

NORTH DISTRICT
NATIONAL AGE GROUP CHAMPIONSHIPS
(UNDER FINA AND SASA RULES)

9 & 10 APRIL 2005
Inverness Aquadome

MEET INFORMATION

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

Sessions	Session One	Warm Up 08.00	-	Start 09.05
	Session Two	Warm Up 12.45	-	Start 13.50
	Session Three	Warm Up 17.30	-	Start 18.15
	Session Four	Warm Up 08.00	-	Start 09.05
	Session Five	Warm Up 12.45	-	Start 13.50
	Session Six	Warm Up 17.30	-	Start 18.15

(SUBJECT TO CHANGE IF NECESSARY)

Events See attached sheets. **Please note there are Consideration Times for these events, entries out with the Consideration Times will not be accepted as per District rule SW4.6. and there will be no refunds.**
There will be finals for 100m events and 200m IM, all other events will be HDW.
SW10.2.2 Competitors may swim only in their own age groups in both individual and relay events.

Age As at 10th April 2005 - 10 – 12 years, 13/14 years, 15 years and over.

Entries **All entries must be on disk** (District Rule SW 4.1.). To obtain a disk please e-mail Tom Tracey at ttracey@globalnet.co.uk or download entry files from www.sasanorth.org.uk

Time cards are not required.

Entry Fees £3.90 PER INDIVIDUAL EVENT
Cheques should be made payable to SASA North District.
Entries may have to be limited dependent upon numbers received.

CLOSING DATE FOR ENTRIES IS SATURDAY 12 MARCH 2005

Withdrawals Withdrawals from heats should be notified on the withdrawal form issued with the acceptance pack. The sheets should be handed in to the recorders table **at least 1 hour prior to the start** of the appropriate session.

NB Clubs should complete a separate sheet for each session.

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.

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.

Any withdrawals before the day of the Meet should be notified by e-mail or letter to Tom Tracey by 5pm on the Friday preceding. No telephone withdrawals are accepted.

Awards Medals will be awarded for 1st, 2nd and 3rd places.
Grampian Rosebowl, Sam Muir Quaich, Jean Muir Memorial Trophies and Welsh Trophies will be awarded according to North District rule SW11.3 .

Technical Officials **Lists of Technical Officials for all six sessions should be included with meet entries – North District rule SW 6.2. refers.**
Incomplete entries will be rejected

Any queries or changes to Technical Officials **after** the closing date should be directed to the Gala Officials Convenor, Eleanore Murison Tel: 01224 491381

- Notes**
1. All swimmers entered must have paid their SASA membership fee for the current year. Registration numbers **must** be shown on disks. A Licence has been granted for this competition and accreditation will be applied for to the SASA.
 2. 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.
 3. Participating clubs will receive one copy of start sheets and results sheets for each session.
 4. Over the top starts will be used where practical.

Video 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).

Please return disks along with summary sheet, entry fees and officials sheets to:-Tom Tracey, 2 Mackay Road, Inverness IV2 4JN

Meet Convenor: Margaret Anderson

Events & Consideration Times: (Times must be faster than)

Boys			Events	Girls		
15 +	13/14	10 - 12		10 - 12	13/14	15+
00:59.50	01:05.82	01:14.40	100 Free	01:14.40	01:08.60	01:07.80
02:16.40	02:25.80	02:41.20	200 Free	02:41.20	02:28.80	02:27.30
04:52.00	05:10.00	05:30.00	400 Free	05:30.00	05:15.00	05:05.00
09:40.00	10:30.00	11:30.00	800 Free	11:30.00	10:40.00	10:20.00
19:39.00	19:52.40	21:52.00	1500 Free	21:52.00	21:00.00	20:00.00
01:12.60	01:18.50	01:24.60	100 Back	01:24.60	01:19.20	01:16.50
02:43.80	02:53.00	03:01.38	200 Back	03:01.38	02:50.80	02:46.40
01:21.87	01:27.30	01:37.70	100 Breast	01:37.70	01:30.30	01:27.85
03:05.40	03:17.46	03:27.40	200 Breast	03:27.40	03:16.20	03:13.20
01:11.20	01:24.00	01:31.80	100 Fly	01:31.80	01:20.20	01:19.30
02:48.10	03:06.60	03:16.00	200 Fly	03:16.00	03:08.90	02:54.20
02:36.00	02:47.60	03:08.50	200 IM	03:08.50	02:50.00	02:45.50
05:39.50	05:56.78	06:28.70	400 IM	06:28.70	06:05.75	05:55.20

