

NORTH DISTRICT
SPRINT CHAMPIONSHIPS
(UNDER FINA AND SASA RULES)

License No LA2/118/ND/SEP05

3rd September 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 12.30 | - | Start 13.35 |
| Session Three | Warm Up 17.00 | - | Start 17.35 |
- (SUBJECT TO CHANGE IF NECESSARY)
- Events**
- Individual** Open 100m IM + Age Group 50m each stroke
Team 4 x 50m FR (10-13 and 14/over)
4 x 50m MR (10-13 and 14/over)
- Maximum of 2 teams per club per event.**
Please note swimmers must swim only in their own age groups
- Age** Age on day (i.e. 3/9/05) - 10 - 12 years, 13/14 years, 15 years & 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
Time cards are not required.
- Consideration Times** Consideration times are on the attached programme of events. Entries with times slower than those listed will not be accepted. **The fee for entries received which are outwith the consideration times for any of the District Competitions shall not be refunded under any circumstances.**
- Start** Over the Top starts may be used
- Entry Fees** £3.90 PER INDIVIDUAL EVENT
£8.80 PER TEAM 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 6th August 2005

- Withdrawals** Withdrawals from heats should be notified on the withdrawal form issued on the day. The sheets should be handed in to the recorders **at least 1 hour prior to the start** of the appropriate session.
- Withdrawals prior to the event may be sent or e-mailed to:
Tom Tracey, 2 Mackay Road, Inverness IV2 4JN or e-mail ttracey@globalnet.co.uk to arrive by 8.00 pm at the latest on Friday 2 September 2005.
NB: All details must be included on e-mail withdrawals ie Name, Event No, Stroke, Comp No etc
Please do not telephone withdrawals.

NB Clubs should complete a separate sheet for each session.

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.</p> <p>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.</p>
Awards	<p>Medals will be awarded for 1st, 2nd and 3rd places.</p>
Technical Officials	<p>Lists of Technical Officials for all three sessions must be included with the meet entries – North District rule SW 6.2.</p> <p>Entries not made according to the rules will be rejected</p> <p>Please note that probationary Judges and Timekeepers wishing specific signatures, i.e. Chief timekeeper or stroke, should make this request to the Gala Officials Convenor when names are submitted.</p>
Notes	<ol style="list-style-type: none"> 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.
Video	<p>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).</p> <p>Please return disks along with summary sheet, entry fees and officials sheets to:- Tom Tracey 2 Mackay Road Inverness IV2 4JN</p>
Meet Convenor	<p>Margaret Anderson</p>

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PROGRAMME OF EVENTS

Session 1

Consideration Time

Event 101	Open Boys	100m Individual Medley	Heats	1:18
Event 102	10-12 Girls	50m Freestyle	Heats	36 sec
Event 103	10-12 Boys	50m Freestyle	Heats	36 sec
Event 104	13/14 Girls	50m Breaststroke	Heats	43 sec
Event 105	13/14 Boys	50m Breaststroke	Heats	42 sec
Event 106	15/o Girls	50m Backstroke	Heats	38 sec
Event 107	15/o Boys	50m Backstroke	Heats	35 sec
Event 108	10-12 Girls	50m Butterfly	Heats	43 sec
Event 109	10-12 Boys	50m Butterfly	Heats	43 sec
Event 110	13/14 Girls	50m Backstroke	Heats	38 sec
Event 111	13/14 Boys	50m Backstroke	Heats	37 sec
Event 112	15/o Girls	50m Breaststroke	Heats	42 sec
Event 113	15/o Boys	50m Breaststroke	Heats	39 sec
Event 114	10-13 Girls	4 x 50m Medley Relay	HDW	
Event 115	10-13 Boys	4 x 50m Medley Relay	HDW	

