

**NORTH DISTRICT
OPEN CHAMPIONSHIPS**
(UNDER FINA AND SASA RULES)

5 & 6 June 2010
Westhill Pool

MEET INFORMATION

Pool 25 metres, 8 lanes, anti-turbulence ropes, electronic timing, level deck pool, depth 2m throughout.

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.
A maximum of 2 relay teams per event per Club.

Consideration Times Consideration times are attached.
Please note that accredited times are required for Open Championship entries. Entries with times slower than those listed will not be accepted. **The fee for entries received which are outwith the consideration times for any North District Competitions shall not be refunded under any circumstances.**

Entries All entries must be on Hy-tek Team manager entry file (District Rule SW 4.1.).
Entry files may be obtained by downloading from the North District website (www.sasanorth.org.uk) or by contacting Lesley Moir at wdesc@supanet.com (Tel: 01224 745027)

Please return entry files along with summary sheet, entry fees and official sheets to:
Lesley Moir, 10 Dawson Drive, Westhill, Aberdeenshire AB32 6NS

CLOSING DATE FOR ENTRIES IS FRIDAY 7 MAY 2010
Please note all paperwork & entry files must be received by this date.

Entry Fees £4.50 PER INDIVIDUAL EVENT
£6.00 PER RELAY EVENT
Cheques should be made payable to SASA North District.
Entries may have to be limited dependent upon numbers received.

Early Withdrawals Withdrawals prior to the meet may be sent or emailed to Lesley Moir to arrive by 5.00 pm on Friday 4 June at the very latest. No telephone withdrawals will be accepted.

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

L1/270/ND/JUN10

Withdrawals at the Meet

At the meet, withdrawals from heats should be notified on the relevant withdrawal form. The sheets should be handed in to the recorders **at least 1 hour prior to the start** of the first session and updated accordingly one hour before the start of each session thereafter. (District Rule SW5.1)

Withdrawals from Finals

Swimmers who wish to withdraw from a final must inform the recorder and complete a 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 SW5.1 refers.

Withdrawals from finals or in the case of illness should be completed on the old style withdrawal forms available from the recorders.

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.

Reserves

Reserves for heats and finals must marshal unless they have withdrawn as above.

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 (8 ⇒ 1).

Technical Officials

Lists of Technical Officials for all sessions should be included with meet entries – North District rules SW 6.2. & SW4.1 refer.

The above rule only applies to North District Clubs/Teams.

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 files. 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.

Photo- graphy

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 changing rooms or pool area in order to prevent any misuse of photo phones.

**Meet
Convenor**

Julie McPherson Tel: 01224 749936 email: mcpersonclan1001@msn.com

Consideration Times

Please note accredited times are required for Open Championship events. These times must have been achieved since 1 May 2009 and must be faster or equal to those shown.

There will be spot checks on entry times and Clubs may be asked to verify them. Should you receive such a request you will also be advised of the deadline for verification. Any times which cannot be verified or which are not verified by the deadline will be automatically withdrawn as per Swimming Regulation 2.2.

Entry times will not be amended after the closing date.

Men	Events	Women
00:28.00	50 Free	00:31.40
01:00.80	100 Free	01:07.30
02:14.80	200 Free	02:26.10
04:47.00	400 Free	05:06.90
10:20.00	800m Free	10:45.00
19:45.00	1500m Free	20:00.00
01:11.00	100 Back	01:17.60
02:38.00	200 Back	02:45.90
01:21.80	100 BRS	01:27.80
03:00.30	200 BRS	03:10.30
01:11.00	100 FLY	01:18.70
02:48.00	200 FLY	02:58.40
02:34.10	200 IM	02:47.40
05:35.00	400 IM	05:53.30