Notes: There will be finals for 100m events and 200m IM. All other events will be HDW. 400, 800 & 1500 Events will be swum as combined events to maximise opportunity.

However medals will be awarded in each age group and entries will be accepted in as near equal numbers per age group as possible.

Relay teams should be entered with realistic times in order to allow for relevant seeding to take place.

Programme of Events 9 & 10 April 2005

Session 4			Session 5			Session 6 FINALS		
Event 401	Girls 15+	100m Butterfly	Event 501	Boys 10-12	200m Individual Medley	Event 601	Boys 14 +	4 x 100 Medley Relay
Event 402	Boys 15+	100m Butterfly	Event 502	Girls 10-12	200m Individual Medley	Event 602	Girls 14+	4 x 100 Medley Relay
Event 403	Girls 10-12	100m Backstroke	Event 503	Boys 13/14	100m Breaststroke	Event 603	Girls 10+	400m Freestyle HDW
Event 404	Boys 10-12	100m Backstroke	Event 504	Girls 13/14	100m Breaststroke	Event 604	Boys 10-12	200m Individual Medley
Event 405	Girls 13/14	100m Backstroke	Event 505	Boys 15+	200m Individual Medley	Event 605	Girls 10-12	200m Individual Medley
Event 406	Boys 13/14	100m Backstroke	Event 506	Girls 15+	200m Individual Medley	Event 606	Boys 13/14	100m Backstroke
Event 407	Girls 15+	200m Freestyle	Event 507	Boys 10-12	100m Butterfly	Event 607	Girls 13/14	100m Backstroke
Event 408	Boys 15+	200m Freestyle	Event 508	Girls 10-12	100m Butterfly	Event 608	Boys 15+	200m Individual Medley
Event 409	Girls 10-12	200m Butterfly	Event 509	Boys 13/14	200m Backstroke	Event 609	Girls 15+	200m Individual Medley
Event 410	Boys 10-12	200m Butterfly	Event 510	Girls 13/14	200m Backstroke	Event 610	Boys 10-12	100m Butterfly
Event 411	Girls 13/14	200m Freestyle	Event 511	Boys 15+	100m Freestyle	Event 611	Girls 10-12	100m Butterfly
Event 412	Boys 13/14	200m Freestyle	Event 512	Girls 15+	100m Freestyle	Event 612	Boys 15+	100m Butterfly
Event 413	Girls 10+	400m Individual Medley	Event 513	Boys 10+	400m Individual Medley	Event 613	Boys 15+	100m Butterfly
Event 414	Boys 10+	800m Freestyle	Event 514	Girls 10+	1500m Freestyle	Event 614	Girls 15+	100m Butterfly
Event 415	Girls 14+	4 x 100 Freestyle Relay	Event 515	Boys 14 +	4 x 100 Medley Relay	Event 615	Boys 13/14	100m Breaststroke
Event 416	Boys 14+	4 x 100 Freestyle Relay	Event 516	Girls 14+	4 x 100 Medley Relay	Event 616	Girls 13/14	100m Breaststroke
						Event 617	Boys 10-12	100m Backstroke
						Event 618	Girls 10-12	100m Backstroke
						Event 619	Boys 15+	100m Freestyle
						Event 620	Girls 15+	100m Freestyle
						Event 621	Boys 14+	4 x 100 Freestyle Relay
						Event 622	Girls 14+	4 x 100 Freestyle Relay

