



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

## **DISTANCE MEET (UNDER FINA AND SASA RULES) 1 & 2 OCTOBER 2016 FRASERBURGH SWIMMING POOL**

### **MEET INFORMATION**

- Pool** 25 Metres, 6 Lanes, Deck level, anti-turbulence ropes, electronic timing
- Sessions**
- |                      |  |
|----------------------|--|
| <b>Session One</b>   | Warm Up 09.00 - Start 09.35 -End 13.00 |
| <b>Session Two</b>   | Warm Up 13.30 - Start 14.05 -End 17.25 |
| <b>Session Three</b> | Warm Up 09.00 - Start 09.35 -End 13.00 |
| <b>Session Four</b>  | Warm Up 13.30 - Start 14.05 -End 17.25 |
- (SUBJECT TO CHANGE IF NECESSARY)
- Events** 400m, 800m, 1500m Freestyle, 400m Individual Medley
- Age** 10 - 12 years, 13/14 years, 15+ years
- Age at** All events swum as age at 2 October 2016.
- Eligibility to Enter** This meet is open to swimmers who are members of clubs affiliated to the North District.
- 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. Swimmers with no entry time cannot be entered into this meet.
- Entry Fees** £6.00 per individual swim  
Cheques should be made payable to SASA North District or payment by BACS can be made through the North District Treasurer.
- Entries** All entries must be on Hy-tek TM 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.  
Please email completed entry files to – [brochasc@hotmail.co.uk](mailto:brochasc@hotmail.co.uk)  
Summary sheet and entry fees should be sent to –  
Arlene Thoires, 11 Bards Way, Fraserburgh, AB43 7AA  
(summary sheet may be emailed with entry files)
- CLOSING DATE FOR ELECTRONIC ENTRIES IS FRIDAY  
2 SEPTEMBER 2016**

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.

- Early Withdrawals** Withdrawals prior to the event may be sent or e-mailed to: to Arlene Thoires at [brochasc@hotmail.co.uk](mailto:brochasc@hotmail.co.uk) no later than 5pm on Friday 30 September 2016.
- 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 should be notified on the relevant withdrawal form. The sheets should be handed in to the recorders no later than the start of each warm up ie first session withdrawals by 9.00am on Saturday. Withdrawal forms must be updated accordingly at the start of each session warm-up thereafter.
- Please note withdrawals for the whole session must be done at the start of the session warm up regardless of the fact that there will be an interim warm-up.**
- 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.
- Reserves** Reserves must marshal unless they have also withdrawn as above.
- Awards** Medals will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places in each age group. There will be no medal presentations. Instead, medals can be collected from the designated medal collection desk.
- Technical Officials** Lists of Technical Officials for all sessions must be emailed 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 (16 September 2016).
- 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 Durno or the North District website is preferred but submissions can be sent by email using the form above. Please complete one sheet for each session of the meet.
- Mentoring will be at the discretion of the referee depending on the availability of suitable mentors.
- Any queries or changes to Technical Officials after the closing date should be directed to the Meet Officials Convenor, Durno Jessiman at [carnethy6@hotmail.com](mailto:carnethy6@hotmail.com)
- We are aware that SW6.2 may not provide enough Technical Officials for this Meet and would ask that all Clubs entering swimmers support it with as many officials as possible. If there are not enough for the Meet to be accredited there will no alternative but to cancel it, as the intention is to provide an opportunity for swimmers to gain accredited times for these distance events.**

## 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 use of mobile phones is not permitted in the pool hall, changing rooms or toilets.
3. 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 will 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.**
4. 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.
5. Participating clubs will receive one copy of start sheets for each session.
6. 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.

## Photo- graphy

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

Louise Tait [brochasc@hotmail.co.uk](mailto:brochasc@hotmail.co.uk)



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

## **DISTANCE MEET**

**1 & 2 OCTOBER 2016 - FRASERBURGH SWIMMING POOL**

### **Consideration Times**

Times to be faster than the following -

Men/Boys					Events	Women/Girls				
10/11	12	13	14	15+		15+	14	13	12	10/11
06:20.0	06:00.0	05:45.0	05:30.0	05:15.0	400 Free	05:30.0	05:40.0	05:50.0	06:00.0	06:20.0
07:30.0	07:10.0	06:50.0	06:20.0	06:00.0	400 IM	06:20.0	06:35.0	06:55.0	07:10.0	07:30.0
12:40.0	12:15.0	11:25.0	11:00.0	10:20.0	800 Free	11:00.0	11:15.0	11:30.0	12:15.0	12:40.0
23:45.0	22:40.0	21:30.0	20:45.0	19:30.0	1500 Free	20:30.0	21:00.0	21:45.0	22:40.0	23:45.0

All events will be swum by time.

