:22.9 |
| 05:29.1 | 05:05.9 | 04:42.5 | 04:26.0 | **400 Free** | Slower than | 04:37.3 | 04:51.2 | 05:09.5 | 05:30.7 |
| 07.06.6 | 06.03.0 | 05.39.6 | 05:18.8 | Faster than | 05:32.6 | 05:49.4 | 06:11.4 | 07.06.8 |
| 02:49.8 | 02:37.9 | 02:25.9 | 02:17.3 | **200 Back** | Slower than | 02:25.6 | 02:32.7 | 02:42.3 | 02:53.4 |
| 03.41.8 | 03.08.8 | 02.56.8 | 02.44.8 | Faster than | 02:55.1 | 03.03.2 | 03:14.8 | 03:43.8 |
| 03:08.1 | 02:54.8 | 02:41.4 | 02:31.9 | **200 Brst** | Slower than | 02:42.0 | 02:51.6 | 03:02.5 | 03:15.0 |
| 04.05.4 | 03.28.7 | 03:15.2 | 03.02.2 | Faster than | 03:14.6 | 03:25.9 | 03:39.0 | 04.11.8 |
| 02:48.5 | 02:36.7 | 02:24.7 | 02:16.3 | **200 Fly** | Slower than | 02:24.3 | 02:30.8 | 02:40.2 | 02:51.2 |
| 03.38.2 | 03:05.8 | 02:53.9 | 02:43.1 | Faster than | 02:53.6 | 03.01.0 | 03:12.2 | 03:40.9 |
| 02:53.3 | 02:41.0 | 02:28.8 | 02:20.0 | **200 IM** | Slower than | 02:28.3 | 02:35.9 | 02:45.7 | 02:57.0 |
| 03.44.4 | 03:10.9 | 02:58.6 | 02:47.3 | Faster than | 02:57.6 | 03:07.1 | 03:18.8 | 03:48.5 |
| 06:11.0 | 05:44.8 | 05:18.6 | 04:59.9 | **400 IM** | Slower than | 05:12.9 | 05:28.0 | 05:48.6 | 06:12.5 |
| 07:57.2 | 06:46.1 | 06:20.0 | 05:57.5 | Faster than | 06:15.6 | 06:33.6 | 06:58.3 | 08.00.8 |

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.**

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**SUMMARY SHEET Meet Secretary \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

 **Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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

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

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

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| --- | --- | --- |
| …....... Individual Male Entries @ £6.00…....... Individual Female Entries @ £6.00…....... Coaches Meal Pass @ £12.00 | £ ….....…£ ….....…£ ….....… |  **CLOSING DATE FOR ENTRIES IS 25 May 2018**  **Paperwork to be received within 3 postal days of closing date.****Cheques should be made payable to:**  **SASA NORTH DISTRICT****BACS Payment Reference DEV18 followed by Club Code eg DEV18NANX** Have you enclosed or sent: Cheque (or paid by BACS) |
|  | TOTAL | £ ….....… |  **Hy-tek Team Manager entry file** **Summary Sheet** |

**Declaration** I confirm that all swimmers entered in this competition have paid their current SASA membership fee.

I confirm that any 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 and submitted by 8 June 2018)

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**OFFICIALS SHEET - Please Note: This sheet to be emailed to the Meet Officials Convenor NOT the Entries Secretary**

**Club** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Meet Officials Convenor:** Sean Dawson

STO Contact Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Tel: 07961751652

 Tel No: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ E-mail: sdawson14@hotmail.com

**No of swimmers entered……………**

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| **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 |   |   |
| 12 |   |   |   | 12 |   |   |   | 12 |   |   |

**COMPLETION AND OTHER NOTES**

1. An Officials Sheet must be completed and emailed to the Meet Officials Convenor, Sean Dawson at sdawson14@hotmail.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** 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+ 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 two more must be a 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.

1. 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 SW6.3. Officials carrying out scheduled Final Assessments will count at their existing level.*

1. 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

| 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 |   |   |   |   |   |   |
| 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 Column. |
|   |   | **Mentoring Requests** |   |   |   |   |
|   | Name | Club | Level  |   |   |   |   |
|   | Full name of Trainee | Your club Initials | Level at which mentoring is required.  |   |   |   |   |