



North District

NORTH DISTRICT AGE GROUP SWIMMING CHAMPIONSHIPS 2024 INCORPORATING MIDLAND DISTRICT CHAMPIONSHIPS (UNDER WORLD AQUATICS AND SCOTTISH SWIMMING RULES)

Round 1 – 10 and 11 February 2024

Round 2 – 2 and 3 March 2024

Aberdeen Aquatics Centre, Regent Walk, Aberdeen AB24 1SX

MEET INFORMATION

Pool 50 Metres, 10 Lanes, 2m Deep, Electronic Timing, Omega blocks with back-plates and backstroke starting devices

Session Times for Both Rounds	Session One	Warm Up 08.00	- Start 09.05	- Finish 12.15
	Session Two	Warm Up 12.45	- Start 13.50	- Finish 16.20
	Session Three	Warm Up 16.50	- Start 17.40	- Finish 19.30
	Session Four	Warm Up 08.00	- Start 09.05	- Finish 12.15
	Session Five	Warm Up 12.45	- Start 13.50	- Finish 16.05
	Session Six	Warm Up 16.35	- Start 17.25	- Finish 19.30

(SUBJECT TO CHANGE IF NECESSARY)

Events 50m Backstroke, Butterfly, Breaststroke and Freestyle – Heats and Finals
100m Backstroke, Butterfly, Breaststroke and Freestyle – Heats and Finals
200m Ind. Medley – Heats and Finals
200m Backstroke, Butterfly, Breaststroke and Freestyle – Timed Finals
400m Freestyle and Individual Medley - Timed Finals
800m and 1500m Freestyle - Timed Finals

4 x 100m Freestyle and 4 x 100m Medley Relays – Timed Finals
4 x 50m Freestyle and 4 x 50m Medley Relays – Timed Finals

Eligibility to Enter This meet is open to swimmers who are members of Clubs affiliated to the North District or the Midland District of the SASA.

Swimmers are eligible to win medals and awards for the District of the club they are representing at the Championships.

All events will be run in two eligibility categories – Male & Open, and Female.

Age is at 31 December 2024. Competitors may swim only in their own age group.

Age groups for individual events are 11 – 13 years, 14/15 years, 16/17 years, and 18 years and over.

Please note that individual events will be swum with age groups combined according to the programme of events.

Team events will be open to teams comprising swimmers aged 11 – 14 and swimmers aged 15 and over. Each event will be run separately OR combined and seeded by time at the discretion of the Referee.

Para Swimming Events

Swimmers from the North and Midland Districts who have a recognised classification (WPS, BS, BBS, UKSA or INAS-FID) and are registered members of Scottish Swimming will be eligible to compete in the multi-classification (MC) events. The MC events will be integrated into the heats of each age group seeded by absolute time. Please refer to the Supplementary Para Swimming Conditions for more information. **Please ensure that any MC swimmers are identified as such with their classification at the point of entry.**

On application to the relevant Swimming Convenor, which must be prior to the closing date for the round, entries from swimmers with a disability or impairment that do not have a classification or meet the eligibility criteria, may be allowed to compete. The Swimming Convenor's decision is final.

Consideration Times

There are separate consideration times for Female and Male & Open ages 11/12 years, 13 years, 14 years, 15 years, 16 years, 17 and over to maximise opportunity.

Consideration times for individual events are attached. Please note that accredited times are required, from meets licensed at level 1 or level 2 (or a foreign equivalent), and a Proof of Times report must be submitted with entry. Accepted entries may have to be limited dependent upon numbers received in which case entries will be accepted across age groups (entry age) as evenly as is practical.

There are no consideration times for team events, but entry times must be submitted and these should be the sum of the times of four swimmers eligible to swim in that event.

Entries

All entries must be on Hy-tek Team Manager entry file (North District Rule SW 4.1).

Events files may be obtained by downloading from the North District website (www.sasanorth.org.uk), Midland District website (www.sasamidlanddistrict.co.uk), or by contacting the District Entries Secretary on entries@sasanorth.org.uk.

Please email completed entry files and summary sheet to the District Entries Secretary -

Round 1 – Sandra Middleton - entries@sasanorth.org.uk

Round 2 – Anne Hendry - entries@sasanorth.org.uk

CLOSING DATE FOR ELECTRONIC ENTRIES IS FRIDAY 12 JANUARY 2024 for Round 1 and FRIDAY 2 FEBRUARY 2024 for Round 2.

Please note payment must be received within 3 postal days of this date and there will be zero tolerance of late payment. Any entry that is not accompanied by payment in the specified timeframe will be rejected without delay.

The fee for entries received which are outwith the consideration times or conditions for this competition shall not be refunded under any circumstances.