**NORTH DISTRICT OPEN CHAMPIONSHIPS 2010
PROGRAMME OF EVENTS**

Saturday 5 June 2010		
<p>Session 1 Warm Up 08.00 Start 09.05 Event 101 Men 200 IM Event 102 Women 100 Butterfly Event 103 Men 100 Backstroke Event 104 Women 1500 Freestyle (HDW) Event 105 Men 400 Freestyle Event 106 Women 200 Backstroke</p>	<p>Session 2 Warm Up 13.00 Start 14.05 Event 201 Men 200 Breaststroke Event 202 Women 200 Freestyle Event 203 Men 800 Freestyle (HDW) Event 204 Women 100 Breaststroke Event 205 Men 200 Butterfly Event 206 Women 400 IM Event 207 Men 100 Freestyle Event 208 Women 50 Freestyle</p>	<p>Session 3 Warm Up 18.00 Start 18.35 Event 101 Men 200 IM Final Event 102 Women 100 Butterfly Final Event 103 Men 100 Backstroke Final Event 106 Women 200 Backstroke Final Event 105 Men 400 Freestyle Final Event 202 Women 200 Freestyle Final Event 201 Men 200 Breaststroke Final Event 204 Women 100 Breaststroke Final Event 205 Men 200 Butterfly Final Event 206 Women 400 IM Final Event 207 Men 100 Freestyle Final Event 208 Women 50 Freestyle Final Event 301 Men 4 x 50 Medley Relay (HDW) Event 302 Women 4 x 50 Free Relay (HDW)</p>
Sunday 6 June 2010		
<p>Session 4 Warm Up 8.00 Start 9.05 Event 401 Women 200 IM Event 402 Men 100 Butterfly Event 403 Women 100 Backstroke Event 404 Men 1500 Freestyle (HDW) Event 405 Women 400 Freestyle Event 406 Men 200 Backstroke</p>	<p>Session 5 Warm Up 13.00 Start 14.05 Event 501 Women 200 Breaststroke Event 502 Men 200 Freestyle Event 503 Women 800 Freestyle (HDW) Event 504 Men 100 Breaststroke Event 505 Women 200 Butterfly Event 506 Men 400 IM Event 507 Women 100 Freestyle Event 508 Men 50 Freestyle</p>	<p>Session 6 Warm Up 18.00 Start 18.35 Event 401 Women 200 IM Final Event 402 Men 100 Butterfly Final Event 403 Women 100 Backstroke Final Event 406 Men 200 Backstroke Final Event 405 Women 400 Freestyle Final Event 502 Men 200 Freestyle Final Event 501 Women 200 Breaststroke Final Event 504 Men 100 Breaststroke Final Event 505 Women 200 Butterfly Final Event 506 Men 400 IM Final Event 507 Women 100 Freestyle Final Event 508 Men 50 Freestyle Final Event 601 Women 4 x 50 Medley Relay (HDW) Event 602 Men 4 x 50 Free Relay (HDW)</p>

**NORTH DISTRICT
OPEN CHAMPIONSHIPS**

WESTHILL POOL – 5 & 6 June 2010

SUMMARY SHEET

Club Name/Abbr _____

Match Secretary _____
Address _____

Tel. No _____
E-mail address _____

..... Open Male Individual Entries @£4.00	£
..... Open Female Individual Entries @ £4.00	£
..... Open Male Team Entries @ £6.00	£
..... Open Female Team Entries @ £6.00	£.....
..... Coaches meal pass (per day) £10	£
TOTAL	£

**CLOSING DATE FOR ENTRIES IS
7 MAY 2010
(All items below must arrive by this date)
CHEQUES SHOULD BE MADE PAYABLE TO:
SASA NORTH DISTRICT**

Have you enclosed or sent: **Hy-tek Team Manager entry file**
Cheque
Officials sheet
Summary Sheet

Declaration

I confirm that all swimmers entered in this competition have paid their current SASA membership fee.

Signed

Position in Club

Date

NORTH DISTRICT OPEN CHAMPIONSHIPS

WESTHILL POOL - 5 & 6 June 2010

Club _____
 STO Contact Name _____
 Tel No: _____
 E-mail address _____

Meet Officials Convenor: Sandra Middleton

Tel: 01224 824251
 E-mail: sandra@the-middletons.co.uk

OFFICIALS SHEET

PART 1 – OFFICIALS (see note 2)

NAME	DUTY	SIGNATURE REQUIRED?	SESSION 1	SESSION 2	SESSION 3	SESSION 4	SESSION 5	SESSION 6	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	SESSION 5	SESSION 6
<i>Example Name</i>	<i>J1</i>		<i>CIT</i>	<i>Relay</i>			

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