



S.A.S.A North District

SPRINT CHAMPIONSHIPS

(UNDER FINA AND SASA RULES)

1 October 2011 - Inverness Aquadome

MEET INFORMATION

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

Sessions

Session One	Warm Up 09.00	-	Start 10.05
Session Two	Warm Up 14.00	-	Start 15.05

(SUBJECT TO CHANGE IF NECESSARY)

Events

Individual	Open 100m Individual Medley Age Group 50m Freestyle, 50m Breaststroke, 50m Butterfly, 50m Backstroke
Team	4 x 50m Freestyle relay (10-13 and 14/over) 4 x 50m Medley relay (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. 1/10/10) - 10 - 12 years, 13/14 years, 15 years & over

Consideration Times Consideration times are on the attached programme of events. Please note that accredited times are required for Sprint Championship entries. The fee for entries received which are outwith the consideration times for any of the District Competitions shall not be refunded under any circumstances.

Disability Events Swimmers with a disability who have a recognised classification (IPC, BS, BBS, UKSA or INAS-FID) and are registered members of a club affiliated to the SASA North District will be eligible to compete in Multi-disability (MD) events. The MD events will be heat declared winner open age group events but swimmers will be integrated into the heats appropriate to their age and seeded by absolute time. Please refer to the Supplementary Disability Swimming Conditions for more information.

Entries Please return entry files along with summary sheet and entry fees to:-

Helen Smith
Inverbarn
Monymusk
AB51 7HP

e-mail: entries@sasanorth.org.uk

CLOSING DATE FOR ENTRIES IS FRIDAY 2 SEPTEMBER 2011

Please note entry files, summary sheet and entry cheque must be received by this date.

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 e-mail entries@sasanorth.org.uk



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Entry Fees

£4.50 PER INDIVIDUAL EVENT

£6.00 PER TEAM 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 event may be sent or e-mailed to Helen Smith, Inverbarn, Monymusk, Inverurie AB51 7HP or e-mail entries@sasanorth.org.uk to arrive by 5.00 pm at the latest on Friday 30 September 2011. No telephone withdrawals will be accepted.

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

Withdrawals 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.

Reserves

Reserves for heats must marshal unless they have also withdrawn as above.

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. Rule SW 5.1 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 finals must marshal unless they have also withdrawn as above.

Awards

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

Technical Officials

Lists of Technical Officials for all sessions must be forwarded to the Meet Officials Convenor, Sandra Middleton, or emailed to officials@sasanorth.org.uk **no later than Friday 16 September 2011** – North District rules SW 6.2. and SW 4.1 refer.

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, Sandra Middleton, or emailed to officials@sasanorth.org.uk



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Notes

- 1 All swimmers entered must have paid their SASA membership fee for the current year. Registration numbers must be shown on entry files. A Licence has been granted for this competition and accreditation will be applied for to the SASA. All participants should adhere to the Scottish Swimming Code of Ethics, and relevant codes of conduct - see attached.
- 2 The use of mobile phones is not permitted in the pool hall or the changing village.
- 3 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. Seating areas will be allocated to each team. **Teams are responsible for clearing their seating area of belongings, litter, etc. before leaving at the end of the competition day.** Bin liners for plastic bottles/recyclable items and for general waste will be distributed around the pool - please use them. **Glass bottles or containers are not permitted in the pool hall – this includes the spectator areas.**
- 4 Warm-up Supervisors are appointed at this meet to ensure safe conduct during the warm-up and that swimmers enter and exit the warm up at the allotted times. Swimmers must not enter the pool until their warm-up start is announced and must follow any instruction of the Warm-up Supervisors. Swimmers must leave the pool when the end of their warm up is announced. No diving into the pool during warm-up except in the designated lanes during the one-way sprints.
- 5 As the public will be using the leisure pool during the competition sessions, vuvuzelas are not permitted at this meet. Air horns are not permitted.
- 6 Participating clubs will receive one copy of start sheets for each session.
- 7 Different persons have authority and overall responsibility for the running of the meet at different stages.
A list will be issued prior to the competition detailing whom you should approach with any queries, concerns or complaints during the various stages of the meet.

Photography

Please note that anyone wishing to use any 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