£9.00 per individual swim £12.00 per team event

Entry fees

Payment is preferred by BACS. Reference should be AGEC followed by the round and your club code eg AGEC1NANX. Bank details for payments are on the summary sheets.

Cheques can be accepted and MUST be received within 3 postal days of the closing date. Cheques should be posted to the relevant District Entries Secretary (email entries@sasanorth.org.uk for a postal address) and should be made payable to SASA North District

Early Withdrawals

Withdrawals prior to the event may be sent or e-mailed to:

District Entries Secretary at entries@sasanorth.org.uk

to arrive by 5pm at the latest on Thursday 8 February 2024 for Round 1 and Thursday 1 March 2024 for Round 2.

NB: All details must be included on e-mail withdrawals ie Name, Event No, Stroke, Comp No etc. Telephone and WhatsApp 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 North District Rule SW5.1(b).

Qualifying for Finals There will be heats and finals for all 50m, 100m events and for 200m Individual Medley with the finals age-grouped as 11 – 13 years, 14/15 years and 16/17 years and 18 years and over.

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. North District Rule SW 5.1 refers. Withdrawals from finals or in the case of illness should be completed on 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.

Marshalling There will be marshalling for all heats, all finals and for relays.

All swimmers must present themselves to the marshal before their events and are advised to attend in good time.

Swimmers may report to marshalling for more than one event where it is deemed that there will be insufficient time between races to marshal in good time for their next event. It is for the swimmer to inform the marshal if they are reporting for more than one event.

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 entering the final marshalling area will not be permitted to swim, will be treated as a late withdrawal and may be fined accordingly.

Reserves

Reserves must present themselves to the marshal unless they have withdrawn.

Medals and Awards North District

North District

North District Medals will be awarded for 1st, 2nd and 3rd places achieved by North District swimmers in all events according to age groupings 11 – 13 years, 14/15 years, 16/17 years and 18 years and over. Medals will not be presented but can be collected from the Medal Desk outside the Timing Room on the pool deck.

Grampian Rosebowl, Sam Muir Quaich, Jean Muir Memorial Trophies and Welsh Trophies will be awarded according to North District rule SW12.3. using World Aquatics points as the scoring method. The Roy Wilson Trophy will be awarded to the Best Club using points scored 10 – 1 over all events. Points will be scored from Finals and Timed Finals only. Awards will be presented at the end of Round 2.

Medals and Awards Midland District

Midland District

Midland District Medals will be awarded for 1st, 2nd and 3rd places achieved by Midland District swimmers in all events according to age groupings 11 – 13 years, 14/15 years, 16/17 years and 18 years and over. Medals will not be presented but can be collected from the Medal Desk outside the Timing Room on the pool deck.

Midland District Open Trophies will be awarded to the fastest first claim Midland District swimmer of any age in the event. Midland District Junior Trophies will be awarded to the fastest first claim Midland District swimmer aged under 17 years on 31 December 2024 as follows:

Event	Open Trophy	Junior Trophy
Male & Open 50m Freestyle	Lochee Cup	
Female 50m Freestyle	Tayside Trophy	
Male & Open 100m Freestyle	Dundee	E Sanderson Memorial Cup

**Medals and Awards
Midland District
(cont)**

Event

Female 100m Freestyle
Male & Open 400m Freestyle
Female 400m Freestyle
Male & Open 800m Freestyle
Male & Open 1500m Freestyle
Male & Open 50m Backstroke
Male & Open 100m Backstroke
Female 100m Backstroke
Female 100m Breaststroke
Male & Open 200m Breaststroke
Female 200m Breaststroke
Male & Open 50m Butterfly
Male & Open 100m Butterfly
Female 100m Butterfly
Male & Open 200m Butterfly
Male & Open 400m IM
Female 400m IM
Male & Open 4 x 50m Freestyle
Female 4 x 50m Freestyle

Open Trophy

T Norman Bell Cup
Andrew G Kidd
Syme Trophy

Brighty Rosebowl
Architects Trophy
Leith Midland

Chalmers Trophy
RS Smith Cup
Miller Scott
Hughes Trophy

George Prescott
George Baird
Tensa Trophy
Balruddery Shield
JH Montgomery

Junior Trophy

E Sanderson Memorial Cup

F Thomson Rosebowl
Walter Ewen Cup
James Graham Trophy

100m BK Etta Cooper Cup
Etta Cooper Cup
Edith Thomson Memorial TR

George Baird Trophy

The Best Male & Open and Best Female Trophies shall be decided by World Aquatics points based on the current meet management system being used by the Districts.

Cups and trophies will be awarded on completion of the relevant event.

