Scarborough and District Swimming Association

2022

Handbook

Swim England

Make A Difference

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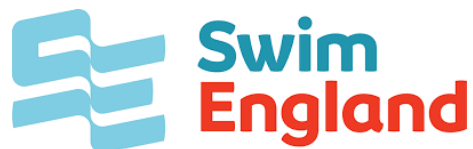
SaDSA Handbook 2022

This handbook is a guide to the competitive swimming opportunities available within the district for SaDSA clubs and their swimmers during 2022. The structure offers swimmers of all abilities, the opportunity to develop and test themselves at the end of the season championships.

In line with the SE Swimming Competition Structure the age of a swimmer for all our Ridings League **Galas is their age on 31st December.** Friendly Galas & Borders *Will be AGE ON DAY* **and SaDSA Championships AGE at 31st December 2022**

The Structure for 2022

1. **Ridings League** – **9yrs** and over; all individual events now 50m. All member clubs **MUST** have a team entered in this competition. Clubs are expected to swim their strongest possible team in every gala. *Age at 31st December*

2. **Border League** – **9yrs** and over with a standard programme for 2022. This is a development league, designed to bridge the gap between Friendly Galas and Ridings League. **Cut-off times** will apply; therefore a swimmer going too fast will gain no points for that event. Clubs can decide if, and in how many galas, they wish to compete at the annual dates meeting (Nov).

These **will** be declared winner on the Day subject to Ratification of score sheets, a Trophy Presented to the winning team on the day. These are *AGE ON DAY*

3. **Friendly Galas** – **8yrs to 18yrs**, this will use the established programmes with cut-off times, *age is on the day of the gala*. Clubs can decide if, and in how many galas, they wish to compete at the annual dates meeting (Nov).

These competitions will culminate in the:

SaDSA Championships 2022 on Saturday 19th NOVEMBER 2022

All SaDSA swimmers are eligible and can enter the SaDSA Championships must be CAT2 swimmer. The 2022 championships will be held at **Scarborough Everyone Active**, **Licensed Level 3 Champ /B/C Meet**
AGE AS AT 31st December 2022
Session 1, 8am Warm Up for a 9.00 am start. Session 2, 1.00pm Warm up for a 2.00pm Start
The events will be swum in two sessions as shown below:
Maximum session length is 3 hours 30 minutes.

Session 1: 19th November AM @ Scarborough		Session 2: 19th November @ Scarborough	
101	Boys 9 & over 100m Freestyle	201	Girls 9 & over 100m Backstroke
102	Girls 9 & over 100m Butterfly	202	Boys 9 & over 100m Breaststroke
103	Boys 9 & over 50m Backstroke	203	Girls 9 & over 50m Butterfly
104	Girls 9 & over 50m Breaststroke	204	Boys 9 & over 50m Freestyle
105	Boys 9 & over 200m I.M.	205	Girls 9 & over 200m I.M.
106	Girls 9 & over 100m Freestyle	206	Boys 9 & over 100m Backstroke
107	Boys 9 & over 100m Butterfly	207	Girls 9 & over 100m Breaststroke
108	Girls 9 & over 50m Backstroke	208	Boys 9 & over 50m Butterfly
109	Boys 9 & over 50m Breaststroke	209	Girls 9 & over 50m Freestyle
110	Girls 9 & over 100m I.M.	210	Boys 9 & over 100m I.M.

Thanks to Kingfishers & Scarborough SC for making this date available.

SaDSA Competition Rules

1. General

1.1   All clubs involved must be full paid-up members of the Scarborough and District Swimming Association (SaDSA).

1.2   Any club who changes the format of their club in any way must re-apply to join the above Association well before the dates meeting, dependant on type of change.

1.3   Any club wishing to join SaDSA must apply in writing before the A.G.M (March). Representatives from the new club must attend the A.G.M. and, if successful, they must also attend the dates meeting in November.

1.4   The date of the "Dates meeting" will be agreed at the A.G.M of the Association.

1.5   All rule changes are made at the Dates meeting and then ratified at the A.G.M.

1.6   Affiliation fees will be decided at the A.G.M. of the Association and paid to the Treasurer on the November Dates night but by **the May Meeting** either by cheque, cash or bank transfer. £100.00 per club.

1.7   All SaDSA events will be swum Under SE Laws & SE Technical Rules. **ALL SWIMMERS MUST HOLD a Preliminary Competitive Start Award to DIVE at any end of the pool**

1.8   All galas must be completed by 15th November.

1.9   Swimmers can only compete for **ONE** club in SaDSA Friendly, Borders and Ridings competitions during the current year.
  1.9.1   SaDSA Championships Level 3 Champ/B/C Meet exemption swimmers only need to be CAT 2 and Registered to a SaDSA Club.

