

Meet Information

SASA
EAST DISTRICT
LONG COURSE
OPEN CHAMPIONSHIPS
(under FINA/SASA rules)
5th and 6th May 2018
Royal Commonwealth Pool
Edinburgh, EH16 5BB

Open Championships

Licence No L1/567/ED/MAY18

MEET INFORMATION

DATE Saturday 5th May and Sunday 6th May 2018

SESSION Session 1 and 4 Warm up: 08:00 Start 09:00
TIMES Session 2 and 5 Warm up: 13:00 Start: 13:45
Sessions 3 and 6 Times will be announced after the closing date for entries.

VENUE Royal Commonwealth Pool, Edinburgh EH16 5BB

POOL 8 lane x 50 metres with full electronic timing with warm-up and swim down facilities.

EVENTS

50m, 100m, 200m, 400m, 800m/1500m* Freestyle male/female (please see entry conditions below).

*The 800m Freestyle will be female entry only and 1500m Freestyle will be male entry only. Coaches can submit a request for a female 1500m freestyle swim or an 800m Freestyle male swim which will be accommodated in the afternoon session only if time permits.

50m, 100m, 200m Backstroke, Breaststroke, Butterfly
200m, 400m Individual Medley

All 50m, 100m and 200m events have heats and A and B finals
400m Freestyle and 400m IM have heats and A finals
800m and 1500m Freestyle – heat declared winner

Relays – heat declared winner

4x 100m Freestyle, mixed
4x 100m Medley, mixed

ENTRY FEES Open Championship £ 9.50
Relays £18.00

COACHES Lunches £20.00 per person per day

CLOSING DATE Wednesday 4th April 2018 at 12 noon

ENTRIES

All entries should be submitted by computer file, which can be obtained by emailing sasaeastdistrictentries@gmail.com Give full contact details – club, name, and telephone number.

Files will be available from Swimscotland from 21st February 2018

Consideration times for entries are set out on the attached sheet. **Do not submit entries that are slower than the consideration times as these will not be refunded.** The organising committee reserve the right to restrict heats to meet the constraints of time once entries have been received.

Accredited times must be submitted for all events. Times submitted should have been achieved on or after 5th May 2017. The following types of event will be accepted:

SASA accredited meets (L1 or L2).

Equivalent meets organised by ASA affiliated counties or clubs or other FINA affiliated organisations.

25m conversions may be used.

Relays including reserves, are required to be populated on the submitted entry file and include a time for seeding purposes. Changes to relay team members can be made up to one hour before the start of the relevant session.

A Hy-Tek entry report, that includes proof of time, must be submitted with the entry file. For entrants who **do not have access to the Hy-Tek reporting system**, an electronic spreadsheet detailing the date and venue where each entry time was achieved must accompany the entry. All entry times be checked prior to publication of the finalised programme. If entry times cannot be substantiated, the meet organisers reserve the right to reject the entry without refund.

Composite team entries, including those from East District teams, for individual and relay events will be accepted. Entry times for relays will be used for seeding purposes only.

No refunds will be given once the Draft Programme has been circulated

HEATS AND FINALS

On Saturday and Sunday, all 50m event heats and a minimum of the fastest 4 heats in each 100m, 200m and 400m event will be swum in the morning session with the remaining heats being swum in the afternoon sessions. The fastest 16 swimmers plus reserves from the morning or afternoon heats will progress to the A and B finals in 50, 100 and 200m events. The fastest 8 in the 400m events will progress to A finals.

WITHDRAWALS

Individual Events:

Any withdrawals (including reserves), or amendments prior to the first day of the event should be notified to the entries/withdrawals secretary by email providing full details (name, event number, entry time)

Withdrawals from **MORNING SESSIONS must be notified no later than 18:00hrs on the day prior to the event.**

Withdrawals from **AFTERNOON SESSIONS not previously notified must be lodged at the recorders desk no later than 10:00 on the day of the event.**

Finals

Withdrawals from A and B finals must be notified to the recorder in writing on the appropriate form within 30 minutes of the announcement being made. Swimmers failing to withdraw from a final within the time limit of 30 minutes after the posting of the preliminary results (except in the case of genuine illness or a proven emergency) will be subject to a £10 fine. Failure to pay the fine within 28 days of notification will result in the suspension of the swimmer from competing in any future East District events until the matter has been resolved.

Any competitor withdrawing from a final in such a manner as to prevent a reserve taking part shall be immediately suspended from all other events at the championship. In the event of a late withdrawal due to illness or injury the swimmer concerned shall take no further part in that session. Where a reserve is brought in at short notice, the reserve shall occupy the vacant lane. All reserves should report to the marshalling area.