Technical Officials

North District Clubs must submit lists of Swimming Technical Officials to the Meet Officials Convenor (Colin Oswald) in accordance with North District Regulations using the Swimming Technical Officials workbook available on North District website [here](#). Please complete one sheet for each session of the meet.

Lists for all sessions for each round must be emailed (not posted) to the Meet Officials Convenor, Colin Oswald at theoswalds2@icloud.com no later than 14 days before the first day of the meet (Friday 26 January 2024 for Round 1 and Friday 16 February 2024 for Round 2). 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.

Midland District Clubs are requested to submit lists of Swimming Technical Officials to the Meet Officials Convenor (Colin Oswald) in accordance with North District Regulations using the Swimming Technical Officials workbook available on North District website [here](#). Please complete one sheet for each session of the meet.

Please note that probationary Judges and Timekeepers wishing specific signatures, eg. chief timekeeper or stroke, should make this request to the Meet Officials Convenor when names are submitted.

Mentoring will be at the discretion of the referees during heats sessions only depending on the availability of suitable mentors.

Queries or changes to Technical Officials after the closing date should be directed to Colin Oswald at theoswalds2@icloud.com

**Photos/
Videos**

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.

Anyone wishing to use photographic equipment at the Championships, including video cameras must register with the Meet Convenor (application should be made on the appropriate Scottish Swimming Health and Safety form (which may be electronic and signed or endorsed by the relevant club official).

Media/ Photography	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	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 (DOB) will only be shared with: <ul style="list-style-type: none"> • Scottish Swimming for the purpose of maintaining the National Database which is used for Squad Selection and • Swim England for inclusion on Rankings Names, eligibility category and age (not DOB) will be retained and will be shared with attending clubs and may be published for the purpose of reporting and keeping records.
Technical Swimsuits	Swimmers 13 years and younger can not now compete wearing technical suits in Scottish Swimming licensed or registered events. For further information and FAQ's see Swimsuits Scottish Swimming
Transgender and Non- Binary Competition Policy	As of the 1st January 2024 the Scottish Swimming Transgender & Non-Binary Competition Policy will be implemented nationally across all aquatics sports. The policy and FAQs can be found HERE . Any policy related matters that arise during the event should be reported to and will be recorded by the Meet Convenor/Lead Referee and these matters will be communicated to and managed post event by the relevant Scottish Swimming Staff. At no point will members be challenged on the day of a competition with any matters being resolved post event. As a result of this policy being implemented, any competitor intending to compete within the Female category at this event will be required to provide confirmation that their birth sex is female when signing up to the meet conditions through entry. By entering the Female category, athletes are therefore confirming their birth sex is female and are eligible to compete in the Female category.
Additional Notes	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. 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. No guarantee can be given by SASA North District that these Championships will take place at the time and dates. SASA North District reserves the right to reschedule the event without notice and without liability for doing so. It is expected that this would only happen as a result of unforeseen circumstances, e.g. venue/facility failure or adverse weather. In the event of postponement, cancellation or abandonment of the Championships, refunds, if any, will be made at the absolute discretion of SASA North District, who will have no legal liability to make a refund or to pay any form of consequential or indirect damage such as loss of enjoyment, travel and accommodation costs.
Meet Convenor	Round 1 Michelle Mackay and David Downie dyceascpresident@hotmail.com Round 2 Alice Currie ythanasc@outlook.com



North District

AGE GROUP SWIMMING CHAMPIONSHIPS 2024 INCORPORATING MIDLAND DISTRICT CHAMPIONSHIPS ROUND 1

10/11 FEBRUARY - ABERDEEN SPORTS VILLAGE AQUATICS CENTRE

Programme of Events

Session 1 - Saturday Morning Weekend 1			
Event No	Age Group	Distance	Stroke
101	Male & Open 16+	200m	Freestyle
102	Female 16+	100m	Backstroke
103	Male & Open 16+	100m	Butterfly
104	Female 11+	800m	Freestyle
105	Male & Open 11+	400m	Individual Medley
106	Female 16+	50m	Freestyle
107	Male & Open 16+	50m	Backstroke
108	Female 16+	200m	Butterfly
109	Male & Open 16+	200m	Breaststroke

Session 4 - Sunday Morning Weekend 1			
Event No	Age Group	Distance	Stroke
201	Male & Open 16+	200m	Backstroke
202	Female 16+	50m	Butterfly
203	Male & Open 16+	50m	Breaststroke
204	Female 16+	200m	Individual Medley
205	Male & Open 11+	1500m	Freestyle
206	Female 11+	400m	Freestyle
207	Male & Open 16+	100m	Freestyle
208	Female 16+	100m	Breaststroke

