



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

## **NORTH DISTRICT GRAND PRIX MEET 2015 (UNDER FINA AND SASA RULES)**

### **ROUND 1 OF THE SCOTTISH SWIMMING 2015 - 2016 GRAND PRIX SERIES**

**13 – 15 November 2015  
Inverness Leisure,  
Bught Lane, Inverness, IV3 5SS**

#### **MEET INFORMATION**

**Pool** 25 Metres, 8 Lanes, 2m Deep, Electronic Timing

<b>Sessions</b>	<b>Session One</b>	Warm Up 16.00	Start 17.05	End 19.30
	<b>Session Two</b>	Warm Up 08.00	Start 09.05	End 11.50
	<b>Session Three</b>	Warm Up 12.15	Start 13.20	End 15.50
	<b>Session Four</b>	Warm Up 16.10	Start 17.15	End 19.20
	<b>Session Five</b>	Warm Up 08.00	Start 09.05	End 11.50
	<b>Session Six</b>	Warm Up 12.15	Start 13.20	End 15.50
	<b>Session Seven</b>	Warm Up 16.10	Start 17.15	End 19.20

(SUBJECT TO CHANGE IF NECESSARY)

**Events** The following events will be swum with heats and A and B finals -

- 50m Backstroke, Butterfly, Breaststroke and Freestyle
- 100m Backstroke, Butterfly, Breaststroke and Freestyle
- 200m Backstroke, Butterfly, Breaststroke, Freestyle and Individual Medley

Please note that in the event that there are fewer than 4 heats in any event on entry there will be no B final.

The following events will be swum with heats and finals -

- 400m Freestyle and Individual Medley

The following events will be swum as timed finals -

- 800m Freestyle for women and 1500m Freestyle for men
- 4 x 50m Mixed Freestyle and Medley Relays

**Age at** All events will be swum as Open with no age groups

**Eligibility to Enter** Entries will be accepted from competitors registered as members of the SASA, ASA or WASA, or competitors from one of the countries affiliated to FINA.

Entries from composite teams are welcome at these Championships.

**Consideration Times** Consideration times are with the attached Programme of Events.

The fee for entries received which are outwith the consideration times for any of the District Competitions shall not be refunded under any circumstances. (District SW 4.6 refers). Please note that accredited times are required.

Entries may have to be limited dependent upon numbers received.

**Entry Fees** £6.00 per individual swim  
£8.00 per team event

Cheques should be made payable to SASA North District.

**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](http://www.sasanorth.org.uk)) or contact the entries secretary – Anne Hendry.

Entries may have to be limited dependent upon numbers received. In the event that there is an oversubscription, entries will be accepted as evenly across the programme as is practical and by time only.

Please email completed entry files to – [bhendry@btinternet.com](mailto:bhendry@btinternet.com)

Summary sheet and entry fees should be sent to –

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

**CLOSING DATE FOR ELECTRONIC ENTRIES IS FRIDAY 16 OCT 2015**

Please note summary sheet and payment must be received within 3 days of this 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 and any entry that is not accompanied by payment in the specified timeframe will be rejected without delay.

The fee for entries received which are outwith the consideration times for any of the District Competitions shall not be refunded under any circumstances. (District SW 4.6 refers)

**Early Withdrawals** Withdrawals prior to the event may be e-mailed to [bhendry@btinternet.com](mailto:bhendry@btinternet.com) to arrive by 5pm at the latest on Thursday 12 November 2015.  
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).

**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.

**Qualifying for Finals** Finals will be seeded directly from the results of the heats. The fastest eight swimmers shall qualify for A Finals. Two reserves shall be nominated.

In events with a B Final the fastest eight swimmers who have not qualified for the A Final shall qualify for the B Final. For these events, there shall be

**Qualifying  
for Finals  
(cont)**

no reserves for the A Final, instead, where time allows, swimmers will be drawn from the B Final in the event of withdrawals from the A Final. Four reserves shall be nominated for the B Final. B Finals shall be swum after A Finals.

In the event that a qualifier for a B final is promoted to swim in the A Final the space they vacate shall be filled by a reserve from the B final in turn.

**Marshalling**

There will be marshalling for heats and for finals. 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 at the first marshalling area will not be permitted to swim and will be treated as a late withdrawal and fined accordingly.

Reserves must marshal unless they have withdrawn.

**Medals**

Medals will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places.

**Scottish  
Swimming  
Grand Prix**

This meet will be the first Grand Prix in the 2015/2016 Scottish Swimming Series.

When further information about the series is known a revised draft of this meet information will be issued.

## Technical Officials

Lists of Technical Officials for North District clubs for all sessions must be emailed to the Meet Officials Convenor, Durno Jessiman at [carnethy6@hotmail.com](mailto:carnethy6@hotmail.com) no later than 14 days before the first day of the meet (30 October 2015).