CHAMPIONSHIP AWARDS:

Medals will be presented to the first three swimmers in each event. The first East District Senior swimmer (if not already included in the first three places) and also the first Junior swimmer (if not already included in the first three places) will also be required for presentation.

Prize money will be paid as follows for any records set.

Scottish Senior record	£100	Scottish Junior record	£50
East District Senior record	£50	East District Junior record	£25

In the event that more than one record is broken by an individual in any one event, only the highest eligible payment will be made. Championship trophies will be presented for each event but the trophies cannot be taken out with the boundaries of the East District.

PRESENTATIONS:

Appropriate clothing must be worn for the presentations. It is the responsibility of the coach/team manager to ensure that medallists or a deputy are available for presentation as per the presentation schedule, a copy of which will be included in your club envelope.

REFUNDS:

No refunds will be given after the draft programme has been circulated.

No refunds will be given for times submitted out with the consideration times.

Fees for rejected entries will be returned as soon as possible after the event.

COACHES PASSES, COACH NUMBERS AND LUNCHES:

All coaches, team managers and poolside personnel MUST hold a current PVG/disclosure certificate. See declaration on the summary sheet. All coaches, team managers and poolside personnel must have a valid coaches' pass for this event. This can be either a 2018 Scottish Swimming national coaches' pass (or equivalent), an East District pass (or equivalent from other districts) or a 2 day meet pass. Coaches, team managers and poolside helpers who do not have either a national or district pass should request a meet pass from the district secretary, (see request form), **by 4 April 2018**. The meet pass will be available for collection from the door entry staff, throughout the meet. Each meet pass must be signed for, and collected by, the person who applied for it. Photo ID should be shown when collecting the pass.

The maximum number of coaches, team managers and poolside personnel for each club is determined by the highest number of accepted swimmers in any one session, as follows:

Up to 5 swimmers 1 pass

6 to 15 swimmers 2 passes

16 swimmers & over 1 additional pass per 15 swimmers or part thereof.

Clubs with fewer than 5 swimmers will receive one poolside assistant/chaperone pass also.

Clubs may purchase coaches' lunch tickets at a cost of £20:00 per person per day (this includes a snack prior to each evening session also).

MULTI CLASSIFICATION EXEMPTIONS:

All competitors who have a disability that prevents them from complying with the rules of a particular stroke and who have a confirmed classification, (disability status on British Swimming membership database) or a certificate of swimming disability, should be prepared to submit this to the referee if required.

TECHNICAL OFFICIALS:

East District clubs and composite teams will be required to provide technical officials in line with current East District rules. Once accepted entries are confirmed, clubs/composite teams will be notified of requirements. They will be asked to notify in advance the name and official number of nominated officials. Officials from clubs and teams outside the East District are welcome. Technical Officials should wear appropriate poolside apparel.

Event Regulations

Entry to all events is subject to each and all of these regulations and will, where appropriate, also require compliance with the facility provider's regulations:

- Permission for any person, with or without a valid ticket to enter or to remain within the venue is at the absolute discretion of the stewards and officers of the East District and the facility management
- No guarantee can be given by the East District that the event will take place at a particular time or any particular date and the East District reserves the right to reschedule the event and without any liability for so doing.
- In the event of postponement, cancellation or abandonment of the event, refunds if any, will be made at the absolute discretion of the East District. The East District will have no legal liability to make a refund or to pay any form of consequential or indirect damage such as loss of enjoyment, travel and accommodation costs.
- The following are articles, which must not be brought within the venue (glasses, fireworks, smoke canisters, air horns, flares, glass bottles, weapons of any sort). Any person in possession of such items will be refused entry at the absolute discretion of any steward or officer of the East District or the facility management.
- No object may be thrown by spectators within the venue.
- No foul or abusive language or other offensive words such as racial or sexual abuse may be used within venues.
- No alcohol may be consumed.
- No person may take photographs or use any video recording equipment inside events without the express written permission of the East District. Forms permitting video or still photography for non-commercial purposes and registration of video/camera equipment are available at the entry desk. These must be completed and permission granted. The use of flash photography is not permitted.
- Scottish Swimming mobile phone policy will be enforced for the duration of the meet. No mobile devices may be used in the changing rooms, toilets or shower areas.
- No articles, periodicals, publications, flyers or goods of any nature may be offered either free or for sale by any persons save only the East District within events without the express written permission of the East District.
- Any person entering events must at all times comply with any and all instructions of any steward or officer of the East District and/or the facility management. Failure to comply within a reasonable time with any such instruction will lead to the person being invited to leave.
- The facility management request that the following procedures are adhered to:
 - All spectators will be requested to vacate the spectator area in between sessions
 - Only personnel with a valid poolside pass may enter the changing room area.
 - No standing on the balcony during the event
 - No obstruction of passageways/stairways
 - No large bags or clothing on seats in either the swimmer or spectator area.
- The East District reserves absolutely the right to eject from events any person failing to comply with each and all of the event regulations.