Session 2 - Saturday Afternoon Weekend 1			
Event No	Age Group	Distance	Stroke
121	Male & Open 11-15	200m	Freestyle
122	Female 11-15	100m	Backstroke
123	Male & Open 11-15	100m	Butterfly
124	Female 11-15	50m	Freestyle
125	Male & Open 11-15	50m	Backstroke
126	Female 11-15	200m	Butterfly
127	Male & Open 11-15	200m	Breaststroke

Session 5 - Sunday Afternoon Weekend 1			
Event No	Age Group	Distance	Stroke
221	Male & Open 11-15	200m	Backstroke
222	Female 11-15	50m	Butterfly
223	Male & Open 11-15	50m	Breaststroke
224	Female 11-15	200m	Individual Medley
225	Male & Open 11-15	100m	Freestyle
226	Female 11-15	100m	Breaststroke

Session 3 - Saturday Finals			
Event No	Age Group	Distance	Stroke
122A	Female 11-13	100m	Backstroke
122B	Female 14/15	100m	Backstroke
102A	Female 16/17	100m	Backstroke
102B	Female 18+	100m	Backstroke
123A	Male & Open 11-13	100m	Butterfly
123B	Male & Open 14/15	100m	Butterfly
103A	Male & Open 16/17	100m	Butterfly
103B	Male & Open 18+	100m	Butterfly
124A	Female 11-13	50m	Freestyle
124B	Female 14/15	50m	Freestyle
106A	Female 16/17	50m	Freestyle
106B	Female 18+	50m	Freestyle
125A	Male & Open 11-13	50m	Backstroke
125B	Male & Open 14/15	50m	Backstroke
107A	Male & Open 16/17	50m	Backstroke
107B	Male & Open 18+	50m	Backstroke
151	Female 11-14	4 x 100m	Freestyle Relay
152	Female 15+	4 x 100m	Freestyle Relay
153	Male & Open 11-14	4 x 50m	Medley Relay
154	Male & Open 15+	4 x 50m	Medley Relay

Session 6 - Sunday Finals			
Event No	Age Group	Distance	Stroke
222A	Female 11-13	50m	Butterfly
222B	Female 14/15	50m	Butterfly
202A	Female 16/17	50m	Butterfly
202B	Female 18+	50m	Butterfly
223A	Male & Open 11-13	50m	Breaststroke
223B	Male & Open 14/15	50m	Breaststroke
203A	Male & Open 16/17	50m	Breaststroke
203B	Male & Open 18+	50m	Breaststroke
224A	Female 11-13	200m	Individual Medley
224B	Female 14/15	200m	Individual Medley
204A	Female 16/17	200m	Individual Medley
204B	Female 18+	200m	Individual Medley
225A	Male & Open 11-13	100m	Freestyle
225B	Male & Open 14/15	100m	Freestyle
207A	Male & Open 16/17	100m	Freestyle
207B	Male & Open 18+	100m	Freestyle
226A	Female 11-13	100m	Breaststroke
226B	Female 14/15	100m	Breaststroke
208A	Female 16/17	100m	Breaststroke
208B	Female 18+	100m	Breaststroke
251	Male & Open 11-14	4 x 100m	Medley Relay
252	Male & Open 15+	4 x 100m	Medley Relay
253	Female 11-14	4 x 50m	Freestyle Relay
254	Female 15+	4 x 50m	Freestyle Relay



North District

AGE GROUP SWIMMING CHAMPIONSHIPS 2024 INCORPORATING MIDLAND DISTRICT CHAMPIONSHIPS ROUND 2

2/3 MARCH - ABERDEEN SPORTS VILLAGE AQUATICS CENTRE

Programme of Events

Session 1 - Saturday Morning			
Event No	Age Group	Distance	Stroke
301	Female 16+	200m	Freestyle
302	Male & Open 16+	100m	Backstroke
303	Female 16+	100m	Butterfly
304	Male & Open 11+	800m	Freestyle
305	Female 11+	400m	Individual Medley
306	Male & Open 16+	50m	Freestyle
307	Female 16+	50m	Backstroke
308	Male & Open 16+	200m	Butterfly
309	Female 16+	200m	Breaststroke

Session 4 - Sunday Morning			
Event No	Age Group	Distance	Stroke
401	Female 16+	200m	Backstroke
402	Male & Open 16+	50m	Butterfly
403	Female 16+	50m	Breaststroke
404	Male & Open 16+	200m	Individual Medley
405	Female 11+	1500m	Freestyle
406	Male & Open 11+	400m	Freestyle
407	Female 16+	100m	Freestyle
408	Male & Open 16+	100m	Breaststroke

