

NORTH DISTRICT OPEN SWIMMING CHAMPIONSHIPS **2nd & 3rd November 2024**

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, separate swim down pool (9 lanes)

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)

Rules This event will be held under World Aquatics and Scottish Swimming Rules

Events Individual events for Male & Open, and for Females, with faster heats in the morning, slower heats in the afternoon and Open and Junior Finals in the evening for:

50m Backstroke, Butterfly, Breaststroke and Freestyle

100m Backstroke, Butterfly, Breaststroke and Freestyle

Individual events with faster heats in the morning, slower heats in the afternoon and Open Finals only in the evening for:

200m Backstroke, Butterfly, Breaststroke, Freestyle, Individual Medley and 400m Freestyle

Individual events swum as timed finals for:

400m Individual Medley and 800m Freestyle

Team events for:

4 x 50m Mixed Freestyle and Mixed Medley Relays

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. The SASA North District reserve the right to change the event order in the afternoon sessions if heats of a particular event are not required.

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 World Aquatics. Entries from composite teams are welcome at these Championships.

Junior swimmers must be under 17 years of age at 31st December 2024.

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.

Please email completed entry files along with summary sheet and proof of entry times to the District Entries Secretary – entries@sasanorth.org.uk

CLOSING DATE FOR ELECTRONIC ENTRIES IS FRIDAY 4th OCTOBER 2024

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.

Entry Fees	<p>Payment should be made by direct bank transfer. Reference should be OPEN24 followed by your club code eg OPEN24NANX. Bank details for direct bank transfer payments are on the summary sheet.</p> <p>£9.50 per individual swim £13.00 per team event</p> <p>IMPORTANT: The direct bank transfer 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.</p>
Consideration Times	<p>Consideration times are with the attached Programme of Events.</p> <p>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). <u>Please note that accredited times are required.</u></p>
Transgender Competition Policy	<p>As of the 1st January 2024 the Scottish Swimming Transgender & Non-Binary Competition Policy was 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.</p> <p>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.</p>
Early Withdrawals	<p>Withdrawals prior to the event may be sent or e-mailed to Sandra Middleton at entries@sasanorth.org.uk to arrive by 5pm at the latest on Thursday 31st October 2024. NB: All details must be included on e-mail withdrawals ie Name, Event No, Stroke, Comp No etc. Telephone withdrawals will not be accepted, nor will WhatsApp messages.</p>
Medical Withdrawals	<p>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:</p> <p>The swimmer has been withdrawn in time according to the Meet Information.</p> <p>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.</p> <p>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.</p>
Withdrawals at the Meet	<p>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).</p>
Withdrawals from Finals	<p>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</p>

Withdrawals from Finals (cont)

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.

Qualifying for Finals

Finals will be seeded directly from the results of the heats.

The fastest ten swimmers shall qualify for the Open Final.

Events with an Open Final only

Two reserves shall be nominated for the Open Final to take a place in the final in the event of withdrawals prior to the start sheets being published.

Once the start sheets for the finals session have been published, there will be no reserves.

Events with an Open Final and a Junior Final

In events with a Junior Final the fastest ten Junior swimmers who have not qualified for the Open Final shall qualify for the Junior Final.

Two reserves shall be nominated for both the Open and Junior Final to take a place in the final in the event of withdrawals prior to the start sheets being published.

Once the start sheets for the finals session have been published, there will be no reserves or movement between finals.

Open Finals shall be swum after Junior finals.

Marshalling

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

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.

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.

Reserves

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 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 Open Final of each event will be the North District Open Champion. In a Timed Final event, the North District Open Champion will be the fastest swimmer in the event.

North District Champions

The North District Champion of all individual events with the exception of the form stroke 50m events will receive a trophy.

In determining the North District Champion for an event, results from the Open final shall be considered first. If no North District swimmer is in the Open Final, the swimmer with the fastest time from the heats will be the North District Champion unless that

Champions and Awards (cont)

swimmer is in the Junior Final, in which event, the fastest North District swimmer in the Junior Final shall be the North District Champion.

In a timed final event, the North District Champion will be the fastest North District swimmer in the 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.