1.10   Clubs should use an electronic system of recording to ease distribution. Spreadsheets provided by SaDSA per gala.

1.11   A Team Manager from each club MUST meet with the Referee at the start of the warmup to be briefed on the running of the gala and to hand in their team sheet. ***Team Sheets MUST have swimmers full Name on***

1.12   Team Managers are responsible for the discipline of their team and are expected to lead by example. Unsportsmanlike behaviour at galas is not acceptable and culprits may be barred from poolside by the Referee. Any Licenced Official may take this decision in the absence of an Official Referee. A report should be submitted to SaDSA Chair.

1.13   Swimmers or Coaches must not approach any official at a gala with queries. These should be directed through their Team Manager to the Referee. Referees should be available after the gala 15 mins to deal with any queries that could not be sorted on poolside.

1.14   In the case of a dispute or protest this must be notified to the Competition Secretary by email within 24 hours of the gala, the outcome will be decided by a panel consisting of the Chairman and Competition Secretary, together with up to three members from non-competing clubs.

1.15   Each host club is responsible for the hire of the pool and the gala organisation.

1.16   All clubs participating in a gala must provide 2 timekeepers and 1 judge; these *where possible should be Licensed Officials*. All other officials are to be provided by the host club. **The host club is to be notified well in advance of the gala if there are any problems in providing officials.**

1.17   *Only two team managers (1 male and 1 female) and two assistants per team will be allowed on poolside.*

1.18   It is the responsibility of the host club to ensure the results are emailed to the Competition Secretary within **24 hours** of the gala. The hard copy of the results sheet, plus all the team sheets for the gala must be brought to the next executive committee meeting.

2. Ridings League (See Appendix A for further info)

2.1   The league will be divided into an appropriate number of divisions at this time 3.

2.2   Each division is to have a minimum of 4 teams.

2.3   Gala points to be awarded – 1st 4 points, 2nd 3 points, 3rd 2 points, 4th 1 point, for both individual events and team relays. In the event of a dead heat, points are shared.

2.4   Individual and team relay event categories are: Age groups changed to 11 & U, 13 & U, 15 & U and Open this will be for one year and revert back in 2023.

2.5   Open events are not age restricted; therefore they can be swum by *anyone 9 years and older*.

2.6   The age of all swimmers for Ridings League galas is determined by their age on 31st December of the year of competition. Swimmers must be 9 years old by this date to take part in the League.

2.7   The maximum number of **individual races** that a swimmer can swim at any one league gala is **TWO**.

2.8   Swimmers can only swim in one age group in individual events in any one league gala, but may Compete in a higher age group in relay events. Open does not count as an age group.

2.9   League records can only be set in a 25m pool.

2.10   Recording sheets with up to date records will be emailed to clubs prior to their gala.

2.11   League points will be awarded 1st 4 points, 2nd 3 points, 3rd 2 points, 4th 1 point in order of total points scored. If a tie occurs points will be shared.

2.12   If it is later established that a swimmer has competed in a gala illegally then the points gained by the swimmer at that gala will be deducted from the club's total points for that gala. Should the same club commit a *second* offence of the same nature in the same year then the total points earned by the club for that gala will be removed.

2.13   Should two or more clubs tie on league points, gala points scored will decide the league positions.

2.14   Any new club joining will go into the lowest division.

3.   Border League (See Appendix B for further info)

3.1   The league is open to all member clubs.

3.2   Swimmers must be 9 years and over on day of Gala. (AGE ON DAY)

3.3   Age groups for League Galas are 9&10 years, 12 yrs and under, 14 yrs and under, along with an Open category.

3.4   Swimmers can do a maximum of **TWO** individual swims.

3.5   Swimmers can only swim individual races in **one** age group in any one gala but can swim in a higher age group in the team relays. Open *does not* count as an age group, so for example a swimmer could swim one individual in the 14 & u and one individual in the Open.

3.6   Cut-Off times will operate; swimming faster than the cut-off time will mean no gala points are earned for that event. The fastest legal time will be first. Clubs should select swimmers who are not expected to reach the cut-off time. (And in line with the aim of the League!)

3.7   Recording sheets will be emailed to clubs prior to their home gala. ***Return within 24hrs***

3.8   Gala Scoring: Each gala is scored according to the number of teams actually taking part,
e.g. 4 teams - 4,3,2,1; 6 teams – 6,5,4,3,2,1. 8 teams – 8,7,6,5,4,3,2,1
in the event of a dead heat the points will be shared

3.9   Winners will be declared on the day highest points, Trophy for winning team.

4.   Friendly Galas (See Appendix C for further info)

4.1   These are one-off galas therefore a swimmer's age is that ***on the day*** of the gala.

4.2   Swimmers *8 years* and older can take part in individual races.

4.3   Swimming faster than the cut off time will mean no points are awarded. The fastest legal time will be first. Clubs should select swimmers who are not expected to reach the cut-off time.

