



S.A.S.A North District

NORTH DISTRICT OPEN SWIMMING CHAMPIONSHIPS 2022

(UNDER FINA AND SCOTTISH SWIMMING RULES)

5 & 6 November 2022

Aberdeen Aquatics Centre, Regent Walk, Aberdeen AB24 1SX

MEET INFORMATION

Pool 25 Metres, 10 Lanes, 2m Deep, Electronic Timing, Omega blocks with back-plates and backstroke starting devices

Sessions	Session One	Warm Up 07.45	Start 09.05	End 11.50
	Session Two	Warm Up 12.20	Start 13.25	End 16.15
	Session Three	Warm Up 16.45	Start 17.35	End 19.15
	Session Four	Warm Up 07.45	Start 09.05	End 11.50
	Session Five	Warm Up 12.20	Start 13.25	End 16.15
	Session Six	Warm Up 16.45	Start 17.35	End 19.15

(SUBJECT TO CHANGE IF NECESSARY)

Events Open Events with faster heats in the morning, slower heats in the afternoon and A & B Finals in the evening for -
50m Backstroke, Butterfly, Breaststroke and Freestyle
100m Backstroke, Butterfly, Breaststroke and Freestyle
Open events with faster heats in the morning, slower heats in the afternoon and A Finals only in the evening for -
200m Backstroke, Butterfly, Breaststroke, Freestyle, Individual Medley and 400m Freestyle
Heat declared winner events with the fastest heat in the Finals session for -
400m Individual Medley
Heat declared winner events for –
800m Freestyle and 1500m Freestyle
NOTE: Only one heat of each of the 800m and 1500m will be accepted

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, Swim England or Swim Wales, 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. Junior swimmers must be under 17 years of age at 31st December 2022.

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) or contact Sandra Middleton on entries@sasanorth.org.uk.



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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 as is reasonably possible with fastest entries accepted first.

Please email completed entry files to the District Entries Secretary – entries@sasanorth.org.uk

Summary sheet and entry fees should be sent to –
Sandra Middleton, 19 Slains Terrace, Bridge of Don, Aberdeen, AB22 8TU
(summary sheet may be emailed with entry files)

CLOSING DATE FOR ELECTRONIC ENTRIES IS FRIDAY 7 OCT 2022

IMPORTANT: The summary sheet and direct bank transfer or cheque for entry fees must be received no later than three postal days after the closing date. 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

Payment can be made by direct bank transfer. Reference should be OPEN22 followed by your club code eg OPEN22NAOX. Bank details for direct bank transfer payments are on the summary sheet.

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 Rule SW 4.6 refers). Please note that accredited times are required.

Early Withdrawals Withdrawals prior to the event may be sent or e-mailed to Sandra Middleton at entries@sasanorth.org.uk to arrive by pm at the latest on Thursday 4 November 2022. NB: All details must be included on e-mail withdrawals ie Name, Event No, Stroke, Comp No etc. Telephone withdrawals will not be accepted.

Medical Withdrawals In terms of SW4.7 entry fees will be refunded in the event of a swimmer being unable to take part due to illness or injury only in the following circumstances: The swimmer has been withdrawn in time according to the Meet Information. The swimmer can provide medical evidence confirming that they are unfit to swim to the District Entries Secretary at entries@sasanorth.org.uk within 14 days following the Meet. The letter should be dated not more than 4 weeks before the Meet and not more than 10 days following the last day of the meet.

Withdrawals in relation to covid-19 will no longer receive an automatic refund and will be subject to the terms of SW4.7 as detailed above.

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 Rule SW5.1(b).



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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.

Qualifying for Finals

Finals will be seeded directly from the results of the heats. The fastest ten swimmers shall qualify for A Finals. Two reserves shall be nominated.

In events with a B Final the fastest ten swimmers who have not qualified for the A Final shall qualify for the B Final. For these events, there shall be no reserves for the A Final, instead, where time allows, swimmers will be drawn from the B Final in the event of withdrawals from the A Final. Four reserves shall be nominated for the B Final. B Finals shall be swum after A Finals.

In the event that a qualifier for a B final is promoted to swim in the A Final the space they vacate shall be filled by a reserve from the B final in turn.

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 may be fined accordingly.

Reserves

Reserves must marshal unless they have withdrawn.

Medals

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

Champions And Awards

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 Final(s) 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 either the A or B 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.

The fastest North District Junior swimmer in the Final(s) of each event shall be the North District Junior Champion. If no North District Junior swimmers are in either the A or B 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.

Cash Awards

There will be cash awards available at this meet, with a total prize pot of at least £1500. A full breakdown of awards will be made available at a later date.

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 (10 - 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, Colin Oswald at theoswalds2@icloud.com no later than 14 days before the first day of the meet (21 October 2022).

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 Colin Oswald at theoswalds2@icloud.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.

