



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

## **DEVELOPMENT PENTAQUAS 2022**

**(UNDER FINA AND SCOTTISH SWIMMING RULES)**

**25 and 26 June 2022**

**Inverness Leisure, Bought Lane, Inverness, IV3 5SS**

### **MEET INFORMATION**

- Pool** 25 Metres, 8 Lanes, Anti-turbulence ropes, Electronic Timing, Omega blocks with back-plates and backstroke starting devices
- 200 Pentaqua Sessions** **Saturday 25 June 2022**  
**Session One** Warm Up 08.00 - Start 09.00  
**Session Two** Warm Up 12.25 - Start 13.20  
**Session Three** Warm Up 16:30 - Start 17:25  
(SUBJECT TO CHANGE IF NECESSARY)
- Events** 200m Freestyle, Backstroke, Breaststroke, Butterfly, Individual Medley
- 100 Pentaqua Sessions** **Sunday 26 June 2022**  
**Session One** Warm Up 08.00 - Start 09.05  
**Session Two** Warm Up 12.30 - Start 13.35  
(SUBJECT TO CHANGE IF NECESSARY)
- Events** 100m Freestyle, Backstroke, Breaststroke, Butterfly, Individual Medley
- Age** The "age at" date has been set at 30 June 2022 to support swimmers that may have been disadvantaged by relative age effect. Age groups are 11/12, 13, 14, 15 – 18.
- Eligibility to Enter** This meet is open to swimmers who are members of clubs affiliated to the SASA North District.

### **Swimmers can only enter one of the Pentaquas**

Acceptances will be subject to the Individual Medley times entered. Should the Individual Medley time be accepted, all other entered swims will also be accepted. All Individual Medley times must meet the slower than criteria.

- 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 Lesley Gatton on [entries@sasanorth.org.uk](mailto:entries@sasanorth.org.uk).

Entries may have to be limited dependent upon numbers received. In the event that the meet is over-subscribed (either the 100 Pentaqua or the 200 Pentaqua) and cuts have to be made in order to meet the conditions of the licence, swimmers will be accepted fastest first across the events and age groups as evenly as possible.

Please return entry files to District Entries Secretary– [entries@sasanorth.org.uk](mailto:entries@sasanorth.org.uk)

Summary sheet and entry fees should be sent to:-

Lesley Gatton, 152 Shillinghill, Alness, IV17 0TD

### **CLOSING DATE FOR ELECTRONIC ENTRIES IS FRIDAY 27 MAY 2022**

Please note summary sheet and payment must be received within 3 postal days of this date.



# S.A.S.A North District

## Entry Fees

£30.00 per Pentaqua ( inclusive cost for all 5 swims)

Cheques should be made payable to SASA North District.

Payment can alternatively be made by BACS. Reference should be PENT22 followed by your club code eg PENT22NANX. Bank details for BACS payments are on the summary sheets.

## Consideration Times

Entry times should be provided on entry where available for all events entered. NT times will not be accepted. Times should be real times but do not need to be accredited.

Swimmers must have times for Individual Medley that are equal to or slower than:

200 Pentaqua (AA Grade)		Age	100 Pentaqua (B Grade)	
200 IM Boys	200 IM Girls		100 IM Boys	100 IM Girls
2:44.70	2:47.19	11/12	1:33.13	1:32.93
2:35.46	2:40.38	13	1:29.24	1:27.15
2:21.89	2:32.08	14	1:20.79	1:15.18
2:16.42	2:29.71	15 – 18	1:16.93	1:08.79

## Early Withdrawals

Withdrawals prior to the event may be sent or e-mailed to Lesley Gatton at [entries@sasanorth.org.uk](mailto:entries@sasanorth.org.uk) to arrive by 5pm at the latest on Thursday 23 June 2022.

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 Rule SW5.1(b).

## Marshalling

There will be marshalling for all heats. 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, will be treated as a late withdrawal and may be fined accordingly.

## Reserves

Reserves must marshal unless they have withdrawn.

## Awards

There will be medals for the first three places in each age group in each event. There will be a further medal awarded to each of the overall Pentaqua winners in each age group. Overall Pentaqua winners will be determined using cumulative FINA Points with the FINA Points being those in the Meet Management programme used at the time.

## Technical Officials

Lists of Technical Officials for all sessions must be emailed to the Meet Officials Convenor, Colin Oswald [theooswalds2@icloud.com](mailto:theooswalds2@icloud.com) no later than 14 days before the first day of the meet (10 June 2022).

For the purposes of submitting Technical Officials, the 200 Pentaqua and 100 Pentaqua will be treated separately.

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.

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

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## **Technical Officials (cont)**

Submission on an excel spreadsheet (available from the North District website) is preferred but submissions can be sent by email using the form below. Please complete one sheet for each session of the meet. Queries or changes to Technical Officials after the closing date should be directed to the relevant Meet Officials Convenor as above.

Any mentoring requests should be applied for on the Officials sheet and will be at the discretion of the referee on the day.

## **Photos/Videos**

Please note that anyone wishing to use photographic equipment, including video cameras must register with the Meet Convenor (application should be made using the QR code which will be provided in the participant info and available at venue).

### **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 may 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.

## **Data Protection**

### **Entries & Results**

In order to operate this meet, we have a legitimate interest to collect and process some basic personal data from all competitors, specifically name, gender, date of birth. This data will be held securely and only used for the purposes of managing the meet and reporting results. Dates of birth will only be shared with -

- Scottish Swimming for the purpose of maintaining the National Database which is used for Squad Selection and
- Swim England for inclusion on Rankings

Names, gender and age (but not date of birth) will be retained and will be shared with attending clubs and may be published for the purpose of reporting and keeping records.