In determining the North District Junior Champion for an event, results from the Open Final shall be considered before results from the Junior Final (where relevant). If no North District Junior swimmer is in either the Open or Junior Final the title shall be awarded to the fastest North District Junior swimmer in the heats.

In a timed final event, the North District Junior Champion will be the fastest North District Junior swimmer in the 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 & Open' individual swim by a North District swimmer based on World Aquatics points.

The Gordon Council Friendship Trophy will be awarded for the best Female individual swim by a North District swimmer based on World Aquatics 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 based on results (10 - 1).

Technical Officials

North District Clubs and Teams must email lists of Technical Officials for all sessions to the Meet Officials Convenor, Colin Oswald at theoswalds2@icloud.com to arrive no later than 14 days before the first day of the meet (18th October 2024).

Technical Officials should be submitted on the North District pro-forma ([North District Meet Officials Pro-Forma](#)) and must be emailed (not posted) by the specified date.

Please complete one section or sheet for each session of the meet. 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.

Clubs and teams from outside the North District are requested to put forward Technical Officials to the Meet Officials Convenor, Colin Oswald at theoswalds2@icloud.com to arrive no later than 14 days before the first day of the meet (18th October 2024). All offers to officiate are welcome. If expenses are required for officials travelling from outside the North District, please provide Colin with an estimate at the earliest opportunity to avoid disappointment.

Please note that probationary Judges and Timekeepers wishing specific signatures, eg., Chief Timekeeper, Chief Inspector of Turns, Relays or Finish Order should make the request to the Meet Officials Convenor when names are submitted. Mentoring will be at the discretion of the referee 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

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 and 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

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

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 please see [Swimsuits | Scottish Swimming](#).

Meet Director

Nikki Drever nikki@aberdeensportsvillage.com

OPEN SWIMMING CHAMPIONSHIPS 2024 PROGRAMME OF EVENTS

<p>Saturday 4 November - Morning Session</p> <p>101 Male & Open 400m Freestyle 102 Female 200m Freestyle 103 Male & Open 50m Breaststroke 104 Female 50m Backstroke 105 Male & Open 200m Butterfly 106 Female 200m Individual Medley 107 Male & Open 100m Backstroke 108 Female 100m Breaststroke 109 Male & Open 100m Freestyle 110 Female 100m Butterfly 111 Male & Open 50m Butterfly 112 Female 50m Freestyle 113 Male & Open 200m Breaststroke 114 Female 200m Backstroke</p>	<p>Sunday 5 November - Morning Session</p> <p>401 Female 400m Freestyle 402 Male & Open 200m Freestyle 403 Female 50m Breaststroke 404 Male & Open 50m Backstroke 405 Female 200m Butterfly 406 Male & Open 200m Individual Medley 407 Female 100m Backstroke 408 Male & Open 100m Breaststroke 409 Female 100m Freestyle 410 Male & Open 100m Butterfly 411 Female 50m Butterfly 412 Male & Open 50m Freestyle 413 Female 200m Breaststroke 414 Male & Open 200m Backstroke</p>
<p>Afternoon Session</p> <p>The 4 fastest heats of Events 101, 102, 105, 106, 107, 108, 109, 110, 113 and 114 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.</p> <p>201 Male & Open 400 Individual Medley (timed final) 202 Female 800m Freestyle (timed final)</p>	<p>Afternoon Session</p> <p>The 4 fastest heats of Events 401, 402, 405, 406, 407, 408, 409, 410, 413 and 414 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.</p> <p>501 Female 400m Individual Medley (timed final) 502 Male & Open 800m Freestyle (timed final)</p>
<p>Evening Finals Session</p> <p>101 Male & Open 400m Freestyle Open Final 102 Female 200m Freestyle Open Final 103 Male & Open 50m Breast Junior & Open Final 104 Female 50m Backstroke Junior & Open Final 105 Male & Open 200m Butterfly Open Final 106 Female 200m Individual Medley Open Final 107 Male & Open 100m Back Junior & Open Final 108 Female 100m Breaststroke Junior & Open Final 109 Male & Open 100m Freestyle Junior & Open Final 110 Female 100m Butterfly Junior & Open Final 111 Male & Open 50m Butterfly Junior & Open Final 112 Female 50m Freestyle Junior & Open Final 113 Male & Open 200m Breaststroke Open Final 114 Female 200m Backstroke Open Final 301 Mixed 4 x 50m Freestyle Relay</p>	<p>Evening Finals Session</p> <p>401 Female 400m Freestyle Open Final 402 Male & Open 200m Freestyle Open Final 403 Female 50m Breaststroke Junior & Open Final 404 Male & Open 50m Backstroke Junior & Open Final 405 Female 200m Butterfly Open Final 406 Male & Open 200m Individual Medley Open Final 407 Female 100m Backstroke Junior & Open Final 408 Male & Open 100m Breast Junior & Open Final 409 Female 100m Freestyle Junior & Open Final 410 Male & Open 100m Butterfly Junior & Open Final 411 Female 50m Butterfly Junior & Open Final 412 Male & Open 50m Freestyle Junior & Open Final 413 Female 200m Breaststroke Open Final 414 Male & Open 200m Backstroke Open Final 601 Mixed 4 x 50m Medley Relay</p>

