

# SASA Midland District

## Midland District Sprint Championships 2019

<b>Date</b>	<b>Sunday 1st September 2019, Olympia Leisure Centre, Dundee</b>
<b>Events</b>	<p><b>SHORT COURSE 25M POOL CONFIGURATION</b></p> <p><b>50m - Backstroke, Breaststroke, Butterfly and Freestyle - Heats and Finals</b>  <b>100m - Individual Medley - Heat Declared Winner</b></p> <p><b>4 x 50m Mixed Freestyle Relay (2 boys / 2 girls), Junior and Open.</b>  <b>Junior Relay is age 14 and under at 31/12/19. Heat Declared</b> - a maximum of two teams per club. Teams to comprise two males and two females.</p> <p>See attached Programme of events.</p> <p><b>Heats of 50m events will be swum in two age groupings: 11-14 yrs and 15-17+ yrs. Heat swims will be held for all 50m events EVEN IF ENTRIES FOR INDIVIDUAL AGE GROUPS ARE LESS THAN 6.</b></p> <p><b>100 IM WILL BE SWUM WITH ALL AGE GROUPS TOGETHER (HDW)</b></p>
<b>Age Groups</b>	<p>Age groups – 11 / 12 years - swimmers must attain the age of 11 years by 31 December 2019. <b>i.e. born in 2008</b></p> <p>13 years  14 years  15/16 years,  17yrs and over.</p> <p>Disability Events will be swum in conjunction with age group events</p> <p><b>NOTE: Age at 31 December 2019</b></p>
<b>SASA Registration</b>	All swimmers must be current registered swimming members of SASA and of Midland District Club. This includes at the time of entry and during the day(s) of competition.
<b>Disability Swimming</b>	Entries are invited from swimmers with disabilities who are registered members of a swimming club affiliated to Midland District and hold current SASA/ASA/WASA membership. Supplementary conditions apply to these swimmers and these are attached. Additional copies can be obtained from Phil Duncan (midlandsmeetentries@gmail.com). Please indicate on the summary of entries form that you have entered swimmers for Disability events. Disability events will be swum in conjunction with age group events and winners extracted as appropriate. Entries will be considered for other events in accordance with the general Meet Information.
<b>Consideration times</b>	<p><b>CONSIDERATION TIMES APPLY FOR THE 100 IM EVENT.</b></p> <p>There are no minimum qualifying times for the 50m Events. However, if necessary, the number of heats in each event may be restricted to ensure the meet runs to the licensed timescale. The Championship Committee reserves the right to apply this procedure or to combine heats as appropriate in the interests of the smooth running of the meet. Over the top starts will be used in appropriate events.</p>
<b>Accreditation</b>	<b>Licence No: L2/111/MD/SEP19</b>
<b>Sessions</b>	<p><b>Session 1 Warm up: 08:50 hrs Start 09:45 hrs</b></p> <p>Girls: 08:50 - 09:15 hrs  Boys: 09:15 - 09:40 hrs</p>

