

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

***31<sup>st</sup> May & 1<sup>st</sup> June 2008  
WESTHILL SWIMMING POOL***

**MEET INFORMATION**

**Pool** 25 Metres, 6 Lanes, Anti-turbulence ropes, Electronic Timing, Level Deck Pool, depth 2m throughout.

<b>Sessions</b>	<b>Session One</b>	Warm Up 08.00	-	Start 09.05
	<b>Session Two</b>	Warm Up 13.00	-	Start 14.05
	<b>Session Three</b>	Warm Up 18.00	-	Start 18.35
	<b>Session Four</b>	Warm Up 08.00	-	Start 09.05
	<b>Session Five</b>	Warm Up 13.00	-	Start 14.05
	<b>Session Six</b>	Warm Up 18.00	-	Start 18.35

(SUBJECT TO CHANGE IF NECESSARY)

**Events** **There is a full programme of 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 of the District Competitions shall not be refunded under any circumstances.**

**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.).  
Entry files may be obtained by downloading from the North District website ([www.sasanorth.org.uk](http://www.sasanorth.org.uk)) or by contacting Susan Brown Tel 01330 833731 or e-mail [susan-brown@supanet.com](mailto:susan-brown@supanet.com). Time cards are not required.

**Entry Fees** £4.00 PER INDIVIDUAL EVENT  
£9.00 PER RELAY EVENT

Cheques should be made payable to SASA North District.  
Entries may have to be limited dependent upon numbers received.

Please return entry files along with entry fees and officials sheets to:-

**Mrs Susan Brown, Auchintoul Steading, Midmar, Inverurie, AB51 7NL**

**CLOSING DATE FOR ENTRIES IS FRIDAY 2<sup>nd</sup> May 2008**  
**Please note all paperwork & entry files must be received by this date**

**Meet Convenor John Gordon Tel: 01224 867005**

**Withdrawals from Heats**

Withdrawals prior to the meet may be sent or emailed to Susan Brown to arrive by 5.00 pm on Friday 30<sup>th</sup> May 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.

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 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 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.**

Reserves for finals must marshal for the final unless they have also withdrawn as above.

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.

**Awards**

Medals will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> 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 (6 ⇒ 1).

**Technical Officials**

**Lists of Technical Officials for all sessions should be included with meet entries – North District rule 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.

**Video**

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 building, except in the designated area in the foyer, in order to prevent any misuse of photo phones.

**Consideration Times**

**Please note accredited times are required for Open Championship Events. These times must have been achieved since 2nd May 2007 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.

<b>Men</b>	<b>Events</b>	<b>Women</b>
01:00.00	<b>100 Free</b>	01:06.50
02:14.40	<b>200 Free</b>	02:22.50
04:47.00	<b>400 Free</b>	05:01.00
10:20.00	<b>800m Free</b>	10:45.00
20:05.00	<b>1500m Free</b>	20:25.00
01:10.10	<b>100 Back</b>	01:15.00
02:35.00	<b>200 Back</b>	02:40.00
01:21.00	<b>100 BRS</b>	01:27.80
02:57.00	<b>200 BRS</b>	03:10.10
01:10.20	<b>100 FLY</b>	01:18.30
02:48.00	<b>200 FLY</b>	02:54.40
02:34.00	<b>200 IM</b>	02:44.00
05:35.00	<b>400 IM</b>	05:52.00





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OPEN CHAMPIONSHIPS**

*31<sup>st</sup> May & 1<sup>st</sup> June 2008 AT WESTHILL SWIMMING POOL*

**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 @ £9.00	£ .....
..... Open Female Team Entries @ £9.00	£.....
..... Coaches meal pass (per day) £10	£ .....
TOTAL	£ .....

**CLOSING DATE FOR ENTRIES IS  
2 MAY 2008**  
**(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 .....

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

## ***NORTH DISTRICT OPEN CHAMPIONSHIPS***

*31<sup>st</sup> May & 1<sup>st</sup> June 2008 AT WESTHILL SWIMMING POOL*

Club \_\_\_\_\_

No of Club Swimmers entered:
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Contact Name \_\_\_\_\_

Gala Officials Convenor:

Eleanore Murison Tel: 01224 486870

Telephone No. \_\_\_\_\_

E-mail address \_\_\_\_\_

E-mail: [eat\\_190@hotmail.com](mailto:eat_190@hotmail.com)

### OFFICIALS SHEET

NAME	DUTY	SIGNATURE REQUIRED?	SESSION 1	SESSION 2	SESSION 3	SESSION 4	SESSION 5	SESSION 6	

4 swimmers or less

5 – 9 swimmers

10 – 14 swimmers

15 – 24 swimmers

25+ swimmers

No Technical Officials required, but please return the form duly marked

1 Timekeeper for every session of the Meet

3 Technical Officials for every session, one of whom must be a Judge or above

5 Technical Officials for every session, two of whom must be a Judge or above

6 Technical Officials for every session, three of whom must be a Judge or above

Please note these are the **minimum** requirements, extra officials are always welcome.