OPEN SWIMMING CHAMPIONSHIPS 2024 CONSIDERATION TIMES

Please note Accredited Times are required for this meet. These times must have been achieved since 1 January 2023.

Only Junior* swimmers may enter these Championships with times slower than the Open consideration times.

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 Swim England tables will also be accepted.

Times must be faster than or equal to the following –

MALE & OPEN		EVENT	FEMALE	
Junior*	Open		Open	Junior*
	00:26.80	50 Freestyle	00:30.00	
00:59.40	00:56.20	100 Freestyle	01:02.80	01:05.50
02:16.30	02:06.40	200 Freestyle	02:18.70	02:26.10
05:05.90	04:36.00	400 Freestyle	04:52.00	05:18.50
10:01.10	09:33.00	800 Freestyle	10:01.00	10:23.70
	00:32.40	50 Backstroke	00:34.20	
01:13.50	01:07.60	100 Backstroke	01:11.40	01:15.20
02:38.90	02:26.10	200 Backstroke	02:35.00	02:44.10
	00:35.70	50 Breaststroke	00:39.90	
01:25.00	01:16.30	100 Breaststroke	01:23.00	01:28.60
03:03.90	02:49.60	200 Breaststroke	02:59.10	03:13.80
	00:29.00	50 Butterfly	00:32.50	
01:09.80	01:03.60	100 Butterfly	01:12.30	01:18.60
03:08.00	02:38.00	200 Butterfly	02:45.50	03:12.50
02:37.00	02:24.90	200 Individual Medley	02:37.10	02:46.80
05:40.30	05:13.70	400 Individual Medley	05:39.00	05:56.80

*As Scottish Swimming definition of 'Junior': A swimmer who is under 17 at 31 December 2024. Entries will be sorted solely on entry time with no differentiation between Open and Junior entries.



S.A.S.A North District

NORTH DISTRICT OPEN SWIMMING CHAMPIONSHIPS 2024 2nd & 3rd NOVEMBER – ABERDEEN AQUATICS CENTRE

SUMMARY SHEET

Tel. No _____

Meet Secretary _____
Club Name/Abbr _____
E-mail address _____

..... Individual Male & Open Entries	@ £9.50	£
..... Individual Female Entries	@ £9.50	£
..... Team Mixed Entries	@ £13.00	£
..... Coach Meal Passes (2 days)	@ £24.00	£
TOTAL		£

CLOSING DATE FOR ELECTRONIC ENTRIES – 4 OCTOBER 2024

Paperwork and Payment must be received by the District Entries Secretary within 3 postal days of closing date
Bank transfer reference OPEN24 followed by Club Code eg OPEN24NANX

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 2024

2nd & 3rd NOVEMBER – ABERDEEN AQUATICS CENTRE

Officials Submissions

All Clubs submitting officials must use the Officials Sheet available here - [North District Meet Officials Pro-Forma](#).

Meet Officials Convenor: Colin Oswald

Tel: 07711 614512

Email: theoswalds2@icloud.com

1. All forms must be completed and emailed to the Meet Officials Convenor **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.