



SASA EAST DISTRICT

Summer Sizzler

Meet Information

Royal Commonwealth Pool, Edinburgh

22nd June 2024

L1/748/SS/JUN24



<p>About the East District Summer Sizzler</p>	<p>The East District is delighted to hold the Summer Sizzler in June 2024 following the success of the 2023 event.</p> <p>Level 1 licence: L1/748/SS/JUN24</p> <p>The meet is an end of season meet for those athletes who do not have swims at the British/Scottish Summer Meets. Athletes who have qualified for the British or Scottish Summer meet may enter but will not be given priority – see Eligibility section.</p> <p>Electronic timing will be in operation.</p>
<p>Date & Venue</p>	<p>22nd June 2024 – Royal Commonwealth Pool, Edinburgh</p>
<p>Age Groups</p>	<p>All events will be swum as mixed heats</p> <p>For relay events, groupings are:</p> <p>Mixed Relays (2 Male & Open and 2 Female)</p> <ul style="list-style-type: none"> • those born in 2012 & 2013 • those born in 2010 & 2011 • those born in 2008 & 2009 • those born in 2007 or earlier <p>Cannon Relay (1 Male & Open and 1 Female)</p> <ul style="list-style-type: none"> • those born in 2012 & 2013 • those born in 2010 & 2011 • those born in 2008 & 2009 • those born in 2007 or earlier <p>Please note that in the event the meet is oversubscribed the Cannon Relay may be dropped from the programme of events.</p> <p>Age as at 31st December 2024</p>
<p>Events</p>	<p>Events are:</p> <p>50m all strokes 100m all strokes 4 x 50m Freestyle Relay 4 x 50m Medley Relay 8 x 50m Cannon Relay</p> <p>ALL RELAYS' - clubs can enter more than one team. All 'A' teams will be accepted. Extra teams can be entered but will be accepted on a straight time basis only – times MUST be entered in TM entry files.</p> <p>CANNON RELAY is restricted to one per club - smaller clubs can request a combined team entry when emailing their TM files – no times are required for the Cannon Relay. Clubs may swim athletes up an age group where clubs do not have sufficient numbers in an age group.</p> <p>Clubs are invited to enter athletes for a 200 IM which may be run at the Meet Convenors discretion. Clubs will be notified in advance should the event be included.</p>



East District Contact	Colin Matthews, Championship Manager Email: sasaeastdistricteventplanning@gmail.com
Entry deadline	Closing dates for entries is 12 noon 29 th May 2024
Eligibility	<p>All athletes must be registered members of SASA, training with a club affiliated to Scottish Swimming at the time of the competition.</p> <p>Athletes who are first claim members of an East District club are eligible to swim in this meet. Athletes may only compete in their own year groups – see note in events section regarding relays.</p> <p>An invite will be issued to SASA Midlands to attend.</p> <p>Athletes who are first claim members of a Midlands District club are eligible to swim in this meet. Athletes may only compete in their own year groups – see note in events section regarding relays.</p> <p>All athletes must be of the correct standard for the meet and entered with coach approval.</p> <p>Athletes who have qualified for the British or Scottish Summer meets may enter the event however priority will be given in the order below:</p> <ul style="list-style-type: none"> • East District athletes who have no qualifying swims for British/Scottish Summer meets • Midlands District athletes who have no qualifying swims for British/Scottish Summer meets • East District athletes who have 2 or less qualifying swims for British/Scottish Summer meets • Midlands District athletes who have 2 or less qualifying swims for British/Scottish Summer meets • Athletes who have 3 or more qualifying swims for British/Scottish Summer meets <p>Athlete numbers for events will be agreed by the East District swim committee and the facility after entries are received. If it is necessary to reject entries, this will be done at the discretion of the East District swim committee.</p>
Entry Guide	<p>This information regarding entry is a guide and is subject to change.</p> <p>Athletes not accepted to the event will have their entry fee refunded in full. Once the draft programme is issued no refunds will be given.</p> <p>The East District swim committee reserve the right to make decisions on oversubscriptions in any way that is necessary to meet the conditions for the competition. Facility policies may restrict the numbers of athletes for the time available. This means that any athlete accepted into the meet, may not be able to swim all events they enter, to make best use of the time available.</p> <p>Times must be submitted for all events entered. Times submitted should be achieved on or after 1st June 2023. Only Hy-Tek conversions for 50m times may be used. The following types of events will be accepted:</p>