Sarah Duncan Tel: 07788 883367. Email: swimminginverness@tiscali.co.uk



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PROGRAMME OF EVENTS

Session 1	Warm Up 09:00	Start 10.05	Session 2	Warm Up 14.00	Start 15.05
HEATS			HEATS		
Event 101	Open Girls	100m Individual Medley	Event 201	Open Boys	100m Individual Medley
Event 102	10-12 Girls	50m Freestyle	Event 202	10-12	50m Breaststroke
Event 103	10-12	50m Freestyle	Event 203	10-12	50m Breaststroke
Event 104	13/14 Girls	50m Breaststroke	Event 204	13/14	50m Backstroke
Event 105	13/14	50m Breaststroke	Event 205	13/14	50m Backstroke
Event 106	15/o Girls	50m Backstroke	Event 206	15/o Boys	50m Butterfly
Event 107	15/o Boys	50m Backstroke	Event 207	15/o Girls	50m Butterfly
Event 108	10-12 Girls	50m Butterfly	Event 208	10-12	50m Backstroke
Event 109	10-12	50m Butterfly	Event 209	10-12	50m Backstroke
Event 110	13/14 Girls	50m Freestyle	Event 210	13/14	50m Butterfly
Event 111	13/14	50m Freestyle	Event 211	13/14	50m Butterfly
Event 112	15/o Girls	50m Breaststroke	Event 212	15/o Boys	50m Freestyle
Event 113	15/o Boys	50m Breaststroke	Event 213	15/o Girls	50m Freestyle
Event 114	10-13 Girls	4 x 50m Medley Relay	Event 214	10-13	4 x 50m Freestyle Relay
Event 115	10-13	4 x 50m Medley Relay	Event 215	10-13	4 x 50m Freestyle Relay
FINAL			FINAL		
Event 101	Open Girls	100m Individual Medley	Event 201	Open Boys	100m Individual Medley
Event 103	10-12	50m Freestyle	Event 203	10-12	50m Breaststroke
Event 102	10-12 Girls	50m Freestyle	Event 202	10-12	50m Breaststroke
Event 105	13/14	50m Breaststroke	Event 205	13/14	50m Backstroke
Event 104	13/14 Girls	50m Breaststroke	Event 204	13/14	50m Backstroke
Event 107	15/o Boys	50m Backstroke	Event 207	15/o Girls	50m Butterfly
Event 106	15/o Girls	50m Backstroke	Event 206	15/o Boys	50m Butterfly
Event 109	10-12	50m Butterfly	Event 209	10-12	50m Backstroke
Event 108	10-12 Girls	50m Butterfly	Event 208	10-12	50m Backstroke
Event 111	13/14	50m Freestyle	Event 211	13/14	50m Butterfly
Event 110	13/14 Girls	50m Freestyle	Event 210	13/14	50m Butterfly
Event 113	15/o Boys	50m Breaststroke	Event 213	15/o Girls	50m Freestyle
Event 112	15/o Girls	50m Breaststroke	Event 212	15/o Boys	50m Freestyle
Event 116	14+ Boys	4 x 50m Medley Relay	Event 216	14 +	4 x 50m Freestyle Relay
Event 117	14+ Girls	4 x 50m Medley Relay	Event 217	14 +	4 x 50m Freestyle Relay



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CONSIDERATION TIMES

Please note accredited Times are required for Sprint Championship Events.

These times must have been achieved since 2 September 2010.

Clubs are requested to submit proof of entry reports with their entry files. In addition 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.

Consideration Times (times to be faster than or equal to)

Open	15+	13/14	10 – 12	Event	10 – 12	13/14	15+	Open
Boys	Boys	Boys	Boys		Girls	Girls	Girls	Girls
	00:29.50	00:32.50	00:36.00	50 Free	00:35.50	00:33.50	00:32.00	
	00:33.50	00:37.50	00:41.50	50 Back	00:41.00	00:38.50	00:37.50	
	00:38.50	00:42.50	00:47.00	50 Breast	00:46.50	00:43.50	00:42.00	
	00:32.50	00:37.00	00:41.00	50 Fly	00:39.50	00:37.00	00:35.50	
01:17.00				100 IM				01:21.00



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SUPPLEMENTARY DISABILITY SWIMMING CONDITIONS AND ENTRY STANDARDS

These supplementary conditions are to be adhered to in conjunction with the general conditions for the Age Group Championships.

The following events will be integrated into the heats according to eligibility criteria:

	Male	Female
50m Freestyle	S1 – S14	S1 – S14
50m Backstroke	S1 – S14	S1 – S14
50m Breaststroke	SB1 – SB9, SB11 - SB14	SB1 – SB9, SB11 - SB14
50m Butterfly	S1 – S14	S1 – S14
100m IM	SM5 – SM14	SM5 – SM14

Eligibility

- All Competitors must be registered as members of a swimming club affiliated to the SASA North District at the time of entry.

Functional (S1-S10, SB1-SB9, SM1-SM10)

- All competitors must have an authorised British Swimming or IPC Swimming classification, which is held on the British Swimming or IPC Swimming classification database at the time of entry.

Visual (S11-S13, SB11-SB13, SM11-SM13)

- All competitors must have an authorised British Blind Sport or IBSA Swimming classification, which is held on the British Swimming or IPC Swimming classification database at the time of entry.

Learning (S14, SB14, SM14)

- All competitors must have an authorised INAS-FID or UKSAPLD classification which is held on the database at the time of entry.
- All S1-S13, SB1-SB9 and SB11-SB13 competitors must hold a current Functional Ability Card (FAC) at the time of entry.
- Functional Ability Cards (FAC's) must be submitted to the Recording Desk prior to the start of the session with the athletes' first event. No further submission is required following this.
- All eligible swimmers will be integrated into the event seeded by absolute time.
- Placings shall be determined on a declared winner basis using British Disability Points.
- Where relevant, the competition shall take place under the relevant IPC Swimming, Swimming Rules.

