

**NORTH DISTRICT
OPEN CHAMPIONSHIPS
Incorporating Youth Distance Time Trial
(UNDER FINA AND SASA RULES)**

License No LA2/119/ND/OCT05

**1st and 2nd OCTOBER 2005
WESTHILL SWIMMING POOL**

MEET INFORMATION

Pool 25 Metres, 6 Lanes, Anti-turbulence ropes, Electronic Timing.
+ Level Deck Pool; overall depth 2 metres.

| | | | | |
|-----------------|----------------------|---------------|---|-------------|
| Sessions | Session One | Warm Up 08.00 | - | Start 09.05 |
| | Session Two | Warm Up 13.00 | - | Start 14.05 |
| | Session Three | Warm Up 18.00 | - | Start 18.35 |
| | Session Four | Warm Up 08.00 | - | Start 09.05 |
| | Session Five | Warm Up 13.00 | - | Start 14.05 |
| | Session Six | Warm Up 18.00 | - | Start 18.35 |

(SUBJECT TO CHANGE IF NECESSARY)

Events See attached information
Please note that a Youth Time Trial has been included as a development opportunity. This is not part of the Open Championship Programme and therefore only North District swimmers will be eligible. No medals will be awarded.

Start Rule Over the top starts will be used where practical.

Entries All entries must be on disk (District Rule SW 4.1.). Disks may be obtained by downloading from the North District website (www.sasanorth.org.uk) or by contacting Jean Miller on 01224 741498 or e-mail wdasc@btinternet.com. **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.**

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 FRIDAY 2nd SEPTEMBER 2005

Heats 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 **at least 1 hour prior to the start** of the appropriate session.

Withdrawals prior to the event may be sent or emailed to Jean Miller to arrive by 8.00 pm on Friday 30th September at the very latest.

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

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.

The North District Champion will receive a Trophy

The North District Junior Champion will receive a Trophy

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.

The North District Club/Team Championship Trophy will be presented to the North District Club/Team who achieve the most points based on results (6 ⇒ 1).

Swimmers entered for Youth Time Trial will not be eligible for any awards.

Technical Officials

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

The above rule only applies to North District Clubs/Teams

Please note Open & Youth entries should be combined when calculating number of Officials required.

Notes

1. All swimmers entered must have paid their SASA membership fee for the current year. Registration numbers **must** be shown on disks or entry sheets. 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. Coaches Meal passes will be available at a cost of £10 per day.
3. Participating clubs will receive one copy of start sheets and results sheets for each session.

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). Use of mobile phones will not be permitted within the building in order to prevent any misuse of photo phones.

Please return disks along with entry fees and officials sheets to:-

Mrs J Miller, 6 Coldstone Avenue, Kingswells, Aberdeen AB15 8TT.

Meet Convenor:

Mrs Nicky Gold, 9 Fare Park Circle, Westhill, Aberdeenshire, AB32 6WJ

Tel: 01224 743014

Consideration Times

Open Events & Consideration Times: (Times must be faster than or equal to those shown)
Please note accredited Times are required for Open Championship Events.

| Men | Events | Women |
|----------|------------------|----------|
| 01:02.00 | 100 Free | 01:08.00 |
| 02:17.00 | 200 Free | 02:26.00 |
| 04:55.00 | 400 Free | 05:10.00 |
| 10:20.00 | 800 Free | 10:30.00 |
| 19:40.00 | 1500 Free | 20:20.00 |
| 01:14.00 | 100 Back | 01:17.00 |
| 02:40.00 | 200 Back | 02:45.00 |
| 01:25.00 | 100 BRS | 01:27.00 |
| 03:10.00 | 200 BRS | 03:15.00 |
| 01:12.00 | 100 FLY | 01:19.00 |
| 03:10.00 | 200 FLY | 03:12.00 |
| 02:40.00 | 200 IM | 02:45.00 |
| 05:50.00 | 400 IM | 05:57.00 |

Youth Time Trial : To be eligible, swimmers must be aged between 11 & 15 years on 2n^d October 2005

Consideration Times: (Times must fall within band)

| Boys | | Events | Girls | |
|-------------|-------------|------------------|-------------|-------------|
| Slower Than | Faster than | | Slower than | Faster than |
| 04:55.00 | 05:40.00 | 400 Free | 05:10.00 | 05:55.00 |
| 05:50.00 | 06:40.00 | 400 IM | 05:57.00 | 06:50.00 |
| 10:20.00 | 11:20.00 | 800 Free | 10:30.00 | 11:30.00 |
| 19:40.00 | 22.10.00 | 1500 Free | 20:20.00 | 23:00.00 |

As this is primarily an opportunity to gain accredited times, entry times need not be accredited but should be genuine times.

