

SASA NORTH DISTRICT MASTERS OPEN CHAMPIONSHIPS

Inverness Leisure (Competition Pool)
20th August 2016



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L1/508/ND/AUG16

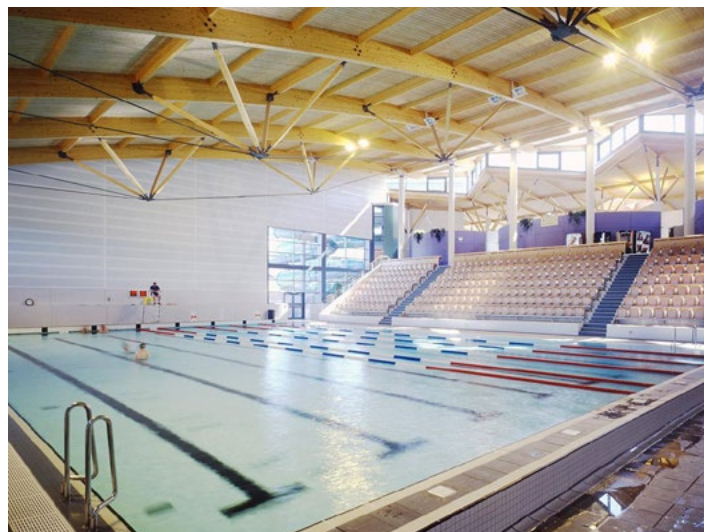
INTRODUCTION & WELCOME

The North District Masters Committee is delighted to welcome you to the 2016 North District Masters Open Championships Information Booklet.

We'd like to invite you to our first Masters Meet which is being held at an excellent facility at the 8-Lane Inverness Leisure (formerly the Aquadome) Competition Pool which has recently undergone a major refurbishment including the installation of a state of the art timing system and FINA approved track start diving blocks. There are over 300 seats in the stand allowing plenty of space for swimmers and spectators alike. This is the best facility available to Masters Swimmers in Scotland outside of the National Championships.

Inverness is easily accessible via the A9 from the south, A96 from the east and A82 from the west as well as rail links from Aberdeen, Dundee, Edinburgh and Glasgow. It is a busy period in Inverness and we suggest you look to secure accommodation early to ensure you get the best deal.

The 2016 North District Masters Open Championships gives swimmers an opportunity out with the national championships to compete in a 400 IM and will also allow teams to compete in the 4x100m Medley Relay event. If your club doesn't have enough swimmers attending to form a relay team, but you would still like to take part, then you will have the opportunity to form an ALL-STAR relay team. These ALL-STAR relay teams will not be able to claim any prizes. However, it will allow swimmers whose club do not have enough competitors to make up a relay team and the opportunity to take part.



Top: Inverness Leisure Competition Pool and Spectator Area. Above left: FINA Approved track start diving blocks. Above right: View of Competition Pool and electronic board.

The North District Masters Committee also invites you to attend the Ceilidh and Awards Evening after a successful day's competition at the Chieftain Hotel where we will celebrate the day's swimming into the wee hours.

Thank you for supporting the 2016 North District Open Masters Championships and we look forward to welcoming you to Inverness on 20th August.

We'd also like to thank our sponsors Struan, Highland Fuels and SBP for their support to bring this event to the Scottish Masters circuit.

Best Regards,

SASA North District Masters Committee

MEET INFORMATION

DATE: 20th August 2016

VENUE: Inverness Leisure, 8 Lane Competition Pool (2m Depth)

Individual Events

Individual Medley	100m	200m	400m
Freestyle	50m	100m	200m
Butterfly	50m	100m	
Backstroke	50m	100m	
Breaststroke	50m	100m	

Age Groups

X	G
18 - 24	55 - 59
A	H
25 - 29	60 - 64
B	I
30 - 34	65 - 69
C	J
35 - 39	70 - 74
D	K
40 - 44	75 - 79
E	L
45 - 49	80 - 84
F	M+
50 - 54	85+

Relay Events

Mixed 4 x 100m Medley Relay

Mixed 4 x 50m Freestyle Relay

Age Groups

100 - 119	160 - 199
120 - 159	200 +

Entry Fees

Entries Open on 3rd June 2016

Individual Entry <i>up to 5 swims and a ticket to Awards Ceilidh</i>	£25
Additional Swim(s)	£5
Relay Entry (per team)	£6
Ceilidh & Awards Evening (ticket only)	£12

Closing Date for entries is 4th August 2016 (late entries may not be accepted).