4.4   Gala Scoring: Each gala is scored according to the number of teams actually taking part,
e.g. 4 teams - 4,3,2,1; 6 teams – 6,5,4,3,2,1.

4.5   ***Cannon Relays are swum young to old with two swimmers from each age group***.

5.   Scarborough and District Swimming Association Championships

5.1   The Championships will take place in late November these will be Licensed Level 3 A/B/C.

5.2   All events will be swum on a Heat Declared Winner basis and graded. Champion / B / C.

5.3   The Championships are open to any swimmer who is a member of a SaDSA Club and CAT 2 during the year and provided they are of an appropriate qualifying age.

5.4   Individual age groups in these championships are 9, 10, 11, 12, 13, 14 and 15+ years.

5.5   A swimmers age group for the Championships is determined by their **age on *day***

5.6   The format and venue of the Championships will be reviewed annually at the A.G.M.

6.   SaDSA OFFICIALS ALL GALAS

6.1   Where possible *Referee's & Judges* should be Swim England Licensed Officials,

6.2   *Referee's* should be minimum *Judge 1* and where possible *Judge 2 or above*.

6.3   ***Judges should be minimum Judge 1 training or above.***

6.4   Timekeepers where possible should have done the timekeeping element of the Judge 1 award.

6.5   Time keepers will NOT time keep their own team lane and should where possible have completed the Swim England Timekeepers course.

6.6   Judges will rotate every so many events to be agreed on the day no more than 15 events

6.7   The Senior Official whether J1, J2, J2s, Ref will have the final say in any decisions on poolside DQ's etc, if there is a dispute that the senior official feels they cannot deal with a report to the SaDSA Chair should be made within 24hrs, Chair will then call a meeting with 3 other club reps for discussion and resolve.

6.8   Any Complaints regarding Officials should be made in writing, letter or email and directed to the Chair within 24hrs, Chair will then convene a meeting with all parties and 3 independent club reps to deal with complaint.

6.9   SaDSA Championships will be Licensed Level 3 and as such require ALL clubs to provide Qualified Officials to help Officiate.

6.10   SaDSA will provide clubs with opportunities to become qualified officials with training locally where possible.

Appendices

Appendix A:

Ridings League promotion and relegation

- At the end of the season the winning teams in the *1st and 2nd* Division are promoted and the bottom placed teams in the *Premier and 1st Divisions* are relegated.

- All teams are then grouped together in a rank order list.

- Any teams withdrawing are removed; any teams joining are added to the bottom of the rank order list. Teams are then allocated to Divisions.

Ridings Score Sheet Recording

- It is important that at least *TWO* adults are involved in this process as this allows checking of scores throughout a gala. The spreadsheets are specific to the meet and should not be kept to reuse on other meets you will be sent sheets for each gala with updated records etc. Please read the instructions on pages 12-13.

- All clubs are encouraged to use the electronic system running on excel. **Please note that for the spreadsheet to work as designed, times MUST be entered in the same format as the record or cut off time shown. 1:00.00 or 00.00**

- To help with swimmer development it is important that the reason for a disqualification is recorded on the sheet. Please ensure the DQ code is put on the recording sheet. FINA DQ CODES ONLY should be used, these should be put in where the time goes and 0 points given

- **Team sheets must be handed in at the start of warm up**; recorders can then put in the swimmers names for the individual races. **Swimmers Full Name should be supplied**

Ridings League Trophies and Medals

- Each Division Winning Team will be presented with their trophy and 50 medals at the SaDSA Championships in November.

