

# NORTH DISTRICT DEVELOPMENT MEET

(UNDER FINA AND SASA RULES)

**19 & 20 JUNE 2010 - BANFF SWIMMING POOL**

## MEET INFORMATION

**Pool** 25 Metres, 5 Lanes, Anti-turbulence ropes, Electronic Timing Equipment

## Sessions

<b>Session One</b>	Warm Up 09.00	-	Start 10.05
<b>Session Two</b>	Warm Up 14.00	-	Start 15.05
<b>Session Three</b>	Warm Up 09.00	-	Start 10.05
<b>Session Four</b>	Warm-up 14.00	-	Start 15.05

(SUBJECT TO CHANGE IF NECESSARY)

**Events** This meet is a development opportunity for North District Swimmers to achieve times for entry into the District Regional Programme element of the National Squad Programme. Therefore age of swimmers is at 31 December and entries will only be considered from swimmers with a time slower than that for qualifying into the District Regional Programme subject to the available events.

**200m Freestyle, 200m Backstroke, 200m Breaststroke, 200m Butterfly, 200m Individual Medley, 400m Freestyle, 400m Individual Medley**

**Ages: 11 years, 12 years, 13 years, 14+ years**

**Age AGE AS AT 31 DECEMBER 2010**

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

**Entries** All entries must be on Hy-tek Team Manager entry file (District Rule SW 4.1). To obtain a file please e-mail Sandra Middleton at [entries@sasanorth.org.uk](mailto:entries@sasanorth.org.uk) or download from [www.sasanorth.org.uk](http://www.sasanorth.org.uk)  
**Time cards are not required.**

Please return entry files along with summary sheet, entry fees and officials sheets to:-

Sandra Middleton  
19 Slains Terrace  
Bridge of Don  
Aberdeen  
AB22 8TU

**Entry Fees** £4.50 PER INDIVIDUAL EVENT

Cheques should be made payable to SASA North District.

L1/271/ND/JUN10

Entries may have to be limited dependent upon numbers received.

**CLOSING DATE FOR ENTRIES IS FRIDAY 21 May 2010**

Please note all paperwork & entry files must be received by this date

**Withdrawals**

Early withdrawals should be notified by e-mail or letter to Sandra Middleton at [entries@sasanorth.org.uk](mailto:entries@sasanorth.org.uk) by 1pm on Friday 18 June. Telephone withdrawals will not be accepted.

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

Withdrawals from heats at the meet should be notified on the relevant withdrawal forms. The sheets should be handed in to the recorders table **at least 1 hour prior to the start of the first session and updated accordingly one hour before the start of each session thereafter.**

**Awards**

Medals will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places and Speeding Tickets will be awarded to swimmers exceeding the cut-off times.

Cut off times will be set at consideration times less 5%.

**Technical Officials**

**Lists of Technical Officials for all sessions must be included with meet entries – North District rules SW 6.2. and SW4.1 apply.**

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 or Judge 2S, please see the Officials Sheet.

Any queries or changes to Technical Officials **after** the closing date should be directed to the Meet Officials Convenor [officials@sasanorth.org.uk](mailto:officials@sasanorth.org.uk)

**Notes**

- 1.** All swimmers entered must have paid their SASA membership fee for the current year. Registration numbers **must** be shown on entries. 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**

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:**

Ian Benzie [ibservices@btinternet.com](mailto:ibservices@btinternet.com)

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## 19 & 20 JUNE 2010 - BANFF SWIMMING POOL

### Consideration Times

**Age at 31 December 2010**

Times to be equal to or slower than  
Scottish National Squad Policy Bronze times  
as follows:-

Boys					Event	Girls				
11	12	13	14+	14+		13	12	11		
02:54.10	02:39.90	02:28:30	02:18.90	02:27.20	<b>200 Free</b>	02:36.20	02:46.70	02:59.10		
06:11.40	05:47.10	05:22.20	05:01.90	05:09.20	<b>400 Free</b>	05:28.10	05:50.00	06:15.90		
03:12.70	02:57.00	02:44.30	02:33.90	02:43.30	<b>200 Back</b>	02:53.20	03:04.70	03:18.40		
03:33.60	03:16.20	03:02.00	02:50.40	03:02.30	<b>200 Brs</b>	03:13.50	03:26.50	03:41.80		
03:08.60	02:53.30	02:40.80	02:30.70	02:40.50	<b>200 Fly</b>	02:50.20	03:01.50	03:14.90		
03:14.60	02:58.70	02:45.90	02:35.30	02:46.70	<b>200 IM</b>	02:56.80	03:08.70	03:22.60		
06:53.80	06:20.10	05:52.70	05:30.30	05:49.40	<b>400 IM</b>	06:10.70	06:35.50	07:04.70		

Please note, all events will be swum with age groups combined but medals will be awarded to each age group.