	<p><b>Session 2 Warm up: 13:30 hrs Start 14:25 hrs</b></p> <p>Boys: 13:30 - 13:55 hrs Girls: 13:55 - 14:20 hrs</p> <p><b>NB Start time of Session 2 may be adjusted after entries are known</b></p>
<b>Marshalling</b>	When a marshalling system is in place Coaches are requested to listen carefully to all announcements and send swimmers to marshal three heats in advance of their swim.
<b>Presentations</b>	Medals will be presented to the first three swimmers in each age group. Meet trophies and disability awards will be presented as appropriate.
<b>Cost of Entry</b>	<b>£5 per individual per event and £5 per relay entry.</b>
<b>Poolside Passes</b>	<p>Coaches Pass - <b>£12</b> to include a programme and a meal between sessions. If coaches do not require a meal the cost of the pass will be <b>£5</b>. <b>At least one Coach Pass must be purchased by participating clubs.</b> <b>Poolside access will be permitted only to those in possession of passes.</b></p> <p><b>Coach Passes will be issued as below:</b> <b>1 to 30 Swimmers :- Maximum of 3 Coach Passes</b> <b>Over 30 Swimmers :- 1 Coach Pass for each additional 10 Swimmers</b></p>
<b>Closing date</b>	Closing Date is noon on <b>Wednesday 14 AUGUST 2019.</b>
<b>Spectators</b>	<p>There will be no charge for Spectator entry.</p> <p>Start sheets will be on sale at a cost of <b>£1</b> and will be available at the start of each session.</p>
<b>Officials/Helpers</b>	<p><b>The current Midland District rule (M.R.8.0) means clubs entering swimmers in District Events must provide names of officials available for each SESSION. This is to ensure that minimum numbers are present to permit accreditation of the meet. Regulations stipulate that each session must comply otherwise the whole meet may lose accreditation. The number to be supplied is proportional to the number of swimmers entered for the Championships, as follows:</b></p> <ul style="list-style-type: none"> <li>◆ 1 - 2 swimmers : 0 officials <b>per SESSION</b></li> <li>◆ 3 - 4 swimmers : 1 official <b>per SESSION</b></li> <li>◆ 5 – 8 swimmers: 2 officials <b>per SESSION</b>, at least one of whom must be Judge 1 or above</li> <li>◆ 9 - 12 swimmers: 3 officials <b>per SESSION</b>, at least one of whom must be Judge 2 or above</li> <li>◆ 13 -16 swimmers: 4 officials <b>per SESSION</b>, at least one of whom must be Judge 1 or above and at least one of whom must be Judge 2 or above</li> <li>◆ 17 -20 swimmers: 5 officials <b>per SESSION</b>, at least one of whom must be Judge 1 or above and at least one of whom must be Judge 2 or above</li> <li>◆ 21 or more swimmers: 6 officials <b>per SESSION</b>, at least two of whom must be Judge 1 or above and at least one of whom must be Judge 2 or above</li> </ul> <p>AOE operator and Recorder count as J2. Trainee Officials will count at their qualified level (ie. Judge 1 trainee counts as Timekeeper). Mentoring may be provided depending on numbers of qualified officials and must be requested in advance by e-mail to the District STO Convenor, <a href="mailto:midlandsto@aol.com">midlandsto@aol.com</a> Volunteer roles: Announcer, marshalls and runners are provided by the organising club(s) and are not counted.</p>

	<p><b>Clubs unable to comply with this Rule may request assistance from another Club, providing expenses if necessary, and inform the STO coordinator accordingly. Any club falling below the required minimum will be required to pay a fine of £20 per session for each missing official.</b></p> <p>Requests for Officials will be issued in due course. It is not sufficient for officials to turn up on the day – prior notification is essential – by email to Richard Allan <a href="mailto:midlandsto@aol.com">midlandsto@aol.com</a></p> <p>Volunteers for this meet, other than STOs, will be co-ordinated by Perth City and Kinross Otters. Offers of assistance of any sort, from any club, are much appreciated. Volunteers are required for Announcing/Marshalling/start sheet distribution / posting results/ and presentations. Anyone assisting at 2 consecutive sessions on either day will be offered lunch but must notify this through their club representative or through Richard Allan, STO co-ordinator (<a href="mailto:midlandsto@aol.com">midlandsto@aol.com</a>) when indicating attendance. This must be done a minimum of 2 weeks in advance. No additional lunches can be offered on the day as these must be ordered in advance</p> <p><b>Officials Briefings</b> - Officials will assemble for briefing sessions in a venue which will be announced. A list of duties will be posted in advance and officials are requested to report <b>at least 30 minutes</b> in advance of the start time of the gala for briefing. All designated Recorders should report to the Championship Convenor <b>an hour</b> in advance of the start of the session unless otherwise agreed.</p>
<b>Withdrawals</b>	<p>Withdrawals in advance of the meet can be made by club Meet Entry Secretary to Phil Duncan by email to <a href="mailto:midlandsmeetentries@gmail.com">midlandsmeetentries@gmail.com</a>.</p> <p>Withdrawals on the day must be made to the recorders within 15 minutes of the start of warm up.</p> <p>Withdrawals from Finals must be made without delay, directly to the Recorder's table.</p>
<b>Entry procedure</b>	<p>Entry should be made by Hy-tek Team Manager file which will be sent to the Club identified TM Contact. <b>It is also essential that payment is made and documentation returned within 5 days of the closing date. Failure to do this may result in swimmers not being permitted to swim.</b></p> <p>Completed summary forms and a cheque for the total amount - payable to SASA Midland District should be sent to:</p> <p>Mr P Duncan 5 James Bell Wynd Monifieth Dundee DD5 4NE</p> <p>Alternatively completed summary forms and confirmation of payment by BACS can be emailed to <a href="mailto:midlandsmeetentries@gmail.com">midlandsmeetentries@gmail.com</a></p> <p>SASA Midland District Royal Bank of Scotland Sort-code: 83-50-00 Account no: 00760821</p>

## Consideration Times - 100m Individual Medley Events

### MALE

Stroke/Distance	11/12 Years	13 Years	14 Years	15/16 Years	17+ Years
IM	1.36.00	1.32.00	1.28.00	1.20.00	1.18.00

### FEMALE

Stroke/Distance	11/12 Years	13 Years	14 Years	15/16 Years	17+ Years
IM	1.38.00	1.34.00	1.30.00	1.25.00	1.20.00

**Please note:** These are **MINIMUM** consideration times. Swimmers must be able to achieve these times before entries will be considered.

