



S.A.S.A North District

NORTH DISTRICT DEVELOPMENT MEET (UNDER FINA AND SASA RULES)

25 & 26 JUNE 2016 - INVERNESS LEISURE

MEET INFORMATION

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

Sessions	Session One	Warm Up 09.00	-	Start 10.05
	Session Two	Warm Up 13.30	-	Start 14.35
	Session Three	Warm Up 09.00	-	Start 10.05
	Session Four	Warm-up 13.30	-	Start 14.35

(SUBJECT TO CHANGE IF NECESSARY)

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 those needed for qualifying into the Scottish National Squads.

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

Ages: 11 years (born 2005), 12 years (born 2004), 13 years (born 2003), 14 years (born 2002) and 15+ years (born 2001 and earlier)

Age **AGE AS AT 31 DECEMBER 2016**

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 Anne Hendry at bhendry@btinternet.com or download from www.sasanorth.org.uk

Please return entry files along with summary sheet and entry fees to

Anne Hendry, 21 Bernham Avenue, Stonehaven, Kincardineshire AB39 2WD.
(summary sheet may be emailed with entry files)

£6.00 PER INDIVIDUAL EVENT

Cheques should be made payable to SASA North District. To pay directly, please contact the North District Treasurer.

CLOSING DATE FOR ENTRIES IS FRIDAY 27 May 2016

No late entries will be accepted – please see over.

Entries (cont)

Please note summary sheet and payment must be received within 3 days of the closing date and that due to previous late payments and the need to get the programme out timeously there will be zero tolerance of late payment. Any entry that is not accompanied by payment in the specified timeframe will be rejected without delay.

Entries may have to be limited dependent upon numbers received in order to comply with licensing. If this happens, entries will be accepted fastest to slowest with rejections being allocated as evenly across the events and age groups as is practical.

Withdrawals

Early withdrawals should be notified by e-mail or letter to Anne Hendry at bhendry@btinternet.com by 1pm on Friday 24 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.**

Marshalling

There will be marshalling for all events. All swimmers, including reserves, must attend marshalling before their events and are advised to attend in good time. The start of a race will not be delayed for absent competitors and swimmers who have not presented themselves to the marshals prior to their heat leaving at the first marshalling area will not be permitted to swim and will be treated as a late withdrawal and fined accordingly.

Awards

Medals will be awarded for 1st, 2nd and 3rd places and Speeding Tickets will be awarded to swimmers exceeding the cut-off times. There will be no presentations, instead awards can be collected from the designated Awards Desk.

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

Technical Officials

Lists of Technical Officials for all sessions must be emailed to the Meet Officials Convenor, Durno Jessiman at carnethy6@hotmail.com no later than 14 days before the first day of the meet (10 June 2016) – North District rules SW 6.2. and SW4.1 refer.

Please note that probationary Judges and Timekeepers wishing specific signatures, e.g. Chief timekeeper or stroke, should make this request to the Meet Officials Convenor when names are submitted.

For Trainee Judge 1, Judge 2 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, Durno Jessiman, or emailed to carnethy6@hotmail.com

Photography Please note that anyone wishing to use photographic equipment, including video cameras must register with the Meet Convenor (application should be made on the appropriate SASA Health and Safety form and signed by the relevant club official).

- Notes**
1. All swimmers entered must have paid their SASA membership fee for the current year and be members of a club affiliated to the SASA North District. 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.
 2. All participants should adhere to the Scottish Swimming Code of Ethics, and relevant codes of conduct.
 3. The use of mobile phones is not permitted at any time in the changing village and all phones must be turned to silent in the pool hall.
 4. 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 may 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.**
 5. Warm-up Supervisors may be 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.
 6. Vuvuzelas are not permitted at this meet. Air horns are not permitted.
 7. Participating clubs will receive one copy of start sheets for each session.
 8. 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.