Technical Officials must be submitted on the North District form for this purpose and must be emailed (not posted) by the specified date. Failing to submit the form in accordance with these conditions will be considered a failure to submit the form. North District rules SW 6.2. and SW4.1 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.

Submission on an excel spreadsheet (available from Durno or the North District website) is preferred but submissions can be sent by email using the form above. Please complete one sheet for each session of the meet.

Any mentoring at this meet will be at the discretion of the referee.

Any queries or changes to Technical Officials after the closing date should be directed to the Meet Officials Convenor, Durno Jessiman at [carnethy6@hotmail.com](mailto:carnethy6@hotmail.com)

## Additional 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 at any time in the changing village and they must be switched to silent in the pool hall.
3. Poolside/changing room access will be limited to team coaches and chaperones up to a maximum of one coach/chaperone per 10 swimmers, with a maximum of 3 coaches/chaperones at any one time.

Access will be granted with a pass. 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.**

4. Warm-up Supervisors are appointed at this meet in the competition pool 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.

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

5. There will be no separate swim-down facility at this meet. It is expected that the competition pool will be made available for swimming down on the completion of each session. Any swimming during this time is at the discretion of the Meet Director and should be supervised.
6. Vuvuzelas and air horns are not permitted at this meet.
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.

**Photos/  
Videos**

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  
Director**

Helen Smith - [ndswimcon@gmail.com](mailto:ndswimcon@gmail.com) – 07544 535165



# S.A.S.A North District

## NORTH DISTRICT GRAND PRIX MEET 2015 - 13-15 NOVEMBER – INVERNESS LEISURE

### PROGRAMME OF EVENTS

<b>HEATS</b> <b>TIMED FINALS</b> <b>FINALS</b> <ul style="list-style-type: none"> <li>Fastest 4 heats of all 100, 200 and 400m events swum in the morning sessions (won't be changed to more or less)</li> <li>Slower heats of all 100, 200 and 400m events swum in the afternoon sessions</li> <li>'A' and 'B' finals for all 50, 100 and 200m events (unless there is fewer than 4 heats of an event entered in which case there will be no 'B' final)</li> <li>Finals for 400m events</li> </ul>	<b>Saturday 14 November - Session 2</b> <b>Warm up 8.00am Start 9.05am End 11.55am</b>	<b>Sunday 15 November - Session 5</b> <b>Warm up 8.00am Start 9.05am End 11.55am</b>
	Event 201 Women 200m Individual Medley Event 202 Men 200m Freestyle Event 203 Women 200m Breaststroke Event 204 Men 100m Butterfly Event 205 Women 400m Freestyle Event 206 Men 400m Individual Medley Event 207 Women 50m Breaststroke Event 208 Men 50m Freestyle Event 209 Women 100m Backstroke Event 210 Men 200m Backstroke Event 211 Women 200m Butterfly Event 212 Men 100m Breaststroke Event 213 Women 100m Freestyle	Event 301 Men 200m Individual Medley Event 302 Women 200m Freestyle Event 303 Men 200m Breaststroke Event 304 Women 100m Butterfly Event 305 Men 400m Freestyle Event 306 Women 400m Individual Medley Event 307 Men 50m Breaststroke Event 308 Women 50m Freestyle Event 309 Men 100m Backstroke Event 310 Women 200m Backstroke Event 311 Men 200m Butterfly Event 312 Women 100m Breaststroke Event 313 Men 100m Freestyle
	<b>Saturday 14 November - Session 3</b> <b>Warm up 12.15pm Start 1.20pm End 3.40pm</b>	<b>Sunday 15 November - Session 6</b> <b>Warm up 12.15pm Start 1.20pm End 3.40pm</b>
	Slower heats of events 201-206 and 209-213	Slower heats of events 301-306 and 309-313
<b>Friday 13 November - Session 1</b> <b>Warm up 4.00pm Start 5.05pm End 7.30pm</b>	<b>Saturday 14 November - Session 4</b> <b>Warm up 4.10pm Start 5.15pm End 7.20pm</b>	<b>Sunday 15 November - Session 7</b> <b>Warm up 4.10pm Start 5.15pm End 7.20pm</b>
Event 101 Women 50m Backstroke Event 102 Men 50 Butterfly Event 103 Women 50m Butterfly Event 104 Men 50m Backstroke Event 105 Women 800m Freestyle Event 106 Men 1500m Freestyle Event 101 Women 50m Backstroke Event 102 Men 50 Butterfly Event 103 Women 50m Butterfly Event 104 Men 50m Backstroke  L1/483/ND/NOV15	Event 201 Women x 2 200m IM Event 202 Men x 2 200m Freestyle Event 203 Women x 2 200m Breaststroke Event 204 Men x 2 100m Butterfly Event 205 Women 400m Freestyle Event 206 Men 400m IM Event 207 Women x 2 50m Breaststroke Event 208 Men x 2 50m Freestyle Event 209 Women x 2 100m Backstroke Event 210 Men x 2 200m Backstroke Event 211 Women x 2 200m Butterfly Event 212 Men x 2 100m Breaststroke Event 213 Women x 2 100m Freestyle Event 214 Mixed 4 x 50m Medley	Event 301 Men x 2 200m IM Event 302 Women x 2 200m Freestyle Event 303 Men x 2 200m Breaststroke Event 304 Women x 2 100m Butterfly Event 305 Men 400m Freestyle Event 306 Women 400m IM Event 307 Men x 2 50m Breaststroke Event 308 Women x 2 50m Freestyle Event 309 Men x 2 100m Backstroke Event 310 Women x 2 200m Backstroke Event 311 Men x 2 200m Butterfly Event 312 Women x 2 100m Breaststroke Event 313 Men x 2 100m Freestyle Event 314 Mixed 4 x 50m Freestyle