Session 2 - Saturday Afternoon			
Event No	Age Group	Distance	Stroke
321	Female 11-15	200m	Freestyle
322	Male & Open 11-15	100m	Backstroke
323	Female 11-15	100m	Butterfly
324	Male & Open 11-15	50m	Freestyle
325	Female 11-15	50m	Backstroke
326	Male & Open 11-15	200m	Butterfly
327	Female 11-15	200m	Breaststroke

Session 5 - Sunday Afternoon			
Event No	Age Group	Distance	Stroke
421	Female 11-15	200m	Backstroke
422	Male & Open 11-15	50m	Butterfly
423	Female 11-15	50m	Breaststroke
424	Male & Open 11-15	200m	Individual Medley
425	Female 11-15	100m	Freestyle
426	Male & Open 11-15	100m	Breaststroke

Session 3 - Saturday Finals			
Event No	Age Group	Distance	Stroke
322A	Male & Open 11-13	100m	Backstroke
322B	Male & Open 14/15	100m	Backstroke
302A	Male & Open 16/17	100m	Backstroke
302B	Male & Open 18+	100m	Backstroke
323A	Female 11-13	100m	Butterfly
323B	Female 14/15	100m	Butterfly
303A	Female 16/17	100m	Butterfly
303B	Female 18+	100m	Butterfly
324A	Male & Open 11-13	50m	Freestyle
324B	Male & Open 14/15	50m	Freestyle
306A	Male & Open 16/17	50m	Freestyle
306B	Male & Open 18+	50m	Freestyle
325A	Female 11-13	50m	Backstroke
325B	Female 14/15	50m	Backstroke
307A	Female 16/17	50m	Backstroke
307B	Female 18+	50m	Backstroke
351	Male & Open 11-14	4 x 100m	Freestyle Relay
352	Male & Open 15+	4 x 100m	Freestyle Relay
353	Female 11-14	4 x 50m	Medley Relay
354	Female 15+	4 x 50m	Medley Relay

Session 6 - Sunday Finals			
Event No	Age Group	Distance	Stroke
422A	Male & Open 11-13	50m	Butterfly
422B	Male & Open 14/15	50m	Butterfly
402A	Male & Open 16/17	50m	Butterfly
402B	Male & Open 18+	50m	Butterfly
423A	Female 11-13	50m	Breaststroke
423B	Female 14/15	50m	Breaststroke
403A	Female 16/17	50m	Breaststroke
403B	Female 18+	50m	Breaststroke
424A	Male & Open 11-13	200m	Individual Medley
424B	Male & Open 14/15	200m	Individual Medley
404A	Male & Open 16/17	200m	Individual Medley
404B	Male & Open 18+	200m	Individual Medley
425A	Female 11-13	100m	Freestyle
425B	Female 14/15	100m	Freestyle
407A	Female 16/17	100m	Freestyle
407B	Female 18+	100m	Freestyle
426A	Male & Open 11-13	100m	Breaststroke
426B	Male & Open 14/15	100m	Breaststroke
408A	Male & Open 16/17	100m	Breaststroke
408B	Male & Open 18+	100m	Breaststroke
451	Female 11-14	4 x 100m	Medley Relay
452	Female 15+	4 x 100m	Medley Relay
453	Male & Open 11-14	4 x 50m	Freestyle Relay
454	Male & Open 15+	4 x 50m	Freestyle Relay



North District

AGE GROUP SWIMMING CHAMPIONSHIPS 2024 INCORPORATING MIDLAND DISTRICT CHAMPIONSHIPS

Round 1 – 10/11 FEBRUARY 2024 and Round 2 – 2/3 MARCH 2024

Consideration Times Accredited Times swum at meets (licensed at level 1 or level 2 or a foreign equivalent) are required for Age Group Championships events. These times must have been achieved since 1 January 2023 for both rounds. You must send a proof of time report with your entries. Times which cannot be verified as accredited will be automatically be rejected.

Times below are long course times. Times converted from short course accredited competitions will also be accepted. Times must be equal to or faster than -