Session 2

Event 201	Open Girls	100m Individual Medley	Heats	1:20
Event 202	15/o Boys	50m Butterfly	Heats	34 sec
Event 203	15/o Girls	50m Butterfly	Heats	37 sec
Event 204	13/14 Boys	50m Freestyle	Heats	32 sec
Event 205	13/14 Girls	50m Freestyle	Heats	33 sec
Event 206	10-12 Boys	50m Breaststroke	Heats	48 sec
Event 207	10-12 Girls	50m Breaststroke	Heats	48 sec
Event 208	15/o Boys	50m Freestyle	Heats	29 sec
Event 209	15/o Girls	50m Freestyle	Heats	32 sec
Event 210	13/14 Boys	50m Butterfly	Heats	37 sec
Event 211	13/14 Girls	50m Butterfly	Heats	38 sec
Event 212	10-12 Boys	50m Backstroke	Heats	42 sec
Event 213	10-12 Girls	50m Backstroke	Heats	42 sec
Event 214	14/o Boys	4 x 50m Medley Relay	HDW	
Event 215	14/o Girls	4 x 50m Medley Relay	HDW	

Session 3**Finals**

Event 301	Open Girls	100m Individual Medley	Final
Event 302	Open Boys	100m Individual Medley	Final
Event 303	10-12 Girls	50m Freestyle	Final
Event 304	10-12 Boys	50m Freestyle	Final
Event 305	13/14 Girls	50m Breaststroke	Final
Event 306	13/14 Boys	50m Breaststroke	Final
Event 307	15/o Girls	50m Backstroke	Final
Event 308	15/0 Boys	50m Backstroke	Final
Event 309	10-12 Girls	50m Butterfly	Final
Event 310	10-12 Boys	50m Butterfly	Final
Event 311	13/14 Girls	50m Backstroke	Final
Event 312	13/14 Boys	50m Backstroke	Final
Event 313	15/o Girls	50m Breaststroke	Final
Event 314	15/o Boys	50m Breaststroke	Final
Event 315	10-12 Girls	50m Breaststroke	Final
Event 316	10-12 Boys	50m Breaststroke	Final
Event 317	13/14 Girls	50m Freestyle	Final
Event 318	13/14 Boys	50m Freestyle	Final
Event 319	15/o Girls	50m Butterfly	Final
Event 320	15/o Boys	50m Butterfly	Final
Event 321	10-12 Girls	50m Backstroke	Final
Event 322	10-12 Boys	50m Backstroke	Final
Event 323	13/14 Girls	50m Butterfly	Final
Event 324	13/14 Boys	50m Butterfly	Final
Event 325	15/+ Girls	50m Freestyle	Final
Event 326	15/+ Boys	50m Freestyle	Final
Event 327	10-13 Girls	4 x 50m Freestyle Relay	HDW
Event 328	10-13 Boys	4 x 50m Freestyle Relay	HDW
Event 329	14 + Boys	4 x 50m Freestyle Relay	HDW
Event 330	14 + Girls	4 x 50m Freestyle Relay	HDW

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Summary Sheet

Club Name/Abbr _____ **Match Secretary** _____

Address _____

E-mail address _____ **Tel No** _____

Individual Age Group Male entries	@ £3.90	£.....
Individual Age Group Female entries	@ £3.90	£.....
Female relay team entries	@ £8.80	£.....
Male relay team entries	@ £8.80	£.....
N.B. maximum of 3 teams per club Swimmers may only swim in their own age group		
Coaches Meal Pass	@ £10	£.....
	Total	£.....

Closing Date for Entries is 6th August 2005

Cheques should be made payable to SASA North District

Please enclose: **Cheque**
 Disk
 Officials 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)

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Officials Sheet

Gala Officials Convenor: Club: _____

Mrs Eleanore Murison STO Contact Name: _____

Tel: 01224 491381

E-mail: eat_190@hotmail.com Tel No: _____

E-mail address: _____

Total number of club swimmers entered:

Name	Duty	Sig reqd	Session 1	Session 2	Session 3

Please return this form with your entries.

Please ensure form complies with SW6.2 as follows:

4 swimmers or less

5 – 9 swimmers

10 – 14 swimmers

15 – 24 swimmers

25+ swimmers

No Technical Officials required, but please return the form duly marked

1 Timekeeper for every session of the Meet

3 Technical Officials for every session, one of whom must be a Judge, Starter or Referee

5 Technical Officials for every session, two of whom must be a Judge, Starter or Referee

6 Technical Officials for every session, three of whom must be a Judge, Starter or Referee

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