No consideration times are given for 50m Events but, **if necessary, the number of heats in each event may be restricted to ensure the meet runs to the licensed timescale. The Championship Committee reserves the right to apply this procedure or to combine heats as appropriate in the interests of the smooth running of the meet.** Over the top starts will be used in appropriate events.

**SASA Midland District  
Midland District Sprint Championships 2019**

**PROGRAMME OF EVENTS**

<b>SESSION 1: Sunday 1st SEPTEMBER 2019</b>				
WARM UP: GIRLS: 08:50 – 09:15 Hrs BOYS: 09:15 – 09:40 Hrs      START 09:45 HRS				
101	11 YRS +	F	100M INDIVIDUAL MED	HDW
102	11 – 14 YRS	M	50M BUTTERFLY	HTS
103	11 – 14 YRS	F	50M BUTTERFLY	HTS
104	15 – 17+ YRS	M	50M BREASTSTROKE	HTS
105	15 – 17+ YRS	F	50M BREASTSTROKE	HTS
106	11 – 14 YRS	M	50M FREESTYLE	HTS
107	11 – 14 YRS	F	50M FREESTYLE	HTS
108	15 – 17+ YRS	M	50M BACKSTROKE	HTS
109	15 – 17+ YRS	F	50M BACKSTROKE	HTS
<b>PRESENTATION – EVENT 101</b>				
	11/12 YRS	M	50M BUTTERFLY	FINAL
	13 YRS	M	50M BUTTERFLY	FINAL
	14 YRS	M	50M BUTTERFLY	FINAL
	11/12 YRS	F	50M BUTTERFLY	FINAL
	13 YRS	F	50M BUTTERFLY	FINAL
	14 YRS	F	50M BUTTERFLY	FINAL
	15/16 YRS	M	50M BREASTSTROKE	FINAL
	17+ YRS	M	50M BREASTSTROKE	FINAL
	15/16 YRS	F	50M BREASTSTROKE	FINAL
	17+ YRS	F	50M BREASTSTROKE	FINAL
<b>PRESENTATIONS EVENTS 102 – 105</b>				
	11/12 YRS	M	50M FREESTYLE	FINAL
	13 YRS	M	50M FREESTYLE	FINAL
	14 YRS	M	50M FREESTYLE	FINAL
	11/12 YRS	F	50M FREESTYLE	FINAL
	13 YRS	F	50M FREESTYLE	FINAL
	14 YRS	F	50M FREESTYLE	FINAL
	15/16 YRS	M	50M BACKSTROKE	FINAL
	17+ YRS	M	50M BACKSTROKE	FINAL
	15/16 YRS	F	50M BACKSTROKE	FINAL
	17+ YRS	F	50M BACKSTROKE	FINAL
<b>PRESENTATIONS EVENTS 106 – 109</b>				
110	JUN MIXED	X	200M FREESTYLE RELAY	FINAL
<b>PRESENTATIONS EVENTS 110</b>				