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

**Swimmers exceeding the consideration times after the entry date must be withdrawn and a refund will be given. See SW.13.1.2.**

# **NORTH DISTRICT DEVELOPMENT MEET**

## **19 & 20 JUNE 2010 - BANFF SWIMMING POOL**

### **PROGRAMME OF EVENTS**

(ALL EVENTS ARE HEAT DECLARED WINNER)

#### **Session 1 Warm-up 09.00 Start 10.05**

Event 101 Girls 11, 12years 200m Individual Medley  
Event 102 Boys 11, 12 years 400m Freestyle  
Event 103 Girls 13, 14+ years 200m Backstroke  
Event 104 Boys 13, 14+ years 400m Individual Medley  
Event 105 Girls 11, 12 years 200m Freestyle  
Event 106 Boys 11, 12 years 200m Breaststroke  
Event 107 Girls 13, 14+ years 200m Butterfly

#### **Session 2 Warm-up 14.00pm Start 15.05pm**

Event 201 Boys 13, 14+ years 200m Individual Medley  
Event 202 Girls 13, 14+ years 400m Freestyle  
Event 203 Boys 11, 12 years 200m Backstroke  
Event 204 Girls 11, 12 years 400m Individual Medley  
Event 205 Boys 13, 14+ years 200m Freestyle  
Event 206 Girls 13, 14+ years 200m Breaststroke  
Event 207 Boys 11, 12 years 200m Butterfly

#### **Session 3 Warm-up 09.00am Start 10.05am**

Event 301 Boys 11, 12 years 200m Individual Medley  
Event 302 Girls 11, 12 years 400m Freestyle  
Event 303 Boys 13, 14+ years 200m Backstroke  
Event 304 Girls 13, 14+ years, 400m Individual Medley  
Event 305 Boys 11, 12 years 200m Freestyle  
Event 306 Girls 11, 12 years 200m Breaststroke  
Event 307 Boys 13, 14+ years 200m Butterfly

#### **Session 4 Warm-up 14.00 Start 15.05pm**

Event 401 Girls 13, 14+ years 200m Individual Medley  
Event 402 Boys 13, 14+ years 400m Freestyle  
Event 403 Girls 11, 12 years 200m Backstroke  
Event 404 Boys 11, 12 years 400m Individual Medley  
Event 405 Girls 13, 14+ years 200m Freestyle  
Event 406 Boys 13, 14+ years 200m Breaststroke  
Event 407 Girls 11, 12 years 200m Butterfly



# NORTH DISTRICT DEVELOPMENT MEET

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### OFFICIALS SHEET

Club \_\_\_\_\_  
 STO Contact Name \_\_\_\_\_  
 Tel No: \_\_\_\_\_  
 E-mail address \_\_\_\_\_

Meet Officials Convenor: **Sandra Middleton**  
 Tel: 01224 824251  
 E-mail: sandra@the-middletons.co.uk

No of swimmers entered .....

### PART 1 – OFFICIALS (see note 2)

NAME	DUTY	SIGNATURE REQUIRED?	SESSION 1	SESSION 2	SESSION 3	SESSION 4	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
Example Name	J1		CIT	Relay	

## COMPLETION NOTES

- 1 The attached Officials Sheet should be completed and returned with your entry. 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 – 9 swimmers	1 Timekeeper for every session of the Meet
10 – 14 swimmers	3 Technical Officials for every session, one of whom must be a Judge, Starter or Referee
15 – 24 swimmers	5 Technical Officials for every session, two of whom must be a Judge, Starter or Referee
25+ swimmers	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.

- 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 Trainees being mentored on the day will not count towards their club's provision of officials for the purposes of Rule SW6.3