



# *S.A.S.A North District*

## **LONG COURSE TIME TRIALS 2019**

(UNDER FINA AND SCOTTISH SWIMMING RULES)

**25 & 26 MAY**

### **ABERDEEN SPORTS VILLAGE AQUATICS CENTRE**

**Regent Walk, Aberdeen, AB24 1SX**

#### **MEET INFORMATION**

- Pool** 50 metres, 10 lanes, deck level, full electronic timing  
There will be no separate 25 metres swim down facility available
- Sessions** **Saturday 25 May**  
**Session One** Warm Up 11.45 - Start 12.35 - Finish 15.20  
**Session Two** Warm Up 16.00 - Start 16.50 - Finish 19.30  
**Sunday 26 May**  
**Session Three** Warm Up 08.00 - Start 08.50 - Finish 11.40  
**Session Four** Warm Up 12.20 - Start 13.10 - Finish 15.50  
(SUBJECT TO CHANGE IF NECESSARY)
- Events** 50m Backstroke, Butterfly, Breaststroke and Freestyle  
100m Backstroke, Butterfly, Breaststroke and Freestyle  
200m Backstroke, Butterfly, Breaststroke, Freestyle and Individual Medley  
400m Freestyle and Individual Medley  
800m Freestyle and 1500m Freestyle
- Ages and Consideration Times** Age is at 31 December 2019 and entries will be accepted only from swimmers aged between 12 and 18.  
Please note that:
- Events will be swum combined for all ages in heats according to time
  - All events will be swum as time-trials with no finals and no awards
  - There are no consideration times for these time-trials but times must be submitted on entry for seeding purposes. These should be real times but do not need to be accredited.

In the event that the time trials are over-subscribed, entries will firstly be accepted in proportion to the invitations to be made into the Scottish Summer Meet where possible. Thereafter, entries will be accepted fastest first across age groups (12/13, 14, 15, 16 and 17/18) as evenly as is practical. In the event that an event or an age-group is undersubscribed, any time made available will be allocated to other events or age-groups in that session at the discretion of the Swimming Convenor.

**These time trials are only open to swimmers who are members of clubs affiliated to SASA North District.**



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## **Entries**

Entries must be submitted by Clubs and will not be accepted from Composite Teams.

All entries must be on Hy-tek Team Manager entry file (District Rule SW4.1). Entry files may be obtained by downloading from the North District website ([www.sasanorth.org.uk](http://www.sasanorth.org.uk)) or contact the entries secretary Linda Herbert.

Please email entry files to – [entries@sasanorth.org.uk](mailto:entries@sasanorth.org.uk)

Entry Fee - £6.00 per individual swim

Summary sheet and entry fees should be sent to -

Linda Herbert, 21 Kinmundry Gardens, Peterhead, Aberdeenshire AB42 2HW

(summary sheet may be emailed with entry files)

CLOSING DATE FOR ELECTRONIC ENTRIES IS FRIDAY 26 April 2019

Summary sheet and payment must be received within 3 postal days of this date.

Payment can alternatively be paid by BACS. Reference should be TT19, followed by the club code e.g. TT19NANX. Please contact North District Treasurer [sasanorthtreasurer@hotmail.co.uk](mailto:sasanorthtreasurer@hotmail.co.uk) for bank details if required.

## **Early Withdrawals**

Withdrawals prior to the event may be e-mailed to

Linda Herbert [entries@sasanorth.org.uk](mailto:entries@sasanorth.org.uk) to arrive by 5pm at the latest on Friday 24 May 2019.

NB: All details must be included on e-mail withdrawals ie Name, Event No, Stroke, Comp No etc. Telephone withdrawals will not be accepted.

## **Withdrawals at the Meet**

Withdrawals from heats at the meet should be notified on the withdrawal form issued. The sheets should be handed in to the recorders table at least 1 hour prior to the start of the appropriate session. See SW5.1(b).

## **Marshalling**

There will be marshalling. All swimmers 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 the first marshalling area will not be permitted to swim and will be treated as a late withdrawal and fined accordingly.

## **Awards**

There will be no medals and no awards.