- Photography: any person wishing to use video/other photography must register their device at the desk in the foyer area of the pool. Throughout this event the East District will have authorised personnel taking static photographs and video footage. These images are intended solely for the purpose of future promotion of the event and will include live streaming on the internet. Images will be made available to our media partners and uploaded to our website and our social network sites.

Should any competitor wish not to be photographed please complete a form, available from the meet organiser. If at any time a competitor wishes an image to be removed from our website, 7 days' notice must be given to the meet organiser after which the data will be removed.

**SCOTTISH AMATEUR SWIMMING ASSOCIATION
EAST DISTRICT LONG COURSE OPEN CHAMPIONSHIP
5 and 6 May 2018**

SUMMARY SHEET

Please complete electronically and return by email along with the entry file to:
SUSAN LIDDLE, 9 RULLION ROAD, PENICUIK, EH26 9HS

Club:		
Contact Name:		
Address:		
Address:		Post Code:
Telephone No:		
email address:		

Meals	Saturday	Sunday
Number Required		

Double click anywhere in grid below then add the number of entries, etc. in column B

No. of Female Entries		@ £9.50 per entry	£ -
No. of Male Entries		@ £9.50 per entry	£ -
No. of Relay Entries		@ £18.00 per entry	£ -
No. of Meals		@ £20.00 per day	£ -
Total Remittance			£ -

Double click anywhere outside the grid to return to normal mode.

Cheques should be made payable to SASA East District.

I confirm that:

- 1) all swimmers entered are registered with their national federation for the current year
- 2) that all entry times have been achieved at an accredited meet as laid out in the meet information (**proof of entry times** must be provided in accordance with the meet regulations) and
- 3) all coaches and poolside personnel have a current PVG / disclosure certificate.

Confirmed by:	Date:
Position in Club:	

**SCOTTISH AMATEUR SWIMMING ASSOCIATION
EAST DISTRICT LONG COURSE OPEN CHAMPIONSHIPS**

5 and 6 May 2018

COACHES PASS REQUEST FORM

Please complete and send **by 4 April 2018** to Tony Dane, at
sasaeastdistrictsecretary@gmail.com

Club:		
Contact Name:		
Contact email:		

To request a 2 day meet pass for coaches.

(Please only complete this for any PVG registered coach without a district or national pass).

Coaches Name	Does the coach have a PVG membership number (or equivalent)?	
	Yes [<input type="checkbox"/>]	No [<input type="checkbox"/>]
	Yes [<input type="checkbox"/>]	No [<input type="checkbox"/>]
	Yes [<input type="checkbox"/>]	No [<input type="checkbox"/>]
	Yes [<input type="checkbox"/>]	No [<input type="checkbox"/>]

**Coffee, tea and water will be available to coaches throughout the competition.
Only coaches with a valid national, district or meet pass will be permitted poolside.**

CONSIDERATION TIMES FOR OPEN CHAMPIONSHIP
Times are LC
(SC Conversions may be used)

MEN	EVENT	WOMEN
28.70	50m Freestyle	30.50
1.01.00	100m Freestyle	1.06.50
2.16.00	200m Freestyle	2.23.00
4.47.00	400m Freestyle	5.06.00
9.30.00	800m Freestyle	10.08.00
19.00.00	1500m Freestyle	20.15.00
34.50	50m Backstroke	36.50
1.14.00	100m Backstroke	1.18.00
2.31.00	200m Backstroke	2.41.00
37.00	50m Breaststroke	40.00
1.20.50	100m Breaststroke	1.27.50
2.54.00	200m Breaststroke	3.06.50
32.00	50m Butterfly	35.00
1.11.00	100m Butterfly	1.16.50
2.37.00	200m Butterfly	2.52.00
2.32.00	200m Individual Medley	2.48.00
5.33.00	400m Individual Medley	5.55.00

DO NOT SUBMIT ENTRIES THAT ARE SLOWER THAN THE CONSIDERATION TIMES.