Meet Convenor: Heather Magill Email: heather@magill1.orangehome.co.uk

NORTH DISTRICT DEVELOPMENT MEET - 25 & 26 JUNE 2016 - INVERNESS LEISURE

PROGRAMME OF EVENTS

(ALL EVENTS ARE HEAT DECLARED WINNER)

Session 1	Warm-up 09.00am	Start 10.05am	Session 2	Warm-up 1.30pm	Start 2.35pm
Event 101	Girls 11, 12, 13 years	200m Individual Medley	Event 201	Boys 14, 15+ years	200m Individual Medley
Event 102	Boys 11, 12, 13 years	400m Freestyle	Event 202	Girls 14, 15+ years	400m Freestyle
Event 103	Girls 14, 15+ years	200m Backstroke	Event 203	Boys 11, 12, 13 years	200m Backstroke
Event 104	Boys 14, 15+ years	400m Individual Medley	Event 204	Girls 11, 12, 13 years	400m Individual Medley
Event 105	Girls 11, 12, 13 years	200m Freestyle	Event 205	Boys 14, 15+ years	200m Freestyle
Event 106	Boys 11, 12, 13 years	200m Breaststroke	Event 206	Girls 14, 15+ years	200m Breaststroke
Event 107	Girls 14, 15+ years	200m Butterfly	Event 207	Boys 11, 12, 13 years	200m Butterfly
Session 3	Warm-up 09.00am	Start 10.05am	Session 4	Warm-up 1.30pm	Start 2.35pm
Event 301	Boys 11, 12, 13 years	200m Individual Medley	Event 401	Girls 14, 15+ years	200m Individual Medley
Event 302	Girls 11, 12, 13 years	400m Freestyle	Event 402	Boys 14, 15+ years	400m Freestyle
Event 303	Boys 14, 15+ years	200m Backstroke	Event 403	Girls 11, 12, 13 years	200m Backstroke
Event 304	Girls 14, 15+ years	400m Individual Medley	Event 404	Boys 11, 12, 13 years	400m Individual Medley
Event 305	Boys 11, 12, 13 years	200m Freestyle	Event 405	Girls 14, 15+ years	200m Freestyle
Event 306	Girls 11, 12, 13 years	200m Breaststroke	Event 406	Boys 14, 15+ years	200m Breaststroke
Event 307	Boys 14, 15+ years	200m Butterfly	Event 407	Girls 11, 12, 13 years	200m Butterfly

NORTH DISTRICT DEVELOPMENT MEET - 25 & 26 JUNE 2016 - INVERNESS LEISURE

Consideration Times - Age at 31 December 2016

Times to be equal to or slower than Scottish National Squad Policy Bronze times as shown in the table below. To reduce the incidence of disappointment, this year North District has also introduced "faster than" times. Entry times must fall between the two to be considered.

Boys					Event		Girls				
2005	2004	2003	2002	2001 & earlier			2001 & earlier	2002	2003	2004	2005
02:46.8	02:33.1	02:21.9	02:12.7	02:04.8	200	Slower than	02:11.2	02:18.3	02:27.0	02:37.1	02:49.1
03:20.2	03:02.2	02:48.9	02:37.9	02:28.5		Faster than	02:34.8	02:43.2	02:53.5	03:05.4	03:21.2
05:55.5	05:26.3	05:02.5	04:43.0	04:26.0	400	Slower than	04:37.1	04:51.2	05:09.5	05:30.7	05:55.7
07:06.6	06:28.3	06:00.0	05:36.8	05:16.5		Faster than	05:27.0	05:43.6	06:05.2	06:30.2	07:03.3
03:04.8	02:49.7	02:37.3	02:27.3	02:17.5	200	Slower than	02:26.0	02:32.7	02:42.3	02:53.4	03:06.5
03:41.8	03:21.9	03:07.2	02:55.3	02:43.6		Faster than	02:52.3	03:00.2	03:11.5	03:24.6	03:41.9
03:24.5	03:07.7	02:53.9	02:42.7	02:31.9	200	Slower than	02:42.0	02:51.6	03:02.5	03:15.0	03:29.8
04:05.4	03:43.4	03:26.9	03:13.6	03:00.8		Faster than	03:11.2	03:22.5	03:35.3	03:50.1	04:09.7
03:01.8	02:46.9	02:34.8	02:24.9	02:16.4	200	Slower than	02:24.8	02:30.8	02:40.2	02:51.2	03:04.1
03:38.2	03:18.6	03:04.2	02:52.4	02:42.3		Faster than	02:50.9	02:57.9	03:09.0	03:22.0	03:39.1
03:07.0	02:51.6	02:39.1	02:28.8	02:18.9	200	Slower than	02:28.1	02:35.9	02:45.7	02:57.0	03:10.4
03:44.4	03:24.2	03:09.3	02:57.1	02:45.3		Faster than	02:54.8	03:04.0	03:15.5	03:28.9	03:46.6
06:37.7	06:05.0	05:38.4	05:16.7	04:58.1	400	Slower than	05:12.2	05:28.0	05:48.6	06:12.5	06:40.7
07:57.2	07:14.4	06:42.7	06:16.9	05:54.7		Faster than	06:08.4	06:27.0	06:51.3	07:19.5	07:56.8

