



## S.A.S.A North District

# OPEN SWIMMING CHAMPIONSHIPS 2014

(UNDER FINA AND SASA RULES)

**4 & 5 OCTOBER 2014**

**INVERNESS LEISURE**

### MEET INFORMATION

**Pool** 25 Metres, 8 Lanes, Anti-turbulence ropes, Electronic Timing & Level Deck Pool

<b>Sessions</b>	<b>Session One</b>	Warm Up 08.00	Start 09.05	End 12.00
	<b>Session Two</b>	Warm Up 12.30	Start 13.35	End 16.30
	<b>Session Three</b>	Warm Up 17.00	Start 18.05	End 19.45
	<b>Session Four</b>	Warm Up 08.00	Start 09.05	End 12.00
	<b>Session Five</b>	Warm Up 12.30	Start 13.35	End 16.30
	<b>Session Six</b>	Warm Up 17.00	Start 18.05	End 19.45

(SUBJECT TO CHANGE IF NECESSARY)

### Events

The following events will be swum with heats and finals

50m Freestyle, Backstroke, Breaststroke, Butterfly

100m Freestyle, Backstroke, Breaststroke, Butterfly

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

The following events will be swum as timed finals

400m Freestyle, Individual Medley

800m Freestyle

1500m Freestyle

All events are Open with no age groups

### Consideration Times

Consideration times are attached

There are Junior consideration times as well as open times where Junior is aged under 17 on 31 December 2014. Entries made by Juniors will be combined with entries from Open swimmers at the time of entry.

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 SW 4.6 refers)

Please note that accredited times are required.

### Entries

Entries from composite teams are welcome at this meet.

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](http://www.sasanorth.org.uk)) or by contacting Helen Smith on [ndentries@gmail.com](mailto:ndentries@gmail.com)

Please email entry files along with proof of times report to [ndentries@gmail.com](mailto:ndentries@gmail.com)

Summary sheet and entry fees should be posted to: - **Helen Smith, Inverbarn, Monymusk, Inverurie AB51 7HP** (Summary sheet may be emailed)

**CLOSING DATE FOR ELECTRONIC ENTRIES IS FRIDAY 5 SEPTEMBER 2014**

Please note that paperwork and payment must be received within 3 days.

### Entry Fees

£6.00 per individual swim                      £8.00 per team event

Cheques should be made payable to SASA North District.

Entries may have to be limited dependent upon numbers received.

- Early Withdrawals** Withdrawals prior to the event may be sent by e-mail to: [ndentries@gmail.com](mailto:ndentries@gmail.com) to arrive by **1.00 pm** at the latest on Friday 3 October 2014. NB: All details **must** be included on withdrawals - Name, Event No, Stroke, Comp No
- Telephone 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.
- A swimmer who withdraws from heats, or finals outwith the times as specified on Meet information shall pay a fine except in the case of genuine illness or proven emergency. See North District Rule SW5.1(b).
- Qualifying for Finals** The fastest eight swimmers shall qualify for Open Finals. Two reserves shall be nominated.
- 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.
- Marshalling** **There will be marshalling at this meet and all swimmers and reserves must marshal for all events, both heats and finals, in accordance with the instructions issued at the meet or they will be considered to have withdrawn.**
- Awards**
- Medals**  
North District Medals will be awarded for 1st, 2nd and 3rd places.
- North District Open Champions**  
The fastest swimmer in the final of each 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 event.
- North District Champions**  
The North District Champion of all events with the exception of the form 50m events will receive a trophy.
- In determining North District Champions for an event, results from the Final shall be considered before results from any Heat.
- The fastest North District swimmer in the final of each event shall be the North District Champion. If no North District swimmer is in the final the title shall be awarded to the fastest North District swimmer in the heats. In a heat declared winner event, the North District Champion will be the fastest North District swimmer in the event.

**Awards (cont)** **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 of each event shall be the North District Junior Champion. If no North District Junior swimmers are in the final the title shall be awarded to the fastest North District Junior swimmer in the heats. In a Heat declared Winner event, the North District Junior Champion will be the fastest North District Junior swimmer in the event.

**Best Performance Trophies**

The Hugh Campbell Memorial Trophy will be awarded for the best male individual swim based on FINA points.

The Gordon Council Friendship Trophy will be awarded for the best female individual swim based on FINA points.

**Best Team Trophy**

The North District Club/Team Championship Trophy will be presented to the North District Club/Team who achieve the most points based on results (8 ⇒ 1).

Points will only be scored from Open Finals and Timed Finals.

**Technical Officials**

Lists of Technical Officials for all sessions must be emailed to the Meet Officials Convenor, Durno Jessiman at carnethy6@hotmail.com no later than 14 days before the first day of the meet (19 October 2014) – North District rules SW 6.2. and SW4.1 refer.