## **Technical Officials**

Lists of Technical Officials for all sessions must be emailed on the form for this purpose to the Meet Officials Convenor – Sean Dawson at [sdawson14@hotmail.com](mailto:sdawson14@hotmail.com) - no later than 14 days before the first day of the meet (10 May 2019) – North District rules SW 6.2. and SW6.3.1 refer.



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The form attached to this meet information is acceptable, the excel spreadsheet available on the North District website is preferred.

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, 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, Sean Dawson, or emailed to [sdawson14@hotmail.com](mailto:sdawson14@hotmail.com).

## **Additional Notes**

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.

Full warm up details will be issued prior to the time trials. The warm up may be segregated.

Different people have authority and overall responsibility for the running of the meet at different stages.

A list will be issued prior to the competition detailing who you should approach with any queries, concerns or complaints during the various stages of the meet.

## **Photos/ Videos**

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).

### **Media & Photography Information**

Throughout this event SASA North District may have authorised media partners taking static photographs and video footage. These images are intended solely for the purposes of promotion and celebration of the activities and may include live streaming on the internet. Images will be uploaded to our website and our social network sites.

Should any competitor wish not to be photographed please complete the Media/Photography Refusal of Consent Form which is available on our website. If at any time a competitor wishes a static image to be removed from our website, 7 days' notice must be given to SASA North District after which the data will be removed.

## **Meet Convenor**

Nickie Scorgie [nscorgie@sportaberdeen.co.uk](mailto:nscorgie@sportaberdeen.co.uk)



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## **LONG COURSE TIME TRIALS 2019**

**25 & 26 MAY - ABERDEEN SPORTS VILLAGE AQUATICS CENTRE**

### **Programme of Events**

#### **Session One – Saturday 25 May - Warm Up 11.45pm – Start 12.35pm – Finish 3.20pm**

Event 101	Boys 12 - 18	200m Individual Medley
Event 102	Girls 12 - 18	200m Freestyle
Event 103	Boys 12 - 18	100m Backstroke
Event 104	Girls 12 - 18	100m Butterfly
Event 105	Boys 12 - 18	400m Freestyle
Event 106	Girls 12 - 18	800m Freestyle
Event 107	Boys 12 - 18	50m Breaststroke
Event 108	Girls 12 - 18	50m Freestyle

#### **Session Two – Saturday 25 May - Warm Up 4.00pm – Start 4.50pm – Finish 7.30pm**

Event 201	Boys 12 - 18	200m Butterfly
Event 202	Girls 12 - 18	200m Backstroke
Event 203	Boys 12 - 18	100m Freestyle
Event 204	Girls 12 - 18	100m Breaststroke
Event 205	Boys 12 - 18	200m Breaststroke
Event 206	Girls 12 - 18	400m Individual Medley
Event 207	Boys 12 - 18	50m Butterfly
Event 208	Girls 12 - 18	50m Backstroke
Event 209	Boys 12 - 18	800m Freestyle (may be restricted to 1 heat only)

#### **Session Three – Sunday 26 May - Warm Up 8.00am – Start 8.50am – Finish 11.40pm**

Event 301	Girls 12 - 18	200m Individual Medley
Event 302	Boys 12 - 18	200m Freestyle
Event 303	Girls 12 - 18	100m Backstroke
Event 304	Boys 12 - 18	100m Butterfly
Event 305	Girls 12 - 18	400m Freestyle
Event 306	Boys 12 - 18	1500m Freestyle
Event 307	Girls 12 - 18	50m Breaststroke
Event 308	Boys 12 - 18	50m Freestyle

#### **Session Four – Sunday 26 May - Warm Up 12.20pm – Start 1.10pm – Finish 3.50pm**

Event 401	Girls 12 - 18	200m Butterfly
Event 402	Boys 12 - 18	200m Backstroke
Event 403	Girls 12 - 18	100m Freestyle
Event 404	Boys 12 - 18	100m Breaststroke
Event 405	Girls 12 - 18	200m Breaststroke
Event 406	Boys 12 - 18	400m Individual Medley
Event 407	Girls 12 - 18	50m Butterfly
Event 408	Boys 12 - 18	50m Backstroke
Event 409	Girls 12 - 18	1500m Freestyle (may be restricted to 1 heat only)

### **Entry Times**

Please note that accredited times are not required to enter these time trials. Times submitted should be real times achieved at club time trials or unaccredited meets. Entries with "No Time" will be rejected. Times should be submitted as long course times. Times converted from short course using Hy-Tek standard conversion or ASA tables will also be accepted.