Please note that although there are differing entry times for different age groups that for the purpose of awards and medals age groups are 10 – 12, 13/14 and 15 and over. Entries for all events will be accepted on as equal a basis as possible across the ages within reason.

Times do not require to be accredited but should be real times achieved at non-accredited meets or Club time trials.



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

## **DISTANCE MEET**

**1 & 2 OCTOBER 2016 - FRASERBURGH SWIMMING POOL**

### **Programme of Events**

All events are swum as timed finals (heat declared winner)

Interim warm up times are approximate only and will not be finalised until after the meet programme has been issued and agreed.

#### **Saturday**

##### **Session One**

##### **Warm Up**

**09.00**

Event 101  
Interim Warm-up  
Event 102

10-12, 13/14, 15+ years  
Approx 10.50  
10-12, 13/14, 15+ years

##### **Start**

Boys  
Resume  
Girls

**09.35**

1500m Freestyle  
Approx 11.20  
400m Freestyle

##### **Session Two**

##### **Warm Up**

**13.30**

Event 201  
Interim Warm-up  
Event 202

10-12, 13/14, 15+ years  
Approx 15.10  
10-12, 13/14, 15+ years

##### **Start**

Boys  
Resume  
Girls

**14.05**

400m Individual Medley  
Approx 15.40  
800m Freestyle

#### **Sunday**

##### **Session Three**

##### **Warm Up**

**09.00**

Event 301  
Interim Warm-up  
Event 302

10-12, 13/14, 15+ years  
Approx 10.45  
10-12, 13/14, 15+ years

##### **Start**

Boys  
Resume  
Girls

**09.35**

800m Freestyle  
Approx. 11.15  
400m Individual Medley

##### **Session Four**

##### **Warm Up**

**13.30**

Event 401  
Interim Warm-up  
Event 402

10-12, 13/14, 15+ years  
Approx 15.10  
10-12, 13/14, 15+ years

##### **Start**

Boys  
Resume  
Girls

**14.05**

400m Freestyle  
Approx 15.40  
1500m Freestyle





# S.A.S.A North District

## DISTANCE MEET

1 & 2 OCTOBER 2016 - FRASERBURGH SWIMMING POOL

### SUMMARY SHEET

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

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

Tel. No \_\_\_\_\_  
E-mail address \_\_\_\_\_

..... Individual Male Entries	@ £6.00	£ .....
..... Individual Female Entries	@ £6.00	£ .....
..... Coaches Meal Pass	@ £12.00	£ .....

TOTAL £ .....

**CLOSING DATE FOR ENTRIES IS 2 SEPTEMBER 2016**

**PAPERWORK AND PAYMENT MUST BE RECEIVED  
WITHIN 3 DAYS**

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

Have you enclosed or sent: Cheque  
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.*

Signed ..... Position in Club ..... Date .....

(This declaration must be completed by all competing clubs)

# DISTANCE MEET

## 1 & 2 OCTOBER 2016 - FRASERBURGH SWIMMING POOL

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

**Club** \_\_\_\_\_  
 STO Contact Name: \_\_\_\_\_  
 Tel No: \_\_\_\_\_  
 E-mail address \_\_\_\_\_  
**E-mail address** \_\_\_\_\_

**Meet Officials Convenor:** Durno Jessiman  
 Tel: 07808 897168  
 E-mail: [carnethy6@hotmail.com](mailto:carnethy6@hotmail.com)

**No of swimmers entered .....**

Session 1				Judges	Judges			TK	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		
<b>Mentoring Req</b>				19				19		
				20				20		
				21				21		
				22				22		
				23				23		
				24				24		
				25				25		
				26				26		
				27				27		
				28				28		



## COMPLETION AND OTHER NOTES

1. An Officials Sheet must be completed and emailed 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.**
2. 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 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

Please note 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 SW6.4  
*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.*
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 6.3

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 Column.		
<b>Mentoring Requests</b>			
	<b>Name</b>	<b>Club</b>	<b>Level</b>
	Full name of Trainee	Your club Initials	Level at which mentoring is required.