In order to provide a fair opportunity for younger swimmers, entries will be accepted as evenly as possible between 11/13 years and 14/15 years.

NB. The number of heats available for the Youth time Trial will be dependent upon the Open entries.

Please be aware that the consideration times do not allow swimmers to be entered for both Open and Youth events and ensure that swimmers are in the correct section.

NORTH DISTRICT OPEN CHAMPIONSHIP 2005
+ YOUTH DISTANCE EVENTS

Session 1 Warm Up 08.00 Start 09.05

Event 101 400 F/S – M
Event 102 400 F/S – F
Event 103 100 Brs – M
Event 104 100 Brs – F
Event 105 200 IM – M
Event 106 200 IM – F
Event 107 800 F/S – Youths B
Event 108 800 F/S – Youths G

Session 2 Warm Up 13.00 Start 14.05

Event 201 200 B/S – F
Event 202 200 B/S – M
Event 203 200 Fly – F
Event 204 200 Fly – M
Event 205 100 F/S – F
Event 206 100 F/S – M
Event 207 800 F/S – F
Event 208 1500 F/S – M
Event 209 400 F/S – Youths B
Event 210 400 F/S – Youths G

Session 3 Warm Up 18.00 Start 18.35

Event 301 200 IM final F
Event 302 200 IM final M
Event 303 200 B/S final F
Event 304 200 B/S final M
Event 305 400 F/S final F
Event 306 400 F/S final M
Event 307 100 Brs final F
Event 308 100 Brs final M
Event 309 200 Fly final F
Event 310 200 Fly final M
Event 311 100 F/S final F
Event 312 100 F/S final M

Session 4 **Warm Up 8.00** **Start 9.05**

Event 401 400 IM – M
Event 402 200 Brs – F
Event 403 200 Brs – M
Event 404 100 B/S – F
Event 405 100 B/S – M
Event 406 1500 F/S – F
Event 407 400 IM – Youths G
Event 408 400 IM – Youths B

Session 5 **Warm Up 13.00** **Start 14.05**

Event 501 400 IM – F
Event 502 200 F/S – M
Event 503 200 F/S – F
Event 504 100 Fly – M
Event 505 100 Fly – F
Event 506 800 F/S – M
Event 507 1500 F/S – Youths G
Event 508 1500 F/S – Youths B

Session 6 **Warm Up 18.00** **Start 18.35**

Event 601 200 Brs final – F
Event 602 200 Brs final – M
Event 603 100 B/S final – F
Event 604 100 B/S final – M
Event 605 400 IM final F
Event 606 400 IM final M
Event 607 200 F/S final – F
Event 608 200 F/S final – M
Event 609 100 Fly final – F
Event 610 100 Fly final – M

**NORTH DISTRICT
OPEN CHAMPIONSHIPS**

1st & 2nd OCTOBER 2005 AT WESTHILL SWIMMING POOL

SUMMARY SHEET

Club Name/Abbr _____

Match Secretary _____
Address _____

Tel. No _____
E-mail address _____

| | |
|---------------------------------------|---------|
| Open Male Entries @£3.90 | £ |
| Open Female Entries @ £3.90 | £ |
| Youth Male Entries @ £3.90 | £ |
| Youth Female Entries @ £3.90 | £..... |
| Coaches meal pass (per day) £10 | £ |
| | |
| TOTAL | £ |

**CLOSING DATE FOR ENTRIES IS
2 SEPTEMBER 2005**

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

**Have you enclosed: Disk
Cheque
Officials 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 clubs)

NORTH DISTRICT OPEN CHAMPIONSHIPS

1st & 2nd OCTOBER 2005 AT WESTHILL SWIMMING POOL

Club _____

No of Club Swimmers entered:

Contact Name _____

Gala Officials Convenor:
Mrs Eleanore Murison
Tel : 01224 491381

Telephone No. _____

E-mail: eat_190@hotmail.com

E-mail address _____

OFFICIALS SHEET

| NAME | DUTY | SIGNATURE REQUIRED? | SESSION 1 | SESSION 2 | SESSION 3 | SESSION 4 | SESSION 5 | SESSION 6 | |
|------|------|------------------------|--------------|--------------|--------------|--------------|--------------|--------------|--|
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- 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.