## S.A.S.A North District

### LONG COURSE TIME TRIALS 25 & 26 MAY 2019

#### SUMMARY SHEET

Club Name/Abbr \_\_\_\_\_

Match Secretary \_\_\_\_\_  
Address \_\_\_\_\_

Tel. No \_\_\_\_\_  
E-mail address \_\_\_\_\_

..... Individual Age Group Male Entries	@ £6.00	£ .....
..... Individual Age Group Female Entries	@ £6.00	£ .....
..... Coach Meal Passes	@ £12.00	£ .....

TOTAL £ .....

#### **CLOSING DATE – 26 APRIL 2019**

**Paperwork to be received within 3 postal days of closing date.**

**Cheques should be made payable to:**

**SASA NORTH DISTRICT**

**BACS Payment Reference TT19 followed by Club Code eg  
TT19NANX**

**Have you enclosed or sent: Cheque (or BACS payment)  
Hy-tek Team Manager Entry File  
Declaration and Summary Sheet**

#### Declaration

I confirm that all swimmers entered in this competition have paid their current SASA membership fee.  
I confirm that all coaches and/or team staff from our club who will be on poolside are members of  
Scottish Swimming and have current PVG disclosure.

Signed .....

Position in Club .....

Date .....

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



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### **LONG COURSE TIME TRIALS 25 & 26 MAY 2019**

**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** \_\_\_\_\_

**Meet Officials Convenor:** Sean Dawson  
 Tel: 07961751652  
 E-mail: [sdawson14@hotmail.com](mailto:sdawson14@hotmail.com)

**No of swimmers entered.....**

Session 1										
	Judges	Judge Level	Club Code		Timekeepers	Club Code	SASA Number		Judge Mentoring	Training Level
	Name				Name				Name	
1				1				1		
2				2				2		
3				3				3		
4				4				4		
5				5				5		
6				6				6		
7				7				7		
8				8				8		
9				9				9		
10				10				10		
11				11				11		

## COMPLETION AND OTHER NOTES

1. An Officials Sheet **MUST** be completed and emailed to the Meet Officials Convenor, Sean Dawson at [sdawson14@hotmail.com](mailto:sdawson14@hotmail.com) **no later than 14 days before the first day of the meet.**

2. Each Club's submission for ALL sessions should comply with North District **Swimming Regulation 6.3.1** 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	1 Technical Official for every session, at least Judge 1 or above
13 – 16 swimmers	2 Technical Officials for every session, at least 1 of which must be a Judge 1 or above
17 – 20 swimmers	3 Technical Officials for every session, at least 1 of which must be a Judge 1 or above and 1 more must be a Judge 2 or above
21 – 24 swimmers	4 Technical Officials for every session, at least 1 of which must be a Judge 1 or above and 1 more must be a Judge 2 or above
25 – 49 swimmers	5 Technical Officials for every session, at least 2 of which must be a Judge 1 or above and 1 more must be a Judge 2 or above
50+ swimmers	7 Technical Officials for every session, at least 2 of which must be a Judge 1 or above and 2 more must be a Judge 2 or above

Please note that the number of swimmers is the number entered into the meet not the number in a session and that these are the minimum requirements, extra officials are always welcome.

3. 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 SW6.5

*SW6.6 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.*

4. 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 6.4

1	Only enter information in the green highlighted sections (the others are locked). Capital first letter then lower case.		
2	Please complete ALL the programmed sessions for the meet		
	<b>Judges</b>		
3	Please complete each Column with the available judges for each session		
	<b>Name</b>	<b>Club</b>	<b>Level</b>
	Full name of Judge	Your club Initials	Current qualification
	<b>Time Keepers</b>		
4	Please complete each Column with available Time Keepers for each session		
	<b>Name</b>	<b>Club</b>	
	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 AND in the mentoring section. e.g. - If a time keeper is requesting a J1 mentoring session then please include the name in the Time keepers Column and in mentoring Column.		
	<b>Mentoring Requests</b>		
	Name	Club	Level
	Full name of Trainee	Your club Initials	Level at which mentoring is required.