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.

For Trainee Judge 1, Judge 2 or Judge 2S, please see the Officials Sheet.

The above rules only apply to North District Clubs/Teams.

Technical Officials from outside the North District are invited to submit applications to officiate to the Meet Officials Convenor, Durno Jessiman by email to carnethy6@hotmail.com on the Visiting Officials Sheet.

Expenses will awarded to visiting Technical Officials in accordance with North District Rules.

Any queries or changes to Technical Officials after the closing date should be directed to the Meet Officials Convenor, Durno Jessiman by email to carnethy6@hotmail.com

**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 - see attached.

2. The use of mobile phones is not permitted in the pool hall or the changing village.
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 are 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. As the public will be using the leisure pool during the competition sessions, vuvuzelas are not permitted at this meet. Air horns are not permitted.
6. Participating clubs will receive one copy of start sheets for each session.
7. 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.

**Photography**

Please note that anyone wishing to use photographic equipment, including video cameras must register with the Meet Director (application should be made on the appropriate SASA Health and Safety form and signed by the relevant club official).

**Meet  
Convenor**

Lisa Woolley Email: [barwcontractors@aol.com](mailto:barwcontractors@aol.com)



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

## **OPEN SWIMMING CHAMPIONSHIPS 2014**

**4 & 5 OCTOBER 2014 - INVERNESS LEISURE**

### **CONSIDERATION TIMES**

Please note accredited times are required for Open Championship events. North District Rule SW 2.1

These times must have been achieved since 18 October 2013.

**Clubs may be requested to submit a proof of times report or provide evidence of a time.** Should you receive such a request 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 must be faster than or equal to the following -

<b>FEMALE</b>		<b>EVENT</b>	<b>MALE</b>	
<b>Junior*</b>	<b>Open</b>		<b>Open</b>	<b>Junior*</b>
00:33.0	00:31.0	50 Freestyle	00:28.0	00:30.0
01:10.0	01:06.0	100 Freestyle	01:01.0	01:05.0
02:29.0	02:23.0	200 Freestyle	02:14.0	02:20.0
05:10.0	05:01.0	400 Freestyle	04:45.0	04:54.0
10:28.0	10:14.0	800 Freestyle	10:01.0	10:15.0
21:58.0	21:09.0	1500 Freestyle	18:47.0	20:06.0
00:38.0	00:36.0	50 Backstroke	00:33.0	00:36.0
01:21.0	01:15.0	100 Backstroke	01:12.0	01:17.0
02:47.0	02:41.0	200 Backstroke	02:31.0	02:38.0
00:42.0	00:40.0	50 Breaststroke	00:37.0	00:40.0
01:32.0	01:28.0	100 Breaststroke	01:21.0	01:26.0
03:14.0	03:08.0	200 Breaststroke	02:58.0	03:07.0
00:36.0	00:34.0	50 Butterfly	00:31.0	00:34.0
01:22.0	01:18.0	100 Butterfly	01:11.0	01:16.0
03:06.0	03:00.0	200 Butterfly	02:49.0	02:59.0
01:21.0	01:17.0	100 Individual Medley	01:14.0	01:19.0
02:48.0	02:42.0	200 Individual Medley	02:31.0	02:38.0
05:54.0	05:45.0	400 Individual Medley	05:32.0	05:42.0

\*As Scottish Swimming definition of 'Junior': A swimmer who is under 17 at 31 December 2014. Entries will be sorted solely on entry time with no differentiation between Open and Junior entries.



# S.A.S.A North District

## OPEN SWIMMING CHAMPIONSHIPS 2014 -4 & 5 OCTOBER 2014 - INVERNESS LEISURE Programme of Events

### Session One (Saturday)

Event 101	Men	50m Butterfly
Event 102	Women	50m Backstroke
Event 103	Men	200m IM
Event 104	Women	200m Freestyle
Event 105	Men	100m Backstroke
Event 106	Women	100m Butterfly
Event 107	Men	400m Free (HDW)
Event 108	Women	1500m Free (HDW)
Event 109	Men	50m Breaststroke
Event 110	Women	50m Freestyle

### Session Two

Event 201	Men	200m Butterfly	Event 101 Men	50m Butterfly
Event 202	Women	200m Backstroke	Event 102 Women	50m Backstroke
Event 203	Men	800m Freestyle (HDW)	Event 103 Men	200m IM
Event 204	Women	100m Breaststroke	Event 104 Women	200m Freestyle
Event 205	Men	200m Breaststroke	Event 105 Men	100m Backstroke
Event 206	Women	400m IM (HDW)	Event 106 Women	100m Butterfly
Event 207	Men	100m Freestyle	Event 107 Men	50m Breaststroke
Event 208	Women	100m IM	Event 108 Women	50m Freestyle
			Event 201 Men	200m Butterfly
			Event 202 Women	200m Backstroke
			Event 205 Men	200m Breaststroke
			Event 204 Women	100m Breaststroke
			Event 207 Men	100m Freestyle
			Event 208 Women	100m IM
			Event 301 Men	4 x 50m Freestyle Relay
			Event 302 Women	4 x 50 Medley Relay