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.14.1.2.



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SUMMARY SHEET

Club Name/Abbr _____

Meet Secretary _____

Address _____

Tel. No _____

E-mail address _____

..... Individual Male Entries	@ £6.00	£
..... Individual Female Entries	@ £6.00	£
..... Coaches Meal Pass	@ £12.00	£
TOTAL		£

**CLOSING DATE FOR ENTRIES IS 27 May 2016
(Hy-Tek entry file must arrive by this date)**

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

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

Summary Sheet and Cheque must arrive within 3 days of closing date by (i.e. Monday 30 May)

Declaration

I confirm that all swimmers entered in this competition have paid their current SASA membership fee.
I confirm that any coaches passes will only be issued to individuals from our club that are known to have current enhanced disclosures and/or PVG.

Signed

Position in Club

Date

(This declaration **must** be completed by all competing clubs)

(This form must be completed by all competing clubs and submitted by 10 June 2016)



S.A.S.A North District

NORTH DISTRICT DEVELOPMENT MEET - 25 & 26 JUNE 2016 - INVERNESS LEISURE

OFFICIALS SHEET - Please Note: This sheet to be emailed to the Meet Officials Convenor NOT the Entries Secretary

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

Meet Officials Convenor: Durno Jessiman
 Tel: 07808 897168
 E-mail: carnethy6@hotmail.com

No of swimmers entered.....

Session 1				Judges			Time Keepers		
Name	Club		Judges	Name	Club	Level	TK	Name	Club
Meet Referee			1				1		
			2				2		
Referees			3				3		
			4				4		
			5				5		
Starter			6				6		
Trainee Starter			7				7		
			8				8		
Chief Recorder			9				9		
Recorder			10				10		
			11				11		
AOE Operator			12				12		
			13				13		
Chief TK			14				14		
			15				15		
Announcer			16				16		
Mentoring Req							17		
	Name	Club	Level				18		
Mentoring Req							19		
							20		
							21		
							22		
							23		
							24		
							25		
							26		
							27		
							28		



S.A.S.A North District

COMPLETION AND OTHER NOTES

- An Officials Sheet must be completed and emailed to the Meet Officials Convenor, Durno Jessiman at carnethy6@hotmail.com **no later than 14 days before the first day of the meet.**
- Each session's submission should comply with North District **Swimming Regulation 6.2** as follows:-

4 swimmers or fewer	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

Please note these are the minimum requirements, extra officials are always welcome.
- 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
SW6.5 Where the Referees in charge agree that there were sufficient Swimming Technical Officials present to ensure adequate cover in any session, an official might be mentored at the next level for which they were training without incurring a penalty for that session, even although this may technically leave their Club short of the numbers required to meet SW6.2. Officials carrying out scheduled Final Assessments will count at their existing level.
- 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

1	Only enter information in the yellow highlighted sections (the others are locked). Capital first letter then lower case.		
2	Please complete ALL the programmed sessions for the meet		
Judges			
3	Please complete each Colum with the available judges for each session		
	Name	Club	Level
	Full name of Judge	Your club Initials	Current qualification
Time Keepers			
4	Please complete each Colum with available Time Keepers for each session		
	Name	Club	
	Full name of time keeper	Your club Initials	
5	Mentoring - It is not always possible to facilitate mentoring due to lack of officials. Please enter those who require mentoring under their current qualification		
	Name	Club	Level
	Full name of Trainee	Your club Initials	Level at which mentoring is required.