

**NORTH DISTRICT
AGE GROUP MEET
(UNDER FINA AND SASA RULES)**

**10 & 11 December 2005
INVERNESS AQUADOME**

LA2/130/ND/DEC05

MEET INFORMATION

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

Sessions	Session One	Warm Up 08.00	-	Start 08.45
	Session Two	Warm Up 12.25	-	Start 13.10
	Session Three	Warm Up 16.50	-	Start 17.35
	Session Four	Warm Up 08.00	-	Start 08.45
	Session Five	Warm Up 12.25	-	Start 13.10
	Session Six	Warm Up 16.50	-	Start 17.35

(SUBJECT TO CHANGE IF NECESSARY)

Events See attached sheets.

Age As at 11th December 2005 - 10 - 12 years, 13/14 years.

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 with **Age Group Dec** in the subject line or download files from www.sasanorth.org.uk

Time cards are not required.

The fee for entries received which are outwith the consideration times for any of the District Competitions shall not be refunded under any circumstances.

£3.90 per individual swim

Entry Fees 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 NOVEMBER 2005

Withdrawals **Withdrawals for Session 1 must be e-mailed to Tom Tracey no later than 5pm on the Friday preceding and Session 4 handed in by 5pm Saturday.**

Withdrawals from heats should be notified on the withdrawal form issued with the Meet Information. The sheets should be handed in to the recorders table at least 1 hour prior to the start of the appropriate session with the exception of Session 1 & 4.

NB: All details must be included on e-mail withdrawals ie Name, Event No, Stroke, Comp No etc

Telephone withdrawals will not be accepted

Any withdrawals before the day of the Meet should be notified by e-mail or post to Tom Tracey by 5pm on the Friday preceding.

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.

Awards

Medals will be awarded for 1st, 2nd and 3rd places.

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

Events & Consideration Times: (Times must be equal to or faster than)

BOYS		EVENTS	GIRLS	
10-12 Years	13-14 Years		13-14 Years	10-12 Years
01:20.00	01:12.00	100 Free	01:12.00	01:20.00
03:00.00	02:42.00	200 Free	02:42.00	03:00.00
06:10.00	05:40.00	400 Free	05:45.00	06:15.00
12.30.00	11:30.00	800 Free	11:30.00	12:30.00
24:00.00	22:00.00	1500 Free	22:00.00	24:00.00
01:33.00	01:25.00	100 Back	01:25.00	01:33.00
03:30.00	03:10.00	200 Back	03:10.00	03:30.00
01:45.00	01:35.00	100 BRS	01:37.00	01:45.00
03:40.00	03:30.00	200 BRS	03:30.00	03:40.00
01:45.00	01:30.00	100 FLY	01:32.00	01:45.00
03:50.00	03:20.00	200 FLY	03:20.00	03:50.00

03:15.00	03:00.00	200 IM	03:00.00	03:15.00
07:00.00	06:15.00	400 IM	06:30.00	07:00.00

Notes: There will be Finals only for 200m IM. All other events will be HDW.

Times do not require to be accredited but should be **real** times achieved at non-accredited meets or Club Time Trials.

Programme of Events 10th & 11th December 2005

Session One

Event 101	Boys 10 – 12	100m Butterfly
Event 102	Girls 10 – 12	100m Butterfly
Event 103	Boys 13/14	200m Freestyle
Event 104	Girls 13/14	200m Freestyle
Event 105	Boys 10 – 12	200m Breaststroke
Event 106	Girls 10 – 12	200m Breaststroke
Event 107	Boys 13/14	100m Backstroke
Event 108	Girls 13/14	100m Backstroke
Event 109	Boys 10 - 14	800m Freestyle

Session Two

Event 201	Girls 10 – 12	200m Backstroke
Event 202	Boys 10 – 12	200m Backstroke
Event 203	Girls 13/14	100m Breaststroke
Event 204	Boys 13/14	100m Breaststroke
Event 205	Girls 10 – 12	100m Freestyle
Event 206	Boys 10 – 12	100m Freestyle
Event 207	Girls 13/14	200m Butterfly
Event 208	Boys 13/14	200m Butterfly
Event 209	Girls 10 – 14	1500m Freestyle

Session Three

Event 301	Boys 10 – 12	400m Individual Medley
Event 302	Boys 13/14	400m Individual Medley
Event 303	Girls 10 – 12	400m Individual Medley
Event 304	Girls 13/14	400m Individual Medley
Event 305	Boys 10 – 12	100m Backstroke
Event 306	Girls 10 – 12	100m Backstroke
Event 307	Boys 13/14	200m Breaststroke
Event 308	Girls 13/14	200m Breaststroke
Event 309	Boys 10 – 12	200m Butterfly
Event 310	Girls 10 – 12	200m Butterfly
Event 311	Boys 13/14	100m Freestyle
Event 312	Girls 13/14	100m Freestyle

Session Four (Sunday am)

Event 401	Girls 10 – 12	400m Freestyle
Event 402	Girls 13/14	400m Freestyle
Event 403	Boys 13/14	200m Individual Medley
Event 404	Girls 13/14	200m Individual Medley
Event 405	Boys 10 – 12	100m Breaststroke
Event 406	Girls 10 – 12	100m Breaststroke
Event 407	Boys 10 – 14	1500m Freestyle

Session Five

Event 501	Girls 10 - 14	800m Freestyle
Event 502	Boys 13/14	100m Butterfly
Event 503	Girls 13/14	100m Butterfly
Event 504	Boys 10 – 12	200m Individual Medley
Event 505	Girls 10 – 12	200m Individual Medley
Event 506	Boys 13/14	400m Freestyle
Event 507	Boys 10 – 12	400m Freestyle

Session Six

Event 601	Girls 10 – 12	200m Freestyle
Event 602	Boys 10 – 12	200m Freestyle
Event 603	Girls 13/14	200m Backstroke
Event 604	Boys 13/14	200m Backstroke
Event 605	Girls 10 – 12	200m IM FINAL
Event 606	Boys 10 – 12	200m IM FINAL
Event 607	Girls 13/14	200m IM FINAL
Event 608	Boys 13/14	200m IM FINAL

N.B. 800m & 1500m Events will be swum as combined events seeded by time to provide the best competition, however swimmers will be accepted as equally as possible from both age groups to ensure equal opportunity for the younger swimmers.

**NORTH DISTRICT
AGE GROUP MEET**

10 & 11 December 2005 – INVERNESS AQUADOME

SUMMARY SHEET

Club Name/Abbr _____

Match Secretary _____
Address _____

Tel. No _____
E-mail address _____

..... Individual Age Group Male Entries	@£ 3.90	£
..... Individual Age Group Female Entries	@ £ 3.90	£
..... Coaches' Meal Pass	@ £20	£
TOTAL		£

**CLOSING DATE FOR ENTRIES IS 12 NOVEMBER
2005**

**CHEQUES SHOULD BE MADE PAYABLE TO:
SASA NORTH DISTRICT**

Have you enclosed: Cheque
Disk
Officials Sheet - must comply with regulations
Summary Sheet
Incomplete entries will not be accepted

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 clubs)