Ridings League Gala Programme of Events 2022

No		Age Group	Dist.	Stroke/Event		
1	B	11yrs & Un	4 x 25m	Medley Relay		
2	G	11yrs & Un	4 x 25m	Medley Relay		
3	B	13yrs & Un	4 x 50m	Medley Relay		
4	G	13yrs & Un	4 x 50m	Medley Relay		
5	B	15yrs & Un	4 x 50m	Medley Relay		
6	G	15yrs & Un	4 x 50m	Medley Relay		
7	B	Open	4 x 50m	Medley Relay		
8	G	Open	4 x 50m	Medley Relay		
9	B	11yrs & Un	50m	Freestyle		
10	G	11yrs & Un	50m	Freestyle		
11	B	13yrs & Un	50m	Breaststroke		
12	G	13yrs & Un	50m	Breaststroke		
13	B	15yrs & Un	50m	Butterfly		
14	G	15yrs & Un	50m	Butterfly		
15	B	Open	50m	Backstroke		
16	G	Open	50m	Backstroke		
17	B	11yrs & Un	50m	Breaststroke		
18	G	11yrs & Un	50m	Breaststroke		
19	B	13yrs & Un	50m	Butterfly		
20	G	13yrs & Un	50m	Butterfly		
21	B	15yrs & Un	50m	Backstroke		
22	G	15yrs & Un	50m	Backstroke		
23	B	Open	50m	Freestyle		
24	G	Open	50m	Freestyle		
25	B	11yrs & Un	50m	Butterfly		
26	G	11yrs & Un	50m	Butterfly		
27	B	13yrs & Un	50m	Backstroke		
28	G	13yrs & Un	50m	Backstroke		
29	B	15yrs & Un	50m	Freestyle		
30	G	15yrs & Un	50m	Freestyle		
31	B	Open	50m	Breaststroke		
32	G	Open	50m	Breaststroke		
33	B	11yrs & Un	50m	Backstroke		
34	G	11yrs & Un	50m	Backstroke		
35	B	13yrs & Un	50m	Freestyle		
36	G	13yrs & Un	50m	Freestyle		
37	B	15yrs & Un	50m	Breaststroke		
38	G	15yrs & Un	50m	Breaststroke		
39	B	Open	50m	Butterfly		
40	G	Open	50m	Butterfly		
41	B	11yrs & Un	4 x 25m	Free Relay		
42	G	11yrs & Un	4 x 25m	Free Relay		
43	B	13yrs & Un	4 x 50m	Free Relay		
44	G	13yrs & Un	4 x 50m	Free Relay		
45	B	15yrs & Un	4 x 50m	Free Relay		
46	G	15yrs & Un	4 x 50m	Free Relay		
47	B	Open	4 x 50m	Free Relay		
48	G	Open	4 x 50m	Free Relay		

A **swimmer's age** in ALL Divisions of the Ridings League is as at **31st December**.

A swimmer can only swim two individual races.

Age groups changed to 11 & U, 13 & U, 15 & U and Open this will be for one year and revert back in 2023.

Ridings League 2022

Fixtures & Lane Draw

Premier Division

Date	Host Club	WU / Start	
22nd January 22	Beverley	5.30pm for 6.00pm	
26th March 22	Pocklington	5.30pm for 6.00pm @ Beverley	*At Beverley*
2nd July 22	Scarborough	5.30 / 6.00	
15th October 22	Thirsk WH	4.30pm for 5.00pm	

Date	Lane 1	Lane 2	Lane 3	Lane 4
22nd January 22	Thirsk WH	Pocklington	Beverley	Scarborough
26th March 22	Scarborough	Thirsk WH	Pocklington	Beverley
2nd July 22	Beverley	Scarborough	Thirsk WH	Pocklington
15th October 22	Pocklington	Beverley	Scarborough	Thirsk WH

Division 1

Date	Host Club	WU / Start	
26th March 22	South Hunsley	5.30 / 6.00	*At Hymers*
25th June 22	Whitby	3.00 / 3.30	
16th July 22	New Earswick	10.30 / 11.30	
24th September 22	Driffield	3.00 / 3.30	

Date	Lane 1	Lane 2	Lane 3	Lane 4
26th March 22	New Earswick	South Hunsley	Whitby	Driffield
25th June 22	Driffield	New Earswick	South Hunsley	Whitby
16th July 22	Whitby	Driffield	New Earswick	South Hunsley
24th September 22	South Hunsley	Whitby	Driffield	New Earswick

Ridings League 2022

Fixtures & Lane Draw

Division 2

Date	Host Club	WU / Start
12th March 22	York City Baths	Possible date change
26th March 22	Bridlington	5.00 / 5.30
21st May 22	Kingfishers	5.00 / 5.30
10th September 22	Ryedale	4.30 / 5.00

Date	Lane 1	Lane 2	Lane 3	Lane 4
12th March 22	Ryedale	York City Baths	Bridlington	Kingfishers
26th March 22	Bridlington	Kingfishers	Ryedale	York City Baths
21st May 22	York City Baths	Ryedale	Kingfishers	Bridlington
10th September 22	Kingfishers	Bridlington	York City Baths	Ryedale

12th March to confirm with YCBC

Scarborough and District Swimming Association

Recording Sheet Instructions 2022 v1

At least 2 people should be involved in the recording process at the gala.

The results are recorded using an Excel spread sheet. As there have been significant changes to the system it is a good idea to familiarise yourself with the spread sheet before the gala.