	<p>SASA accredited meets and time trials (L1, L2 & L3) Equivalent (L1 and L2) meets organised by ASA affiliated counties or clubs or other World Aquatics affiliated organisations.</p> <p>Proof of time MUST BE SUBMITTED for the meet; random checks will be undertaken and clubs may be asked pre and post event to provide additional information. If no proof of time is submitted, then all entries will be rejected.</p>																
<p>Entry Process</p>	<p>Entries will be by computer files, which will be downloadable from www.swimscotland.co.uk</p> <ul style="list-style-type: none"> • Entries should be sent by email to: sasaeastdistrictentries@gmail.com <ul style="list-style-type: none"> • The closing dates for entries is 12 noon Wednesday 29th May 2024 • The subject line MUST be Club Code/EDSS • Please ensure that you request a read receipt if you wish confirmation of entries being received <p style="text-align: center;">Please complete the Electronic Summary Sheet by 12 noon Wednesday 29th May 2024</p> <ul style="list-style-type: none"> • Link to Hy-Tek website for Team Manager Lite, should you not have a copy of Team Manager https://hytek.active.com/downloads.html Select Team Manager, then Lite 																
<p>Payment</p>	<p>Payment can be made by bank transfer as follows:</p> <table border="0"> <tr> <td>Account name:</td> <td>SASA East District</td> </tr> <tr> <td>Bank</td> <td>Bank of Scotland</td> </tr> <tr> <td>Branch</td> <td>Musselburgh</td> </tr> <tr> <td>Account No</td> <td>06001834</td> </tr> <tr> <td>Sort Code</td> <td>80-17-68</td> </tr> <tr> <td>Your reference – please quote</td> <td>Club Code/EDSS</td> </tr> </table> <p>ENTRY FEES:</p> <table border="0"> <tr> <td>Individual events</td> <td>£9.00</td> </tr> <tr> <td>Team events</td> <td>£12.00 per team</td> </tr> </table> <p>No entries will be accepted without the correct fee, Summary Sheet or with the Entry Files incorrectly completed</p> <p>There is no charge for the Cannon Relay.</p>	Account name:	SASA East District	Bank	Bank of Scotland	Branch	Musselburgh	Account No	06001834	Sort Code	80-17-68	Your reference – please quote	Club Code/EDSS	Individual events	£9.00	Team events	£12.00 per team
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<p>Draft Programmes</p>	<ul style="list-style-type: none"> • Any queries with regards to entries should be directed to sasaeastdistrictentries@gmail.com • Any withdrawals or amendments should be notified on the electronic withdrawal form that will be provided prior to 12 noon Wednesday 19th June 2024 <p>Start sheets will be issued via broadcast by 12 noon Friday 21st June 2024</p>																



	<ul style="list-style-type: none"> Any further withdrawals should be notified via the electronic withdrawal form as soon as identified. This will enable the District to identify opportunities for additional swims for athletes.
Event Regulations	<p>Entry and Entries to all events is expressly subject to the SASA regulations in place at the time of the meet.</p> <p>SASA East District reserves absolutely the right to eject from the event any person failing to comply with each and all of the Event Regulations. It is the club's responsibility to ensure all attendees are aware of any special requirements as documented in the club information pack – details to follow.</p>
Accreditation Passes	<p>There will be no accreditation passes provided for athletes.</p> <p>All Coaches and Team Managers must hold the relevant qualification/certification for their role and have a valid PVG, CWPS and East District or Scottish Swimming Pass.</p> <p>Coaches who require passes should apply for the relevant pass via JustGo, please note you do not need an East District pass if you have a Scottish Swimming pass or a pass issued via JustGo for another District.</p> <p>All Coaches and Team staff must enter via the front door and have their passes verified before proceeding to poolside. No entry to poolside will be allowed without either of the above passes. Passes must be worn and clearly visible at all times as we will be carrying out random poolside checks.</p> <p>The numbers of qualified coach and poolside personnel allowed on poolside with each club will be restricted to a maximum of two persons for up to the first 10 athletes per session, thereafter a ratio of 1:10 should be applied.</p> <p>A WhatsApp broadcast will be used for Meet information and start sheets in the run up to and during the event. The broadcast code will be issued to entry secretaries and will be available to confirmed coaches and entry secretaries only.</p> <p>Please note only coaches and entry secretaries MUST subscribe to the broadcast associated with the weekend by the following date - late subscriptions will not be accepted. 18:00 Wednesday 19th June 2024.</p>
Spectating	<p>Spectating will be available on a first come first served basis. This is subject to venue guidelines in place at the time of the event.</p>
Team and Individual Rewards	<p>There will be no awards for this meet.</p>