Female						Event	Male & Open					
≤2007	2008	2009	2010	2011	2012/13		2012/13	2011	2010	2009	2008	≤2007
00:31.3	00:31.4	00:32.7	00:33.7	00:35.3	00:37.8	50m Freestyle	00:38.5	00:35.4	00:32.7	00:30.5	00:29.1	00:28.0
01:08.8	01:09.8	01:11.4	01:15.0	01:18.3	01:27.5	100m Freestyle	01:28.1	01:19.4	01:13.6	01:08.3	01:04.3	01:02.2
02:31.5	02:34.9	02:37.1	02:42.7	02:50.4	03:10.4	200m Freestyle	03:10.4	02:56.0	02:41.7	02:37.5	02:21.8	02:17.8
05:03.1	05:18.3	05:26.7	05:31.1	06:00.3	06:28.8	400m Freestyle	06:28.8	06:00.3	05:43.5	05:24.1	05:09.0	04:59.4
10:46.9	11:02.8	11:08.0	11:18.0	12:02.3**	12:02.3**	800m Freestyle	12:02.3**	12:02.3**	11:44.3	11:12.7	10:36.4	10:20.6
20:34.8	21:04.6	21:40.4	22:22.5	22:56.3**	22:56.3**	1500m Freestyle	22:56.3**	22:56.3**	22:22.5	21:23.3	20:24.9	19:45.4
00:35.4	00:36.5	00:37.4	00:39.0	00:40.9	00:43.9	50m Backstroke	00:45.0	00:41.6	00:38.2	00:36.3	00:34.5	00:32.4
01:16.7	01:17.9	01:18.7	01:25.0	01:31.3	01:37.3	100m Backstroke	01:43.2	01:31.5	01:23.1	01:18.6	01:14.1	01:11.2
02:47.1	02:51.5	02:53.2	03:06.3	03:12.1	03:25.8	200m Backstroke	03:25.8	03:12.1	03:01.2	02:47.5	02:45.5	02:39.4
00:41.0	00:41.6	00:43.3	00:44.8	00:46.7	00:51.3	50m Breaststroke	00:52.5	00:47.7	00:43.0	00:40.7	00:38.7	00:36.3
01:30.9	01:32.2	01:34.1	01:37.5	01:42.7	01:53.6	100m Breaststroke	02:06.6	01:48.9	01:39.8	01:32.0	01:27.7	01:23.5
03:14.3	03:14.4	03:23.6	03:37.6	03:49.0	04:12.0	200m Breaststroke	04:12.0	03:49.0	03:37.6	03:21.0	03:09.0	03:01.1
00:33.6	00:34.9	00:36.5	00:37.7	00:41.0	00:46.0	50m Butterfly	00:46.0	00:41.0	00:36.8	00:34.5	00:32.0	00:30.0
01:16.8	01:19.6	01:22.6	01:27.6	01:35.6	01:51.5	100m Butterfly	01:51.5	01:35.6	01:26.4	01:18.5	01:12.0	01:08.2
02:53.6	02:59.8	03:08.4	03:23.2	03:31.1	03:54.3	200m Butterfly	03:54.3	03:31.1	03:22.9	03:03.6	02:51.4	02:42.4
02:51.5	02:51.6	02:56.0	02:58.1	03:18.4	03:30.5	200m I.M.	03:37.9	03:19.0	03:08.2	02:48.0	02:40.6	02:38.8
06:02.7	06:10.3	06:16.2	06:25.7	07:02.2	07:42.5	400m I.M.	07:42.5	07:02.2	06:16.6	06:00.0	05:45.0	05:40.0

**Please note that in recognition of the limited opportunities for swimmers in the younger swimmers to compete in 800m and 1500m events, entries will be accepted for these events only with times that are within the time standard and that are real but have not been performed at accredited meets. Entries that are made in this way will only be accepted if all other entries into the events have been accepted and there is still capacity.

[L1/736/SS/FEB24](#) and [L1/737/SS/MAR24](#)



North District

AGE GROUP SWIMMING CHAMPIONSHIPS 2024 INCORPORATING MIDLAND DISTRICT CHAMPIONSHIPS

Round 1 – 10/11 FEBRUARY 2024 and

Round 2 – 2/3 MARCH 2024

ABERDEEN SPORTS VILLAGE AQUATICS CENTRE

Supplementary Para Swimming Conditions and Entry Standards

These are to be adhered to in conjunction with the general conditions for the Age Group Championships.

The following events will be integrated into the heats according to eligibility criteria:

Event	Male & Open and Female
50m Freestyle	S1 – S14
100m Freestyle	S1 – S14
200m Freestyle	S1 – S5 and S14
400m Freestyle	S6 – S13
50m Backstroke	S1 – S5
100m Backstroke	S6 – S14
50m Breaststroke	SB1 – SB3
100m Breaststroke	SB4 – SB9, SB11 – SB14
50m Butterfly	S2 – S7
100m Butterfly	S8 – S14
200m IM	SM5 – SM14

Eligibility

All Competitors must be registered as members of a swimming club affiliated to the SASA North District or SASA Midland District at the time of entry. **Entry standards are as attached and these are open age group standards.**

Competitors in WPS Classification S1 - S13 must have an authorised British Swimming or WPS classification, which is held on the Scottish Swimming Membership database at the time of entry.