MEET PROGRAMME

Warm Up: 08:45 - 09:35

Session 1 Starts 09:45

101	Mixed 200m Freestyle
102	Mixed 100m Individual Medley
103	Mixed 50m Butterfly
104	Mixed 100m Backstroke
105	Mixed 50m Freestyle
106	Mixed 100m Breaststroke
107	Mixed 4 x 100m Medley Relay

Lunch Break: 12:30 - 13:00

Warm Up: 13:00 - 13:50

Session 2 Starts 14:00

201	Mixed 400m Individual Medley
202	Mixed 100m Freestyle
203	Mixed 50m Backstroke
204	Mixed 100m Butterfly
205	Mixed 200m Individual Medley
206	Mixed 50m Breaststroke
207	Mixed 4 x 50m Freestyle Relay

MEET RULES

All competitors must be a registered member of a swimming club within their national swimming governing body in line with FINA rules. All entrants must be 18 years old on 31st December 2016.

Dependent on the number of entries received, the organisers reserve the right to introduce over the top

starts and/or adjust the start time of the session.

All events will be Heat Declared Winners in Age Classification. In each event swimmers will be seeded according to their entry time and will compete against those with similar times regardless of age or gender.

Scoring

The following points will be awarded for Individual and Relay placings:

Individual Points					
1st	2nd	3rd	4th	5th	6th
6	5	4	3	2	1
Relay Points					
1st	2nd	3rd	4th	5th	6th
12	10	8	6	4	2

North District Masters Age Group Champions

The swimmer in each age group (male and female) with the highest cumulative score will be the North District Masters Champion.

Medals

North District Championship medals will be awarded from 1st to 3rd for overall age group scores. Medals will **NOT** be awarded for every event.

All Medals & Trophies will be presented at the Ceilidh and Awards Ceremony following the Championships.

North District Masters Open Club Champions

The club with the highest combined total of individual and relay scores will be crowned champions.

Age Adjusted 400 IM

Prizes will be awarded for the best performance in the 400 Individual Medley. The awards will be made to the swimmer whose time is the fastest when compared to the average of the all-time 10 world best performances in their age group, as per the Scottish Decathlon.

VISITOR INFORMATION

The Pool

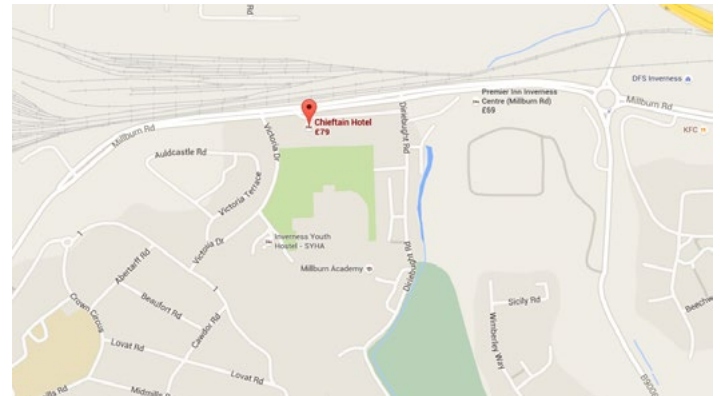
Inverness Leisure, Bught Lane, IV3 5SS



Located close to the city centre, Inverness Leisure has ample parking and is well sign posted. The facility has a café on site as well as a leisure pool with a number of flumes, climbing facilities and an ice rink nearby for a fun day out for the whole family.

The Ceilidh & Awards Evening

The Chieftain Hotel, 2 Millburn Road, Inverness, IV2 3PS



The Ceilidh and Awards Evening will cap a fantastic day of swimming and bring the 2016 North District Masters Open Championships meet to a close.