## **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.
2. All participants should adhere to the Scottish Swimming Code of Ethics, and relevant codes of conduct.
- 3. The use of mobile phones or other devices capable of photography is not permitted at any time in the changing village, toilets or shower areas and they must be switched to silent in the pool hall.**
4. Different persons have authority and overall responsibility for the running of the meet at different stages.

The participant info which will be issued prior to the competition will detail whom you should approach with any queries, concerns or complaints during the various stages of the meet.

5. Any facility capacity will be prioritised for athletes and team staff. Any remaining capacity may be allocated to spectators if conditions permit.



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

### **DEVELOPMENT PENTAQUAS 2022**

**25 and 26 JUNE - INVERNESS LEISURE**

#### **Programmes of Events**

##### **200 Pentaqua**

**25 June 2022**

##### **Session One – Saturday morning**

<b>101</b>	Girls	11 & over	200m Freestyle
<b>102</b>	Boys	11 & over	200m Freestyle
<b>103</b>	Girls	11 & over	200m Individual Medley
<b>104</b>	Boys	11 & over	200m Individual Medley

##### **Session Two – Saturday Afternoon**

<b>201</b>	Girls	11 & over	200m Backstroke
<b>202</b>	Boys	11 & over	200m Butterfly
<b>203</b>	Girls	11 & over	200m Breaststroke

##### **Session Three – Saturday Evening**

<b>301</b>	Boys	11 & over	200m Backstroke
<b>302</b>	Girls	11 & over	200m Butterfly
<b>303</b>	Boys	11 & over	200m Breaststroke

##### **100 Pentaqua**

**26 June 2022**

##### **Session One – Sunday Morning**

<b>101</b>	Girls	11 & over	100m Butterfly
<b>102</b>	Boys	11 & over	100m Backstroke
<b>103</b>	Girls	11 & over	100m Breaststroke
<b>104</b>	Boys	11 & over	100m Freestyle
<b>105</b>	Girls	11 & over	100m Individual Medley

##### **Session Two – Sunday Afternoon**

<b>101</b>	Boys	11 & over	100m Butterfly
<b>102</b>	Girls	11 & over	100m Backstroke
<b>103</b>	Boys	11 & over	100m Breaststroke
<b>104</b>	Girls	11 & over	100m Freestyle
<b>105</b>	Boys	11 & over	100m Individual Medley



# S.A.S.A North District

## DEVELOPMENT PENTAQUAS 2022

25 AND 26 JUNE 2022 – INVERNESS LEISURE

### SUMMARY SHEET

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

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

Address \_\_\_\_\_

Tel. No \_\_\_\_\_

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

..... Individual Pentaqua Entries	@ £30.00	£ .....
..... 200 Pentaqua Coach Meal Passes (Saturday only)	@ £12.00	£ .....
..... 100 Pentaqua Coach Meal Passes (Sunday only)	@ £6.00	£ .....
TOTAL		£ .....

### **CLOSING DATE FOR ELECTRONIC ENTRIES – 27 MAY 2022**

**Paperwork and payment to be received by the District Entries Secretary within 3 postal days of closing date**

**Cheques should be made payable to:**

**SASA NORTH DISTRICT**

**BACS Payment Reference PENT22 followed by Club Code eg PENT22NANX Sort Code: 80-05-16 A/C No 00882011**

**Have you enclosed or sent: Cheque or BACS payment  
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.

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)

L1/681/SS/JUN22 (200 Pentaqua) and L1/682/SS/JUN22 (100 Pentaqua)



# S.A.S.A North District

## 200 PENTAQUA 25 JUNE 2022

**OFFICIALS SHEET - Please Use the Excel Spreadsheet available and email to Meet Officials Convenor NOT the Entries Secretary**

**Club** \_\_\_\_\_  
 STO Contact Name: \_\_\_\_\_  
 Tel No: \_\_\_\_\_  
 E-mail address \_\_\_\_\_

**Meet Officials Convenor:** Colin Oswald  
 Tel: 07711614512  
 E-mail: [theoswalds2@icloud.com](mailto:theoswalds2@icloud.com)

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

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

Please be sure to include any requests for mentoring



# S.A.S.A North District

## 100 PENTAQUA 26 JUNE 2022

**OFFICIALS SHEET - Please Use the Excel Spreadsheet available and email to Meet Officials Convenor NOT the Entries Secretary**

**Club** \_\_\_\_\_  
 STO Contact Name: \_\_\_\_\_  
 Tel No: \_\_\_\_\_  
 E-mail address \_\_\_\_\_

**Meet Officials Convenor:** Colin Oswald  
 Tel: 07711614512  
 E-mail: [theoswalds2@icloud.com](mailto:theoswalds2@icloud.com)

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

100 Pentaqua 26 June 2022										
	Judges	Judge Level	Club Code		Timekeepers	Club Code	SASA Number			
	Name				Name					
1				1						
2				2						
3				3						
4				4						
5				5						
6				6						
7				7						
8				8						
9				9						
10				10						
11				11						

Please be sure to include any requests for mentoring

## COMPLETION AND OTHER NOTES

1. An Officials Sheet **MUST** be completed and emailed to the Meet Officials Convenor, Colin Oswald **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	