Ridings League gala:

1. Add swimmer names to individual events from the team sheets during warm up; remember a swimmer can only do **two** individual events.

2. **ALL times must be entered in the same format as the time shown in Column D.**

3. Relays are always entered in the format **M:SS.TH** in the YELLOW highlighted cells. This should then go white unless a new record is set in which case it will go GREEN.

4. Individual event times are entered in the format SS.TH in the BLUE highlighted cells. This should then go white unless a new record is set in which case it will go GREEN.

5. **If an individual event is over a minute it must still be entered in seconds e.g. 1:03.56 must be entered as 63.56 for the sheet to work correctly.**

6. If the Ridings League Standard Time is beaten the ST Pts score will highlight PURPLE.

7. Enter the times in LANE ORDER for each event; then insert positions in the appropriate cell. Points calculate automatically; if a number is typed in the Gala Pts cell the formula is over written. Replace by copying from a similar cell.

8. If the result is DNS or DQ put this in the time cell. Add code with DQ.

9. The Gala Points, Standard Times Points and Age Group sub-totals and totals will change after each event.

10. Save the file at regular intervals, ideally every *2 or 4 events!*

Ridings League Recording Sheet Instructions

Insert Relay time, or DQ + code or DNS, in the YELLOW cells. Format must be same as in column D. If a new division record it will highlight GREEN.

Insert swimmers name

Insert position – 1, 2, 3, 4 or DQ or NS

ST points calculate once the time is inserted in the YELLOW cell. It will highlight PURPLE if faster than ST.

Gala Points will calculate from the position – do not type them in!

	A	B	C	D	E	F	G	H
1			Club / Lane =		Whitby		Lane 1	Derwent V
2	No	Gen	Age	2017ST	Time	Pos	ST Pts	Time
3			Distance & Event	Club	Swimmer		Gala Pts	Swimm
15			4x50m MTR	SCAE	Whitby		0	Derwent V
16	7	Boys	Open	2:00.37			0.0	
17			4x50m MTR	SCAE	Whitby		0	Derwent V
18	8	Girls	Open	2:10.11			0.0	
19			4x50m MTR	SCAE	Whitby		0	Derwent
20			ST/Gala Pts after 8 events		0.0		0	0.0
21	9	Boys	9 & 10yrs	37.13			0.0	
22			50m Freestyle	SCAE			0	
23	10	Girls	9 & 10yrs	34.69			0.0	
24			50m Freestyle	KINE			0	0
25	11	Boys	12yrs & u	42.44			0.0	0.0
26			50m Breaststroke	WHTE			0	0
27	12	Girls	12yrs & u	43.22			0.0	0.0
28			50m Breaststroke	PERF			0	0

ST Points subtotals should update after each event. (This should show 0.0 at start)

Gala Points subtotal should update after each event.

Insert Individual time, or DQ + code or DNS, in the BLUE cells. Format must be same as in column D. If a new division record it will highlight GREEN.

Appendix B:

Border League scoring

- These are Declared winner on the day with Trophy awarded on the day subject to scores checked by League Secretary
- **Points will be number of teams ie 6 teams = 6,5,4,3,2,1 4 teams = 4,3,2,1**

Border League Trophies and Medals

- The Winning Team will be presented with their trophy on the day of competition.

Border League gala:

1. Add swimmer names to individual events from the team sheets during warm up; remember a swimmer can only do **two** individual events.

2. **ALL times must be entered in the same format as the Cut Off time shown in Column D.**

3. Relays are always entered in the format **_M:SS.TH_** in the YELLOW highlighted cells. This should then go *white* unless faster than the cut off in which case it will go PURPLE.

4. Individual event times are entered in the format SS.TH in the BLUE highlighted cells. This should then go *white* unless faster than the cut off in which case it will go PURPLE.

5. **If an individual event is over a minute it must still be entered in seconds e.g. 1:03.56 must be entered as 63.56 for the sheet to work correctly.**

6. Enter the times in LANE ORDER for each event; then insert positions in the position cell. If Too Fast put **TF** in the position cell. Points calculate automatically; if a number is typed in the Gala Pts cell the formula is over written. Replace by copying from a similar cell.

7. *If the result is DNS or DQ put this in the time cell*. Add code with DQ. Put DQ in the position cell.

8. The Gala Points will change after each event.

9. Save the file at regular intervals, ideally every 2 or 4 events!

POINTS

The points awarded are different for 2020:

4 teams = 4,3,2,1   5 teams = 5,4,3,2,1   6 teams = 6,5,4,3,2,1   8 teams = 8,7,6,5,4,3,2,1

Border League Gala 2022 Recording Instructions

Insert Individual time, or DQ + code or DNS, in the BLUE cells. Format must be same as in column D. If faster than the cut off time it will go PURPLE.