Medals

- Medals shall be awarded to the top three British Disability Point scorers in each event on a heat declared winner basis. All MC events are open age group events but swimmers will be integrated into the heats appropriate to their age for each event.



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- If there are less than four competitors in any one event then a minus one ruling shall apply. If there is only one competitor in an event then a medal shall be awarded if he/she swims faster than their entry time. Medals shall be awarded during session 2 after the last set of heats for each event. All swimmers shall be required to present themselves to the marshall when notified.

Accreditation

- All coaches and personal care attendants must have accreditation. Personal care attendants will only be permitted for swimmers in the following classes: S1, S2, S3, S4 and S11. Such attendants will be excluded from any restrictions and will be given the same accreditation as the swimmer for whom they have personal care responsibilities.
- A swimmer in any of the classes as specified above may have both a coach and a personal care attendant present.

DISTRICT QUALIFYING TIMES – MULTI-CLASSIFICATION EVENTS 2011

	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Class	50m Free		50m Back		50m Fly		50m Breast		100m Medley	
S1	02:43.17	02:20.81	02:55.49	02:19.84			03:30.26	04:01.81		
S2	01:50.76	02:22.36	01:54.43	02:22.27	03:07.87	00:00.00	01:43.95	03:47.82		
S3	01:17.77	01:43.16	01:32.67	01:49.41	02:05.27	02:25.11	01:26.77	01:52.96		
S4	01:06.18	01:29.78	01:22.25	01:44.28	01:21.52	02:05.37	01:09.79	01:21.00		
S5	00:57.05	01:02.73	01:05.93	01:16.02	01:03.02	01:24.29	01:03.07	01:10.99	02:34.34	03:24.99
S6	00:52.19	01:03.26	00:54.70	01:07.40	00:55.03	01:09.34	01:01.42	01:10.24	02:23.18	02:45.92
S7	00:48.98	00:57.66	00:53.35	00:59.63	00:55.20	01:05.43	00:57.99	01:06.28	02:24.58	02:39.76
S8	00:46.21	00:54.64	00:50.36	00:58.29	00:44.68	00:52.01	00:50.96	00:58.58	02:07.25	02:27.17
S9	00:43.52	00:50.51	00:44.98	00:50.66	00:43.04	00:50.36	00:48.57	00:57.69	01:59.18	02:16.27
S10	00:41.91	00:49.15	00:44.39	00:52.76	00:40.35	00:49.17			01:54.39	02:16.35
S11	00:45.51	00:54.72	00:48.27	00:57.54	00:46.48	00:54.20	00:51.86	01:02.17	02:08.99	02:43.68
S12	00:42.41	00:48.18	00:44.09	00:50.21	00:41.10	00:44.98	00:49.32	00:58.73	01:53.95	02:11.36
S13	00:41.74	00:47.40	00:43.79	00:51.41	00:40.80	00:46.33	00:47.52	00:54.40	01:56.56	02:06.90
S14	00:45.15	00:51.20	00:44.68	00:48.72	00:40.65	00:46.33	00:45.28	00:55.00	02:04.59	02:24.32



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Summary Sheet

Club Name/Abbr _____ Match Secretary _____

Address _____

E-mail address _____ Tel No _____

Individual Age Group Male entries	@ £4.50	£.....
Individual Age Group Female entries	@ £4.50	£.....
Individual Multi-Disability Male entries	@ £4.50	£.....
Individual Multi-Disability Female entries	@ £4.50	£.....
Female relay team entries	@ £6.00	£.....
Male relay team entries	@ £6.00	£.....
N.B. maximum of 2 teams per club Swimmers may only swim in their own age group		
Coaches Meal Pass	@ £5.00	£.....
	Total	£.....

Closing Date for Entries is Friday 2 September 2011

Cheques should be made payable to SASA North District

Please enclose: Cheque
 Entry files

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

Please Note: This sheet to be sent Meet Officials Convenor NOT the Entries Secretary

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

Meet Officials Convenor: Sandra Middleton
Tel: 01224 824251
E-mail: officials@sasanorth.org.uk

PART 1 – OFFICIALS (see note 2)

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



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COMPLETION NOTES

- 1 The attached Officials Sheet should be completed and forwarded to the **Meet Officials Convenor, Sandra Middleton**, or emailed to officials@sasanorth.org.uk **no later than 14 days before the first day of the meet.** 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 – 8 swimmers	1 Technical Official for every session of the Meet
9 – 12 swimmers	2 Technical Officials for every session, at least one of which must be a Judge 1 or above
13 – 16 swimmers	3 Technical Officials for every session, at least one of which must be a Judge 2 or above
17 – 20 swimmers	4 Technical Officials for every session, at least one of which must be a Judge 1 or above and one must be a Judge 2 or above
21 – 24 swimmers	5 Technical Officials for every session, at least one of which must be a Judge 1 or above and one must be a Judge 2 or above
25+ swimmers	6 Technical Officials for every session, at least two of which must be a Judge 1 or above and one must be a Judge 2 or above

For the purpose of determining how many swimmers a Club has entered into a North District Meet or Championships, only swimmers entered into individual events shall be counted in accordance with SW 6.3

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 SW6.4