<p>EAST DISTRICT OPEN 2018- EVENT ORDER HEATS, HEAT DECLARED WINNER, FINALS</p> <p>On Saturday and Sunday :</p> <ul style="list-style-type: none"> All 50 m heats will be swum in the morning session Fastest 4 heats of all 100, 200 and 400m events swum in the morning sessions Slower heats of all 100 and 200m events swum in the afternoon sessions 'A' and 'B' finals for all 50, 100 and 200m events 'A' finals for all 400m events 	<p>Saturday 5th May - Session 1 Warm up 8.00am Start 9:00am</p> <p>Event 101 Women 200m Backstroke Event 102 Men 100m Backstroke Event 103 Women 50m Breaststroke Event 104 Men 50m Butterfly Event 105 Women 400m Freestyle (fastest heat in final session) Event 106 Men 50m Freestyle Event 107 Women 200m IM Event 108 Men 1500m HDW Event 109 Women 200m Breaststroke Event 110 Men 200m Butterfly Event 111 Women 100m Freestyle Event 112 Men 100m Breaststroke Event 113 Women 100m Butterfly Event 114 Men 200m Freestyle Event 115 Women 50m Backstroke Event 116 Men 400m IM (fastest heat in final session)</p>	<p>Sunday 6th May - Session 5 Warm up 8.00am Start 9:00am</p> <p>Event 401 Men 200m Backstroke Event 402 Women 100m Backstroke Event 403 Men 50m Breaststroke Event 404 Women 50m Butterfly Event 405 Men 400m Freestyle (fastest heat in final session) Event 406 Women 50m Freestyle Event 407 Men 200m IM Event 408 Women 800m HDW Event 409 Men 200m Breaststroke Event 410 Women 200m Butterfly Event 411 Men 100m Freestyle Event 412 Women 100m Breaststroke Event 413 Men 100m Butterfly Event 414 Women 200m Freestyle Event 415 Men 50m Backstroke Event 416 Women 400m IM (fastest heat in final session)</p>
	<p>Saturday 5th May - Session 3 Warm up & start to be confirmed after entries received</p> <p>Event 201 Women 200m Backstroke Event 202 Men 100m Backstroke Event 203 Women 200m IM Event 204 Women 200m Breaststroke Event 205 Men 200m Butterfly Event 206 Women 100m Freestyle Event 207 Men 100m Breaststroke Event 208 Women 100m Butterfly Event 209 Men 200m Freestyle</p>	<p>Sunday 6th May - Session 6 Warm up & start to be confirmed after entries received</p> <p>Event 501 Men 200m Backstroke Event 502 Women 100m Backstroke Event 503 Men 200m IM Event 504 Men 200m Breaststroke Event 505 Women 200m Butterfly Event 506 Men 100m Freestyle Event 507 Women 100m Breaststroke Event 508 Men 100m Butterfly Event 509 Women 200m Freestyle</p>
	<p>Saturday 5th May - Session 4 Warm up & start to be confirmed after entries received</p>	<p>Sunday 6th May - Session 7 Warm up & start to be confirmed after entries received</p>
	<p>Event 301 Women A&B final 200m Backstroke Event 302 Men A&B final 100m Backstroke Event 303 Women A&B final 50m Breaststroke Event 304 Men A&B final 50m Butterfly Event 305 Women A final 400m Freestyle Event 306 Men A&B final 50m Freestyle Event 307 Women A&B final 200m IM Event 308 Women A&B final 200m Breaststroke Event 309 Men A&B final 200m Butterfly Event 310 Women A&B final 100m Freestyle Event 311 Men A&B final 100m Breaststroke Event 312 Women A&B final 100m Butterfly Event 313 Men A&B final 200m Freestyle Event 314 Women A&B final 50m Backstroke Event 315 Men A final 400m IM Event 316 Mixed 4 x 100m Medley relay</p>	<p>Event 601 Men A&B final 200m Backstroke Event 602 Women A&B final 100m Backstroke Event 603 Men A&B final 50m Breaststroke Event 604 Women A&B final 50m Butterfly Event 605 Men A final 400m Freestyle Event 606 Women A&B final 50m Freestyle Event 607 Men A&B final 200m IM Event 608 Men A&B final 200m Breaststroke Event 609 Women A&B final 200m Butterfly Event 610 Men A&B final 100m Freestyle Event 611 Women A&B final 100m Breaststroke Event 612 Men A&B final 100m Butterfly Event 613 Women A&B final 200m Freestyle Event 614 Men A&B final 50m Backstroke Event 615 Women A final 400m IM Event 616 Mixed 4 x 100m Freestyle relay</p>