Club name at the top – it will fill into all the relay events. Should be done for you

Insert position – 1, 2, 3, etc, or TF, DQ or NS

Insert swimmers name

Gala Points will calculate from the position – **do not type them in!**

	A	B	C	D	E	F	G	H	I	J
1			Club \ Lane =		Club		Lane 1	Club		Lane 2
2	No.	Gen	Age	Cut Off	Time	Pos	Points	Time	Pos	Points
3	Distance & Event			Time	Swimmer		Total	Swimmer		Total
14	6	Boys	12yrs & u	43.00			0			
15	50m Breaststroke						0			
16	7	Girls	14yrs & u	38.00			0			
17	50m Backstroke						0			
18	8	Boys	14yrs & u	35.00			0			
19	50m Backstroke						0			
20	9	Girls	Open	2:18.00			0			
21	4x50m Medley Team Relay				Club		0	Club		0
22	10	Boys	Open	2:08.00			0			0
23	4x50m Medley Team Relay				Club		0	Club		0
24	11	Girls	9&10yrs	1:28.00			0			0
25	4x25m Medley Team Relay				Club		0	Club		0
26	12	Boys	9&10yrs	1:28.00			0			0
27	4x25m Medley Team Relay				Club		0	Club		0

Insert Relay time, or DQ + code or DNS, in the YELLOW cells. Format must be same as in column D. If faster than the cut off time it will go PURPLE.

Scarborough and District Swimming Association
Border Galas 2022 – Gala Programme

No		Dist	Age Group	Event	2022 Cut Off	
1	G	50m	Open	Front Crawl	31.60	
2	B	50m	Open	Front Crawl	28.50	
3	G	25m	9 & 10yrs	Butterfly	21.50	
4	B	25m	9 & 10yrs	Butterfly	21.00	
5	G	50m	12yrs & u	Breaststroke	45.70	
6	B	50m	12yrs & u	Breaststroke	46.70	
7	G	50m	14yrs & u	Backstroke	36.20	
8	B	50m	14yrs & u	Backstroke	35.80	
9	G	4x50m	Open	MedleyTR	2.23.50	
10	B	4x50m	Open	MedleyTR	2.14.30	
11	G	4x25m	9 & 10yrs	MedleyTR	1.29.10	
12	B	4x25m	9 & 10yrs	MedleyTR	1.29.20	
13	G	4x25m	12yrs & u	MedleyTR	1.23.10	
14	B	4x25m	12yrs & u	MedleyTR	1.25.60	
15	G	4x50m	14yrs & u	MedleyTR	2.33.60	
16	B	4x50m	14yrs & u	MedleyTR	2.29.10	
17	G	50m	Open	Butterfly	33.10	
18	B	50m	Open	Butterfly	30.70	
19	G	25m	9 & 10yrs	Backstroke	22.60	
20	B	25m	9 & 10yrs	Backstroke	22.80	
21	G	50m	12yrs & u	Front Crawl	35.30	
22	B	50m	12yrs & u	Front Crawl	35.20	
23	G	50m	14yrs & u	Breaststroke	42.60	
24	B	50m	14yrs & u	Breaststroke	38.80	
25	G	50m	Open	Backstroke	36.00	
26	B	50m	Open	Backstroke	33.20	
27	G	25m	9 & 10yrs	Breaststroke	25.50	
28	B	25m	9 & 10yrs	Breaststroke	25.80	
29	G	50m	12yrs & u	Butterfly	39.60	
30	B	50m	12yrs & u	Butterfly	38.20	
31	G	50m	14yrs & u	Front Crawl	32.30	
32	B	50m	14yrs & u	Front Crawl	31.60	
33	G	25m	9 & 10yrs	Front Crawl	19.80	
34	B	25m	9 & 10yrs	Front Crawl	19.00	
35	G	50m	Open	Breaststroke	39.30	
36	B	50m	Open	Breaststroke	36.20	
37	G	50m	9 & 10yrs	Front Crawl	39.90	
38	B	50m	9 & 10yrs	Front Crawl	37.90	
39	G	50m	12yrs & u	Backstroke	40.30	
40	B	50m	12yrs & u	Backstroke	38.30	
41	G	50m	14yrs & u	Butterfly	34.90	
42	B	50m	14yrs & u	Butterfly	33.20	
43	G	4x25m	9 & 10yrs	Front Crawl TR	1.18.20	
44	B	4x25m	9 & 10yrs	Front Crawl TR	1.18.20	
45	G	4x25m	12yrs & u	Front Crawl TR	1.13.20	
46	B	4x25m	12yrs & u	Front Crawl TR	1.15.50	
47	G	4x50m	14yrs & u	Front Crawl TR	2.19.30	
48	B	4x50m	14yrs & u	Front Crawl TR	2.11.80	
49	G	4x50m	Open	Front Crawl TR	2.09.20	
50	B	4x50m	Open	Front Crawl TR	1.59.60	

Appendix C:

Friendly League scoring

- These are Declared winner on the day with Trophy awarded on the day subject to scores checked by League Secretary
- **Points will be number of teams ie 6 teams = 6,5,4,3,2,1 4 teams = 4,3,2,1**

Friendly League Trophies

- The Winning Team will be presented with their trophy on the day of competition.