### Session Four (Sunday)

Event 401	Women	50m Butterfly
Event 402	Men	50m Backstroke
Event 403	Women	200m IM
Event 404	Men	200m Freestyle
Event 405	Women	100m Backstroke
Event 406	Men	100m Butterfly
Event 407	Women	400m Free (HDW)
Event 408	Men	1500m Free (HDW)
Event 409	Women	50m Breaststroke
Event 410	Men	50m Freestyle

### Session Five

Event 501	Women	200m Butterfly	Event 401 Women	50m Butterfly
Event 502	Men	200m Backstroke	Event 402 Men	50m Backstroke
Event 503	Women	800m Freestyle (HDW)	Event 403 Women	200m IM
Event 504	Men	100m Breaststroke	Event 404 Men	200m Freestyle
Event 505	Women	200m Breaststroke	Event 405 Women	100m Backstroke
Event 506	Men	400m IM (HDW)	Event 406 Men	100m Butterfly
Event 507	Women	100m Freestyle	Event 407 Women	50m Breaststroke
Event 508	Men	100m IM	Event 408 Men	50m Freestyle
			Event 501 Women	200m Butterfly
			Event 502 Men	200m Backstroke
			Event 505 Women	200m Breaststroke
			Event 504 Men	100m Breaststroke
			Event 507 Women	100m Freestyle
			Event 508 Men	100m IM
			Event 601 Women	4 x 50m Freestyle Relay
			Event 602 Men	4 x 50 Medley Relay



# S.A.S.A North District

## OPEN SWIMMING CHAMPIONSHIPS 2014 4 & 5 OCTOBER 2014 - INVERNESS LEISURE

### SUMMARY SHEET

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

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

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

..... Individual Male Entries	@ £ 6.00	£ .....
..... Individual Female Entries	@ £ 6.00	£ .....
..... Team Male Entries	@ £ 8.00	£ .....
..... Individual Female Entries	@ £ 8.00	£ .....
..... Coaches' Meal Pass	@ £24.00	£ .....
TOTAL		£ .....

**CLOSING DATE FOR ENTRIES - 5 SEPTEMBER 2014**

**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 North District Clubs and Teams)



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

**4 & 5 OCTOBER 2014 - INVERNESS LEISURE**

**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

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

**PART 1 – OFFICIALS (see note 2)**

NAME	DUTY	SIGNATURE REQUIRED?	SESSION 1	SESSION 2	SESSION 3	SESSION 4	SESSION 5	Mentor Sessions

**MENTORING DETAILS (see note 5)**

**Trainee Judges, 1, 2 or 2S, please complete details below (also completing Part 1 above) for requested mentoring sessions. Please indicate duty in each session**

NAME	TRAINEE	SESSION 1	SESSION 2	SESSION 3	SESSION 4	SESSION 5	SESSION 6
Example Name	<b>J1</b>	<b>CIT</b>	<b>Relay</b>				

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

## **COMPLETION NOTES**

- 1 The attached Officials Sheet should be completed and emailed to the Meet Officials Convenor, Durno Jessiman to [carnethy6@hotmail.com](mailto:carnethy6@hotmail.com) **no later than 14 days before the first day of the meet.** The sheet should comply with North District **Swimming Regulation 6.2** as follows:-

4 swimmers or less	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

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

Please note these are the minimum requirements, extra officials are always welcome.

- 2 All officials should be entered in Part 1, the 'Officials Session' - this includes mentoring requests
- 3 The 'Duty' column should indicate the duty i.e. TK, J1, J2, J2S, REC
- 4 Any probationary Timekeepers or Judges requiring specific signatures following the old process e.g. Chief Timekeeper, Stroke Judge, can include requests for those in the 'Signature Required' column
- 5 The 'Mentor Session' column should be completed to indicate which of the specified sessions are requests for mentoring
- 6 Details of all requests for mentoring should be completed in Part 2.
- 7 The 'Trainee' column should indicate J1, J2 or J2S as appropriate.
- 8 The Session column should indicated the requested mentor duty.

Notes: Mentoring will be at the discretion of the referee depending on the availability of suitable mentors.

For the purposes of Rule SW6.2 Trainee Judge 1 will count as Timekeeper, and Trainee Judge 2 & 2S count as Judge. However, for Trainees being mentored or undergoing Final Assessments on the day, Rule SW6.5 applies.

*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.*