# S.A.S.A North District

## NORTH DISTRICT GRAND PRIX MEET 2015 - 13-15 NOVEMBER – INVERNESS LEISURE

### Consideration Times:

Please note Accredited Times are required for this meet. These times must have been achieved since 16 October 2014.

Only Junior swimmers may enter these Championships with times slower than the Open consideration times. Entries made by Juniors will be combined with entries from Open swimmers at the time of entry, thereafter there will be no differentiation between Open swimmers and Junior swimmers.

Please submit a proof of entries report with your entries as clubs will be asked to verify times. Should you receive any additional request to verify a time or times, you will also be advised of the deadline for verification. Where no satisfactory proof can be provided the competitor shall withdraw, forfeit their entry fee and pay without any excuse such sum as is agreed by the AGM for late withdrawals. Swimming Rule SW 2.2.

**Times below are short course times.** Times converted from long course accredited competitions using Hy-Tek factors or ASA tables will also be accepted. Times must be equal to or faster than -

Times must be faster than or equal to the following –

MALE		EVENT	FEMALE	
Junior*	Open		Open	Junior*
	00:26.90	50 FREE	00:29.90	
01:01.00	00:55.30	100 FREE	01:02.20	01:07.00
02:14.50	02:02.40	200 FREE	02:14.70	02:25.50
04:56.70	04:23.40	400 FREE	04:46.00	05:08.90
		800 FREE	09:51.40	10:15.00
19:19.60	17:47.60	1500 FREE		
	00:32.40	50 BACK	00:34.70	
01:13.90	01:07.10	100 BACK	01:11.60	01:17.50
02:38.70	02:23.10	200 BACK	02:34.20	02:47.10
	00:29.70	50 FLY	00:32.90	
01:12.90	01:03.10	100 FLY	01:11.80	01:19.00
02:53.60	02:30.60	200 FLY	02:41.70	03:03.10
	00:36.10	50 BREAST	00:39.70	
01:25.90	01:14.80	100 BREAST	01:22.50	01:31.00
03:05.50	02:46.60	200 BREAST	02:58.10	03:15.30
02:35.50	02:19.30	200 IM	02:31.60	02:47.40
05:45.00	05:09.10	400 IM	05:27.60	05:53.30

\*As Scottish Swimming definition of 'Junior': A swimmer who is under 17 at 31 December 2015. Entries will be sorted solely on entry time with no differentiation between Open and Junior entries.



# S.A.S.A North District

## NORTH DISTRICT GRAND PRIX MEET 2015 13-15 NOVEMBER – INVERNESS LEISURE

### SUMMARY SHEET

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

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

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

..... Individual Male Entries	@ £6.00	£ .....
..... Individual Female Entries	@ £6.00	£ .....
..... Team Mixed Entries	@ £8.00	£ .....
..... Coach Meal Passes (2 days)	@ £24.00	£ .....
TOTAL		£ .....

### **CLOSING DATE – 16 OCTOBER 2015**

**Paperwork/payment to be received within 3 days of closing date**

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

**Have you enclosed or sent:** Cheque  
Hy-tek Team Manager Entry File  
Declaration and Summary Sheet  
Proof of Times Report

**Late payment will result in electronic entries being rejected**

### **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)





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

## NORTH DISTRICT GRAND PRIX MEET 2015 - 13-15 NOVEMBER – 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](mailto: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		
<b>Mentoring Req</b>							19		
							20		
							21		
							22		
							23		
							24		
							25		
							26		
							27		
							28		

## COMPLETION AND OTHER NOTES

- An Officials Sheet must be completed and emailed to the Meet Officials Convenor, Durno Jessiman at [carnethy6@hotmail.com](mailto: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		
	<b>Judges</b>		
3	Please complete each Colum 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 Colum 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 Colum.		
	<b>Name</b>	<b>Club</b>	<b>Level</b>
	Full name of Trainee	Your club Initials	Level at which mentoring is required.