Competitors in Classification S14 must have an authorised WPS, INAS-FID or UKSAPLD classification which is held on the Scottish Swimming Membership database at the time of entry.

Para swimmers must be identified as such with their classification at the point of entry.

General

- A copy of information held on the Scottish Swimming Membership database must be submitted to the Recording desk prior to the start of the session with the athlete's first event. No further submission is required following this. Any concerns about this, please speak to the Meet Convenor.
- All eligible swimmers will be integrated into the event seeded by absolute time.
- Where relevant, the competition shall take place under the relevant WP Swimming, Swimming Rules.
- Personal care attendants will only be permitted for swimmers in the following classes: S1, S2, S3, S4 and S11. A swimmer in any of the classes as specified above may have both a coach and personal care attendant(s) present.

Medals

There will be no medals for Para swimming events.

Standards

EVENT	CLASS	FEMALE	MALE & OPEN	EVENT	CLASS	FEMALE	MALE & OPEN	
50m FREESTYLE	S1	02:22.99	02:33.08	100m BACKSTROKE	S1	07:37.83	04:16.00	
	S2	02:38.47	01:41.51		S2	04:44.27	03:18.78	
	S3	01:17.84	01:13.93		S6	02:25.01	02:15.46	
	S4	01:07.69	01:08.68		S7	02:23.60	02:03.78	
	S5	01:05.11	00:55.83		S8	02:12.43	01:56.74	
	S6	00:57.95	00:52.00		S9	02:02.43	01:50.04	
	S7	00:58.50	00:48.43		S10	01:57.95	01:40.81	
	S8	00:52.31	00:46.34		S11	02:18.30	02:03.96	
	S9	00:50.29	00:44.47		S12	02:03.54	01:44.48	
	S10	00:47.65	00:40.43		S13	01:57.81	01:43.41	
	S11	00:52.80	00:45.92		S14	01:54.55	01:44.96	
	S12	00:49.44	00:40.90		50m BREASTSTROKE	SB1	03:50.89	03:06.32
	S13	00:47.12	00:40.44			SB2	02:21.58	01:39.01
	S14	00:48.52	00:43.18			SB3	01:37.95	01:24.95
100m FREESTYLE	S1	07:04.37	05:28.18	100m BREASTSTROKE	SB4	03:12.17	02:58.70	
	S2	05:38.69	04:33.90		SB5	02:52.11	02:47.42	
	S3	02:50.36	02:58.35		SB6	02:51.17	02:23.65	
	S4	02:28.10	02:27.08		SB7	02:37.61	02:17.14	
	S5	02:21.59	01:57.84		SB8	02:23.99	02:02.25	
	S6	02:04.92	01:52.34		SB9	02:12.46	01:53.73	
	S7	02:04.00	01:46.16		SB11	02:28.32	02:11.15	
	S8	01:51.59	01:41.69		SB12	02:17.36	01:59.42	
	S9	01:47.88	01:35.69		SB13	02:10.44	01:55.07	
	S10	01:43.77	01:28.38		SB14	02:10.63	01:54.70	
	S11	01:58.13	01:41.64		50m BUTTERFLY	S1	05:00.00	05:00.00
	S12	01:43.55	01:32.85			S2	03:57.64	04:05.00
	S13	01:43.12	01:29.37			S3	01:59.07	02:23.11
	S14	01:44.19	01:31.87			S4	01:43.00	01:18.22
200m FREESTYLE	S1	11:16.00	08:43.43	S5		01:19.36	01:03.38	
	S2	11:49.48	07:03.06	S6		01:02.53	00:55.71	
	S3	08:26.41	05:59.35	S7		01:02.56	00:51.61	
	S4	05:51.71	05:18.10	S8	02:10.49	01:46.50		
	S5	04:52.77	04:22.11	S9	01:57.93	01:43.29		
	S14	03:36.39	03:20.34	S10	01:55.29	01:34.96		
400m FREESTYLE	S6	09:15.85	08:51.32	100m BUTTERFLY	S11	02:23.09	01:51.25	
	S7	09:06.04	08:10.77		S12	01:55.50	01:38.55	
	S8	08:29.17	07:51.94		S13	01:51.86	01:39.57	
	S9	08:07.61	07:19.11		S14	01:51.30	01:38.36	
	S10	07:46.43	06:59.24	200m IM	SM5	06:17.82	05:47.45	
	S11	09:22.53	08:22.86		SM6	05:11.78	04:45.63	
	S12	08:10.79	07:38.24		SM7	05:10.30	04:25.98	
	S13	07:59.89	07:06.34		SM8	04:47.27	04:07.21	
S14	08:14.60	07:22.95	SM9		04:30.74	03:56.13		
50m BACKSTROKE	S1	03:51.05	02:04.20		SM10	04:13.18	03:45.51	
	S2	02:14.74	01:32.12		SM11	05:07.77	04:18.52	
	S3	01:35.37	01:22.14		SM12	04:26.46	03:54.52	
	S4	01:28.57	01:17.28		SM13	04:09.32	03:49.55	
	S5	01:17.66	01:01.49		SM14	04:06.52	03:45.62	