<b>SESSION 2: Sunday 1st SEPTEMBER 2019</b>				
WARM UP: BOYS: 13:30 – 13:55 hrs GIRLS: 13:55 – 14:20 hrs      START 14:25 HRS				
201	11 YRS +	M	100M INDIVIDUAL MED	HDW
202	11 – 14 YRS	F	50M BACKSTROKE	HTS
203	11 – 14 YRS	M	50M BACKSTROKE	HTS
204	15 – 17+ YRS	F	50M BUTTERFLY	HTS
205	15 – 17+ YRS	M	50M BUTTERFLY	HTS
206	11 – 14 YRS	F	50M BREASTSTROKE	HTS
207	11 – 14 YRS	M	50M BREASTSTROKE	HTS
208	15 – 17+ YRS	F	50M FREESTYLE	HTS
209	15 – 17+ YRS	M	50M FREESTYLE	HTS
<b>PRESENTATION – EVENT 201</b>				
	11/12 YRS	F	50M BACKSTROKE	FINAL
	13 YRS	F	50M BACKSTROKE	FINAL
	14 YRS	F	50M BACKSTROKE	FINAL
	11/12 YRS	M	50M BACKSTROKE	FINAL
	13 YRS	M	50M BACKSTROKE	FINAL
	14 YRS	M	50M BACKSTROKE	FINAL
	15/16 YRS	F	50M BUTTERFLY	FINAL
	17+ YRS	F	50M BUTTERFLY	FINAL
	15/16 YRS	M	50M BUTTERFLY	FINAL
	17+ YRS	M	50M BUTTERFLY	FINAL
<b>PRESENTATIONS EVENTS 202 – 205</b>				
	11/12 YRS	F	50M BREASTSTROKE	FINAL
	13 YRS	F	50M BREASTSTROKE	FINAL
	14 YRS	F	50M BREASTSTROKE	FINAL
	11/12 YRS	M	50M BREASTSTROKE	FINAL
	13 YRS	M	50M BREASTSTROKE	FINAL
	14 YRS	M	50M BREASTSTROKE	FINAL
	15/16 YRS	F	50M FREESTYLE	FINAL
	17+ YRS	F	50M FREESTYLE	FINAL
	15/16 YRS	M	50M FREESTYLE	FINAL
	17+ YRS	M	50M FREESTYLE	FINAL
<b>PRESENTATIONS EVENTS 206 – 209</b>				
210	OPEN MIX	X	200M FREESTYLE RELAY	FINAL
<b>PRESENTATIONS EVENTS 210</b>				

**Midland District Sprint Championships 2019**  
**SUNDAY 1st September 2019 - Olympia Leisure Centre, Dundee**

**Summary of Club Entries**

**Club** \_\_\_\_\_

**Contact details –**

**Name:**

**Address:**

**Please give a reliable email address. This email address will be used to issue the programme for checking.**

**Email: -** \_\_\_\_\_

<b>Entries</b>	<b>Number</b>	<b>Fee (£)</b>	<b>Total Fees (£)</b>
Individual Boys		<b>5</b>	
Individual Girls		<b>5</b>	
Relay Mixed Freestyle Junior		<b>5</b>	
Relay Mixed Freestyle Open		<b>5</b>	
Coaches Pass(es) with Lunch		<b>12</b>	
Coaches Pass(es) no Lunch		<b>5</b>	
<b>Total</b>			<b>£</b>

**Please be advised that it is the responsibility of each individual club to ensure that Coach Passes are only issued to individuals who hold a current PVG Disclosure linked to their club in accordance with SASA child protection guidelines.**

**BACS payments:**

SASA Midland District  
Sort-code: 83-50-00  
Account no: 00760821

**Cheques should be made payable to SASA Midland District and sent to:**

Mr P Duncan  
5 James Bell Wynd  
Monifieth  
DD5 4NE

**Entries must arrive before noon on Wednesday 14th AUGUST 2019**

## **Supplementary Conditions (Disability Swimming) Midland District Championships September 2019**

These supplementary conditions are to be adhered to in conjunction with the general conditions for the District Championships:

### ***The Events (Male & Female)***

50m Freestyle	S1-S15
50m Backstroke	S1-S15
50m Butterfly	S1-S15
50m Breaststroke	SB1-SB15

### ***Eligibility***

- All S1-S10 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.
- All S11-S13 competitors must have an authorised BBS or IBSA classification at time of entry.
- All S14 competitors must have an authorised UKSAPLD or INAS-FID classification at time of entry.
- All S15 competitors must have an authorised UK Deaf Sport or CISS/ICSD classification at time of entry.
- All competitors must be registered as members of a swimming club affiliated to Midland District and hold a current SASA, ASA or WASA membership.
- Competitors must be a minimum of **11** years of age as of **31 December 2019**.
- Finalists shall be determined by the top 6 British Disability Point scorers from the heats according to the competitor's classification, the stroke and the distance.
- A minimum of 6 swimmers must progress from the heats for a final to take place.
- The competition shall take place under the relevant IPC Swimming, Swimming Rules.

### ***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. Accreditation must be held by both of these and will be free of charge. Applications for accreditation for both coaches and carers must be made directly to the Championship convenor (mdgalaconvenor@gmail.com) at least 7 days in advance of the meet. All coaches, chaperones and personal care attendants must conform with the SASA child protection procedures.

### ***Medals***

- Medals shall be awarded on a multi-disability basis to 1st, 2nd and 3rd place in each event. Medals shall be awarded to the top three British Disability Point scorers in each event. Medals shall be awarded during the relevant session that the event has taken place. All swimmers shall be required to present themselves to the marshal for presentations when notified.