2. The far end of the pool will be in use as a swim down facility during this Meet however swimmers will need to be aware of the Meet going on in the near end and the facility will be withdrawn if it is misused or becomes too noisy.
3. The use of mobile phones or other devices capable of photography are 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. 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

Any devices that are to be used for video/photography in the poolhall must be registered using the QR code available at the venue and in the event participant information.

Media & Photography Information

Throughout this event SASA North District may have authorised media partners taking static photographs and video footage. These images are intended solely for the purposes of promotion and celebration of the activities and may include live streaming on the internet. Images will be uploaded to our website and our social network sites. Should any competitor wish not to be photographed please complete the Media/Photography Refusal of Consent Form which is available on our website. If at any time a competitor wishes a static image to be removed from our website, 7 days' notice must be given to SASA North District after which the data will be removed.

Data Protection Statement

In order to operate this meet, we have a legitimate interest to collect and process some basic personal data from all competitors, specifically name, gender, date of birth. This data will be held securely and only used for the purposes of managing the meet and reporting results. Dates of birth will only be shared with -
Scottish Swimming for the purpose of maintaining the National Database which is used for Squad Selection and
Swim England for inclusion on Rankings

Names, gender and age (but not date of birth) will be retained and will be shared with attending clubs and may be published for the purpose of reporting and keeping records.

Technical Swimsuits

As of 1st September 2022, new regulations will come into force regarding technical swimsuits. From this date all swimmers 13 years and younger cannot compete wearing technical suits in Scottish Swimming licensed or registered events. For further information and FAQ's please see link below.

[Swimsuits | Scottish Swimming](#)

Meet Director Michelle Hall Uoameetdirector@gmail.com

OPEN SWIMMING CHAMPIONSHIPS 2022 – 5 & 6 NOVEMBER ABERDEEN AQUATICS CENTRE

PROGRAMME OF EVENTS

Saturday 5 November - Morning Session - Open	Sunday 6 November - Morning Session - Open
101 Men's 100m Freestyle	401 Women's 100m Freestyle
102 Women's 200m Backstroke	402 Men's 200m Backstroke
103 Men's 50m Breaststroke	403 Women's 50m Breaststroke
104 Women's 100m Breaststroke	404 Men's 100m Breaststroke
105 Men's 100m Backstroke	405 Women's 100m Backstroke
106 Women's 100m Butterfly	406 Men's 100m Butterfly
107 Men's 200m Butterfly	407 Women's 200m Butterfly
108 Women's 50m Backstroke	408 Men's 50m Backstroke
109 Men's 400m Freestyle	409 Women's 400m Freestyle
110 Women's 200m Individual Medley	410 Men's 200m Individual Medley
111 Men's 200m Breaststroke	411 Women's 200m Breaststroke
112 Women's 200m Freestyle	412 Men's 200m Freestyle
113 Men's 50m Butterfly	413 Women's 50m Butterfly
114 Women's 50m Freestyle	414 Men's 50m Freestyle
115 Men's 400m Individual Medley slower heat(s)	415 Women's 400m Individual Medley slower heat(s)
Afternoon Session 201 Women's 1500m Freestyle (hdw) 202 Men's 1500m Freestyle (hdw) The 4 fastest heats of Events 101, 102, 104, 105, 106, 107, 110, 111 and 112 will take place in the Morning session, the slower heats will take place in the afternoon as time allows. These events will be split after the draft programme has been confirmed and swimmers will be advised when their swims will take place in good time prior to the competition.	Afternoon Session 501 Men's 800m Freestyle (hdw) 502 Women's 800m Freestyle (hdw) The 4 fastest heats of Events 401, 402, 404, 405, 406, 407, 410, 411 and 412 will take place in the Morning session, the slower heats will take place in the afternoon as time allows. These events will be split after the draft programme has been confirmed and swimmers will be advised when their swims will take place in good time prior to the competition.
Evening Finals Session – Open 101 Men's 100m Freestyle A & B Final 102 Women's 200m Backstroke Final 103 Men's 50m Breaststroke A & B Final 104 Women's 100m Breaststroke A & B Final 105 Men's 100m Backstroke A & B Final 106 Women's 100m Butterfly A & B Final 107 Men's 200m Butterfly Final 108 Women's 50m Backstroke A & B Final 109 Men's 400m Freestyle Final 110 Women's 200m Individual Medley Final 111 Men's 200m Breaststroke Final 112 Women's 200m Freestyle Final 113 Men's 50m Butterfly A & B Final 114 Women's 50m Freestyle A & B Final 115 Men's 400m Individual Medley Fastest Heat 301 Mixed 4 x 50m Freestyle Relay	Evening Finals Session – Open 401 Women's 100m Freestyle A & B Final 402 Men's 200m Backstroke Final 403 Women's 50m Breaststroke A & B Final 404 Men's 100m Breaststroke A & B Final 405 Women's 100m Backstroke A & B Final 406 Men's 100m Butterfly A & B Final 407 Women's 200m Butterfly Final 408 Men's 50m Backstroke A & B Final 409 Women's 400m Freestyle Final 410 Men's 200m Individual Medley Final 411 Women's 200m Breaststroke Final 412 Men's 200m Freestyle Final 413 Women's 50m Butterfly A & B Final 414 Men's 50m Freestyle A & B Final 415 Women's 400m Individual Medley Fastest Heat 601 Mixed 4 x 50m Medley Relay