North District

AGE GROUP SWIMMING CHAMPIONSHIPS 2024 – (10/11 February - Round 1)

INCORPORATING MIDLAND DISTRICT CHAMPIONSHIPS

Round 1 – 10/11 February 2024 – ABERDEEN AQUATICS CENTRE

SUMMARY SHEET

Club Name/Abbr _____

Match Secretary _____

Address _____

Tel. No _____

E-mail address _____

..... Individual Male & Open Entries	@ £9.00	£
..... Individual Female Entries	@ £9.00	£
..... Team Entries	@ £12.00	£
..... Coach Meal Pass (1 day Saturday)	@ £12.00	£
..... Coach Meal Pass (1 day Sunday)	@ £12.00	£
..... Coach Meal Passes (2 days)	@ £24.00	£
TOTAL		£

CLOSING DATE FOR ELECTRONIC ENTRIES – 12 JANUARY 2024 (Round 1)

Paperwork and payment to be received by the District Entries Secretary (Sandra Middleton) within 3 postal days of closing date

Cheques should be made payable to:

SASA NORTH DISTRICT

BACS Payment Reference AGEC1 followed by Club Code eg AGEC1NANX Sort Code: 80-05-16 A/C No 00882011

Have you enclosed or sent: Cheque or BACS 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 swimmers entered into the female category have a birth sex of female.

I confirm that all coaches and/or team staff from our club who will be on poolside have PVG and CWPS training.

Signed

Position in Club

Date

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



North District

AGE GROUP SWIMMING CHAMPIONSHIPS 2024 – (2/3 March - Round 2) INCORPORATING MIDLAND DISTRICT CHAMPIONSHIPS Round 2 – 2/3 March 2024 – ABERDEEN AQUATICS CENTRE

SUMMARY SHEET

Club Name/Abbr _____

Match Secretary _____
Address _____
Tel. No _____
E-mail address _____

..... Individual Male & Open Entries	@ £9.00	£
..... Individual Female Entries	@ £9.00	£
..... Team Entries	@ £12.00	£
..... Coach Meal Pass (1 day Saturday)	@ £12.00	£
..... Coach Meal Pass (1 day Sunday)	@ £12.00	£
..... Coach Meal Passes (2 days)	@ £24.00	£
TOTAL		£

CLOSING DATE FOR ELECTRONIC ENTRIES – 2 FEBRUARY 2024 (Round 2)

Paperwork and payment to be received by the District Entries Secretary (Anne Hendry) within 3 postal days of closing date

**Cheques should be made payable to:
SASA NORTH DISTRICT**

**BACS Payment Reference AGEC2 followed by Club Code eg
AGEC2NANX Sort Code: 80-05-16 A/C No 00882011**

Have you enclosed or sent: Cheque or BACS 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 swimmers entered into the female category have a birth sex of female.

I confirm that all coaches and/or team staff from our club who will be on poolside have PVG and CWPS training.

Signed

Position in Club

Date

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



North District

AGE GROUP SWIMMING CHAMPIONSHIPS 2024 INCORPORATING MIDLAND DISTRICT CHAMPIONSHIPS

OFFICIALS SHEETS

All Clubs – Please use only the Excel Spreadsheet available here and email to Meet Officials Convenor **NOT** the Entries Secretary

Round 1 – 11 February 2024 – deadline 26 January 2024

Round 2 - 2/3 March 2024 – deadline 16 February 2024

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

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.** Officials Sheets must be submitted even if no Technical Officials are required or offered.
2. Each Club's submission for ALL sessions should comply with North District **Swimming Regulation 6.3.1** as follows:-

1 – 5 swimmers	No Technical Officials required, but please return the form duly marked
6 – 10 swimmers	1 Technical Official for every session of the Meet
11 – 15 swimmers	2 Technical Officials for every session, at least one of which must be Judge 1 or Recorder
16 – 20 swimmers	2 Technical Officials for every session, 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 swimmers	3 Technical Officials for every session, 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 swimmers	4 Technical Officials for every session, at least one of which must be Judge 1 or Recorder and another must be Judge 2 or above or an AOE Operator
41+ swimmers	5 Technical Officials for every session, 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 this Championships, only swimmers entered into individual events shall be counted in accordance with North District SW 6.4