Where To Stay

The organisers recommend that you book accommodation **EARLY** so you are not disappointed as demand is high in Inverness during “peak season”. This link will take you to the 10 most highly recommended hotels in Inverness from Trip Advisor - **[CLICK HERE](#)**.

You can also compare prices for various types of accommodation including B&B's and Guesthouses over the weekend at Trivago - **[CLICK HERE](#)**.

Premier Inn West, is located a short distance from the pool - **[CLICK HERE](#)**.

ENTRY FORM

Online Entries from 4th June: <https://swimmingresults.org/events/northdistrictmasters16/index.php>

FULL NAME: _____

ADDRESS: _____

DOB: _____ AGE CATEGORY: _____ GENDER: M / F

CLUB: _____ SASA REG. NO.: _____

CONTACT NO.: _____ EMAIL ADDRESS: _____

Times should be entered as mm:ss.hh.

Stroke	50m	100m	200m	400m
Individual Medley				
Freestyle				
Butterfly				
Backstroke				
Breaststroke				

I am attending the Ceilidh and Awards: Y / N

Please note any dietary requirements that you may have:

Item	Cost
Entry Fee (5 Events + Ceilidh Ticket)	£25
Additional Events (£5 each)	£
Additional Ceilidh Ticket (£12)	£
Total Cost	£

Postal Entries to be sent to: Scott Gauld, 18F Denwood, Aberdeen, AB15 6JF

Postal Entry Payment: By Cheque to SASA North District

IN SUBMITTING THIS FORM I DECLARE THAT THE ABOVE INFORMATION IS CORRECT AND THAT I HAVE READ, UNDERSTOOD AND AGREE TO ABIDE BY THE CONDITIONS OF THIS SWIM MEET AS OUTLINED IN THE INFORMATION PACK.

SIGNED: _____ DATE: _____



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RELAY DECLARATION FORM

Entries should be submitted online at: <https://swimmingresults.org/events/northdistrictmasters16r/index.php>

Team lines should be submitted to the Recorders Desk prior to the start of each session.

Club Entry Form

Event	4 x 100m Mixed Medley Relay / 4 x 50m Mixed Freestyle Relay		
Club			
Order	Swimmer	Age	
1			Age Category
2			
3			Combined Team Age
4			

ALL-STAR Relay Declaration

Event	4 x 100m Mixed Medley Relay / 4 x 50m Mixed Freestyle Relay		
Club			
Order	Swimmer	Age	
1			Age Category
2			
3			Combined Team Age
4			

ALL-STAR Relays cannot earn points towards overall team totals.

If you intend to enter an ALL-STAR relay then please email the meet organisers at ndmastersmeet@outlook.com.

ALL-STAR Relays are priced at £6 per team, payable by cheque to SASA North District.

COMPETITOR SAFETY CODE

It is important that all Competitors read the “Competitors Safety Code” before signing the related entry form. The signing and submitting of the entry form confirms that the Competitor has read, understood and agrees to abide by the Code.

- All Competitors should seek appropriate medical advice if they have any concerns as to the state of their health and that they have not been informed by any medical practitioner and do not have any knowledge of any medical condition which would make it inadvisable to participate in Masters Swimming events or any other associated activities.

- Appreciate the inherent risks involved in participating in competitions including the possibilities of injury and accident and as such undertake to conduct themselves in a responsible and proper manner.

- Undertake at all times to use their best endeavours and compete in a safe and proper manner and not to do anything which would expose themselves or fellow swimmers to unnecessary risk of injury.

- Undertake at all times all reasonable safety measures for the protection of themselves and fellow swimmers and to inform the Referee of any concerns they may have with regard to safety.

- Note that the SASA North District cannot be held responsible for either personal injury or any loss or damage to personal belongings and as such you must take all reasonable steps to prevent such loss or damage.

- Accept that in the submission of a signed entry form they are certifying that they are physically fit and able to participate in the Swimming Meet and are agreeing to abide by and be governed by the rules of Scottish Swimming and all other related laws and regulations under which the Meet is organised.