- League Secretary will be responsible for ratifying the scoresheets which must be submitted via email within 24hrs to

- League Secretary - Helen Morland @ friendly@thesadsa.co.uk

- Chair - Kev Sissons @ kev@bridswimclub.co.uk

Friendly Galas – **8yrs to 18yrs**, this will use the established programmes with cut-off times, *__age is on the day of the gala.__* Clubs can decide if, and in how many galas, they wish to compete at the annual dates meeting (Nov).

Friendly Gala Programme A 2022

		EVENT	CUT OFF TIME				
1	B	8/9YRS 4X25m Medley RELAY	1.27.00				
2	G	8/9YRS 4X25m Medley RELAY	1.30.00				
3	B	11&U 4X25m Medley RELAY	1.25.00				
4	G	11&U 4X25m Medley RELAY	1.28.00				
5	B	13&U 4X25m Medley RELAY	1.18.00				
6	G	13&U 4X25m Medley RELAY	1.20.00				
7	M	8/9Yrs 4X25m Freestyle RELAY	1.20.00				
8	B	11&U 25m FREESTYLE	18.00				
9	G	11&U 25m FREESTYLE	19.00				
10	B	13&U 50m BREASTSTROKE	43.00				
11	G	13&U 50m BREASTSTROKE	46.00				
12	B	8/9Yrs 25m BUTTERFLY	NO TIME				
13	G	8/9Yrs 25m BUTTERFLY	NO TIME				
14	B	11&U 25m BACKSTROKE	21.00				
15	G	11&U 25m BACKSTROKE	22.00				
16	B	13&U 25m BUTTERFLY	18.00				
17	G	13&U 25m BUTTERFLY	19.00				
18	B	8/9Yrs 25m FREESTYLE	NO TIME				
19	G	8/9Yrs 25m FREESTYLE	NO TIME				
20	B	11&U 4X25m Breaststroke RELAY	1.30.00				
21	G	11&U 4X25m Breaststroke RELAY	1.35.00				
22	B	13&U 4X25m Breaststroke RELAY	1.26.00				
23	G	13&U 4X25m Breaststroke RELAY	1.31.00				
24	B	8/9Yrs 25m BREASTSTROKE	NO TIME				
25	G	8/9Yrs 25m BREASTSTROKE	NO TIME				
26	B	11&U 25m BUTTERFLY	21.00				
27	G	11&U 25m BUTTERFLY	22.00				
28	B	13&U 50m FREESTYLE	35.00				
29	G	13&U 50m FREESTYLE	37.00				
30	B	8/9Yrs 25m BACKSTROKE	NO TIME				
31	G	8/9Yrs 25m BACKSTROKE	NO TIME				
32	B	11&U 25m BREASTSTROKE	22.00				
33	G	11&U 25m BREASTSTROKE	23.00				
34	B	13&U 50m BACKSTROKE	40.00				
35	G	13&U 50m BACKSTROKE	44.00				
36	B	8/9Yrs 4X25m Freestyle RELAY	1.18.00				
37	G	8/9Yrs 4X25m Freestyle RELAY	1.22.00				
38	B	11&U 4X25m Freestyle RELAY	1.16.00				
39	G	11&U 4X25m Freestyle RELAY	1.20.50				
40	B	13&U 4X25m Freestyle RELAY	1.10.00				
41	G	13&U 4X25m Freestyle RELAY	1.14.00				
42	B	6X25m Freestyle CANNON	1.50.00				
43	G	6X25m Freestyle CANNON	1.55.00				
44	M	6X25m Freestyle CANNON	1.52.00				

BRITISH SWIMMING DISQUALIFICATION REPORT

EVENT NUMBER	HEAT NUMBER	LANE NUMBER

REPORT (PLEASE COMPLETE CLEARLY AND LEGIBLY)

TURN NUMBER:	LENGTH NUMBER:

FINA SWIMMING RULE NUMBER:

PRINTED NAME OF OFFICIAL:

SIGNATURE:

OFFICIAL'S POSITION: ☐ TURN ☐ STROKE ☐ STARTER ☐ REFEREE

PRINTED NAME OF REFEREE:

SIGNATURE:

SW Ref	START
2.3.2	Delaying the start
4.4	Starting before the starting signal
	FREESTYLE
5.2	Did not touch wall at the turn **or** finish
5.3	Totally submerged (except for first 15m at start and turn) during the race
	Head did not break surface at **or** before 15m mark following start **or** turn
	BACKSTROKE
6.1	Both hands not holding starting grips **or** standing in **or** on the gutter **or** bending the toes over the lip of the gutter **or** top of the touchpad **or** feet not in contact with the wall **or** touchpad face.
6.2	Left position on the back (other than to initiate a turn)
6.3	Totally submerged, (except for first 15m following the start **or** turn) during the race **or** at the finish
6.4	Did not touch the wall during the turn
	More than one single **or** double simultaneous arm pull used to initiate the turn **or** not performed immediately
	Not on back when leaving wall
6.5	Not on the back at finish
	BREASTSTROKE
7.1	After the start **or** after each turn, single butterfly kick performed other than before the first breaststroke leg kick
	Head not breaking surface before hands turn inward at widest point in second stroke after start **or** turn
7.2	Body not on the breast during the swim **or** when leaving the wall after a turn (except when executing a turn)
	Stroke cycle not one arm stroke to one leg kick excluding the last single arm stroke prior to the touch at the turn **or** finish
	Arm movements not simultaneous **or** not in the same horizontal plane
7.3	Hands not pushed forward together from the breast on, under **or** over the water
	Elbows over water except for last stroke before the turn, during the turn **or** the final stroke at the finish
	Hands not brought back on **or** under the surface of the water
	Hands brought back beyond the hip line (except after the first stroke following the start **or** turn)
7.4	Head not breaking surface during each complete cycle
	Leg movements not simultaneous (alternating leg movement) **or** leg movements not on the same plane
7.5	Feet not turned out during the propulsive part of the kick
	Executed alternating **or** downward butterfly kicks (except after the start **or** after the turn, as in SW 7.1)
7.6	Did not touch at turn **or** finish with both hands **or** touch not simultaneous **or** hands not separated
	Head not breaking surface during the last complete **or** incomplete cycle preceding the touch
	BUTTERFLY
8.1	Body not on the breast during the swim **or** when leaving the wall after a turn (except when executing a turn)
8.2	Arms not brought forward simultaneously **or** arms not brought forward over the water
	Arms not brought backward under the water simultaneously throughout the race (subject to SW 8.5)
8.3	Movements of the legs not simultaneous **or** alternating movement of legs **or** feet
	Breaststroke kick used (legal in Masters Competitions)
8.4	Did not touch at turn **or** finish with both hands **or** touch not simultaneous **or** hands not separated
8.5	More than one arm pull under water (following start **or** turn)
	Head did not break surface at **or** before 15m mark following start **or** turn **or** not on surface during stroke
	MEDLEY
9.1	Incorrect individual stroke order i.e.not Fly, Back, Breast, Free
	Each stroke did not cover ¼ of race distance
9.2	Body not returned to breast during freestyle leg before kick **or** stroke performed
9.3	Incorrect medley relay stroke order i.e. not Back, Breast, Fly, Free
	Each stroke did not cover ¼ of race distance
9.4	Finish of each stroke not in accordance with rules for the particular stroke
	THE RACE & RELAYS
10.2	A swimmer did not cover the whole distance - DNF
10.3	Swimmer did not remain and/or finish in the lane in which they started
10.4	No contact with the wall during a turn **or** turn not made from the wall **or** took stride **or** step from bottom of the pool
10.5	Walks during freestyle events **or** during the freestyle portion of the medley
10.6	Pulled on the lane rope
10.7	Obstruction **or** interfering with another swimmer - foul
10.8	Unauthorised use of tape, device **or** swimsuit aiding speed, buoyancy **or** endurance, power bands **or** adhesive substances used
10.9	Swimmer enters water during an event in which they are not scheduled to swim
10.10	Fewer than four in a relay team **or** team not (2 x men, 2 x women) **or** team members not registered with same club (MSW 4.1)
10.11	Swimmer's feet lost touch with starting platform before preceding team-mate touches
10.12	Team member enters water during race not to swim their length
10.13	Team event swum in incorrect order to that previously nominated
10.14	Obstructing another swimmer **or** team when leaving the pool following completion of a race **or** relay leg
10.16	Pacemaking, plan **or** device **or** instruction given

FINA 2017-2021 DQ Codes – Version 2   April 2019

Scarborough & District Swimming Association

2022