S.A.S.A North District

NORTH DISTRICT OPEN SWIMMING CHAMPIONSHIPS 2022 5 & 6 NOVEMBER – ABERDEEN AQUATICS CENTRE

Consideration Times:

Please note Accredited Times are required for this meet. These times must have been achieved since 7 October 2021.

Only Junior* swimmers may enter these Championships with times slower than the Open consideration times. Entries made by Juniors will be combined with entries from Open swimmers at the time of entry, thereafter there will be no differentiation between Open swimmers and Junior swimmers.

You must submit a proof of times 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 faster than or equal to the following –

MALE		EVENT	FEMALE	
Junior	Open		Open	Junior
	00:27.50	50 Freestyle	00:29.20	
01:00.50	00:57.20	100 Freestyle	01:03.50	01:06.00
02:15.90	02:06.40	200 Freestyle	02:18.70	02:23.00
04:53.70	04:29.50	400 Freestyle	04:52.00	05:03.90
09:57.00	09:17.00	800 Freestyle	09:21.00	09:51.40
19:05.00	18:29.00	1500 Freestyle	18:51.00	19:37.00
	00:32.40	50 Backstroke	00:34.20	
01:13.50	01:07.60	100 Backstroke	01:12.10	01:16.50
02:37.70	02:26.10	200 Backstroke	02:36.40	02:44.10
	00:29.20	50 Butterfly	00:32.70	
01:13.90	01:05.60	100 Butterfly	01:12.30	01:16.00
02:53.60	02:31.60	200 Butterfly	02:41.70	03:00.10
	00:35.80	50 Breaststroke	00:38.90	
01:24.90	01:17.30	100 Breaststroke	01:23.00	01:27.00
03:03.50	02:49.60	200 Breaststroke	02:59.10	03:07.30
02:34.50	02:22.30	200 Individual Medley	02:33.80	02:42.40
05:40.00	05:12.70	400 Individual Medley	05:31.60	05:47.30

*As Scottish Swimming definition of 'Junior': A swimmer who is under 17 at 31 December 2022. Entries will be sorted solely on entry time with no differentiation between Open and Junior entries.



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NORTH DISTRICT OPEN SWIMMING CHAMPIONSHIPS 2022 5 & 6 NOVEMBER – ABERDEEN AQUATICS CENTRE

SUMMARY SHEET

Tel. No _____

Match Secretary _____
Club Name/Abbr _____
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 FOR ELECTRONIC ENTRIES – 7 OCTOBER 2022

Paperwork and Payment must be received by the District Entries Secretary within 3 postal days of closing date
Bank transfer reference OPEN22 followed by Club Code eg OEPN22NANX

Sort Code: 80-05-16 A/C No 00882011

Cheques should be made payable to: SASA NORTH DISTRICT

**Have you enclosed or sent: Entry fees payment
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.
I confirm that all coaches and/or team staff from our club who will be on poolside are members of Scottish Swimming and have current PVG disclosure.

Signed Position in Club Date
(This declaration **must** be completed by all competing clubs)

NORTH DISTRICT OPEN SWIMMING CHAMPIONSHIPS 2022

5 & 6 NOVEMBER – ABERDEEN AQUATICS CENTRE

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 _____

Meet Officials Convenor: Colin Oswald
 Tel: 07711 614512
 E-mail: theoswalds2@icloud.com

No of swimmers entered.....

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		

Please be sure to include any requests for mentoring

COMPLETION AND OTHER NOTES

1. An Officials Sheet **MUST** be completed and emailed to the Meet Officials Convenor, Colin Oswald at theoswalds2@icloud.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 6.3.1** as follows:-

Total number of club swimmers at Meet	Number of officials per Session
1 – 5	None
6 – 10	One official
11 – 15	Two officials at least one of which must be Judge 1 or Recorder
16 – 20	Two officials at least one of which must be Judge 1 or Recorder and another must be Judge 2 or above, or an AOE Operator
21 – 30	Three officials at least one of which must be Judge 1 or Recorder and another must be Judge 2 or above, or an AOE Operator
31 – 40	Four officials at least one of which must be Judge 1 or Recorder and one more must be Judge 2 or above, or an AOE Operator
41+	Five officials at least one of which must be Judge 1 or Recorder and another must be Judge 2 or above, or an AOE Operator

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, extra officials are always welcome.

3. 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 SW6.2. Officials carrying out scheduled Final Assessments will count at their existing level.
4. 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
- 5.

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	