<p>Controlling the use of Photographic Equipment</p>	<p>The meet organisers are well aware of the wide range of devices including mobile telephones which have photographic and filming capabilities. This enables the capture of both static and moving images. It should be acknowledged that the majority of images taken within Scottish Swimming licensed meets are appropriate and taken in good faith. However, images of children and adults can be misused, and sharing images widely without consent may betray a confidence or identity of a child or adult, which could present a risk of harm to that individual if common sense procedures are not followed.</p> <p>Spectators who wish to take images are requested to focus on their own family member as much as reasonably possible and to avoid including other participants in images, particularly if those images are being shared with family and friends or through social media platforms.</p> <p>The meet organisers are committed to ensuring that all children who participate in this meet are able to take part in an enjoyable, safe environment and be safeguarded from harm. If there are any child safeguarding concerns at the event, please contact the Meet Organiser immediately to disclose your concerns.</p> <p>Please scan the QR code to read the Scottish Swimming wellbeing statement.</p>  <p>Throughout the East District Summer Sizzler event the East District may have authorised personnel taking static photographs and video footage. These images are intended solely for the purpose of future promotion of the event and may 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 sasaeastdistrictsecretary@gmail.com after which the image will be removed.</p>
<p>Competition Disclaimer</p> <p>PLEASE NOTE:</p>	<p>No guarantee can be given by SASA East District that the meets will take place at a particular time, on any particular date or at any particular venue. SASA East District reserves the right to cancel the meet without notice and without liability for doing so if required. The competition will not be rescheduled if it is unable to take place on the scheduled dates.</p> <p>In the event of cancellation or abandonment of the event, refunds if any, will be made at the absolute discretion of SASA East District. SASA 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, catering and accommodation.</p>
<p>Swimwear</p>	<p>British Swimming and Scottish Swimming advise that World Aquatics BL8.1 only applies to Olympic Games and World Aquatics events. A suit check will only be made if a World or European record is claimed. There is no requirement for officials to check that costumes are on the approved World Aquatics list. Bylaws BL 8.2 and BL 8.3 cover our requirement for design and material.</p>



	<ul style="list-style-type: none"> • SW8.0 Scottish Swimming Rules • SW8.8 Swimwear Policies <p>SW8.8.1. For events held under the direct jurisdiction and control of Scottish Swimming the Scottish Swimming “Swimwear Policies” shall also apply. The policies are included in full in the appendices of Scottish Swimming Regulations. These can be found here.</p> <p>At this meet only the policy on Agreed Swimwear is relevant.</p>
Transgender & Non-Binary Competition	The Scottish Swimming Transgender & Non-Binary Competition Policy was implemented on 1st January 2024. The policy and FAQs can be found HERE . Any policy related matters that arise during the event should be reported to and will be recorded by the Meet Convenor/Lead Referee and these matters will be communicated to and managed post event by the relevant Scottish Swimming Staff. At no point will members be challenged on the day of a competition with any matters being resolved post event. By entering the Female category, athletes are therefore confirming their birth sex is female and are eligible to compete in the Female category.
Safeguarding	The primary safeguarding point of contact for the event in relation to wellbeing & protection matters or accidents is the Meet Organiser. The secondary point of contact is the Scottish Swimming Safeguarding Manager.

Schedule of Events

Summer Sizzler – Royal Commonwealth Pool	22 nd June 2024
Morning Warm Up 08:30 TBC	Mixed 50 Breast Mixed 100 Free 4 x 50 Medley Relay
Afternoon Warm Up 12:30 TBC	Mixed 100 Fly Mixed 50 Back Mixed 100 Breast 4 x 50 Free Relay
Evening Warm Up 16:30 TBC	Mixed 50 Free Mixed 100 Back Mixed 50 Fly 8 x 50 Cannon Relay