

SCOTTISH AMATEUR SWIMMING ASSOCIATION
EAST DISTRICT OPEN WATER SWIMMING
CHAMPIONSHIPS 2019 (EAST DISTRICT SPRINTS)



Held under SASA/FINA Regulations*

- FINA open water costume requirements apply to championship events
- F.I.N.A wetsuit rules. See information www.scottishswimming.com/compete/open-water.aspx

Incorporating: **Part of the 2019 Scottish Open Water Individual Grand Prix Series**
Part of the 2019 Scottish Open Water Relay Grand Prix Series

Lochore Meadows, Fife – Saturday 1st June 2019

Registration: 11:00 to 12:00

Briefing: 12:00

Races Start: 12:30

Event 1 : 1km Junior Championship (Junior Grand Prix)
Cut-off time of 45 minutes applies

Entry fee £15

Entrants must be aged 11-16. **Categories:** 11&12 years, 13&14 years, 15&16 years

Event 2 : 2km Senior/Masters Championship (Senior Grand Prix)
Cut-off time of 60 minutes applies

Entry fee £20

Entrants must be aged 17 or over. **Categories:** 17 to 24 years, Masters (age adjusted)

Event 3 : Chain Relay (4x250m) (Relay Grand Prix)

Entry fee £24

This is open to mixed teams of 4 swimmers (2 male 2 female) from the same Scottish Swimming or other FINA-affiliated club. The minimum age is 10 (age on day) but swimmers aged 10 can swim only 500m in any one race under SASA Regulations. The relay swimmers will be numbered 1 to 4 in "drop off" order. All swimmers will start together in the water at the start of the event. The lead swimmer at the start can be any swimmer in the team. The remaining swimmers in the team must line up directly behind him/her.

Swimmers in each team can swim in any order during each lap and can swap about. However, as the team rounds the buoy at the end of each lap, the lowest numbered remaining swimmer must be ahead of all other swimmers in that team and will then drop off, leaving the remaining swimmers in that team to continue.

The final swimmers (swimmers No 4) will touch the jetty to finish at the end of the fourth lap.

In each category, medals will be presented to the first to third swimmer (gold, silver, bronze) in each category (Temporary Members are eligible for these Open medals) and to the East District Champion (gold). Relay medals will be awarded to teams in the same way. In the Masters event, all times will be "handicapped" to allow for the swimmer's age.

For purposes of GP Points, all Junior and all Senior swimmers in each gender are grouped together (four groups).

Entries

Entries are online at the following link:

<https://scottishswimming.azolve.com/workbench/public/events?ref=F2C0B13AA5287DA0EE7201A013439F0B6C9784AF>

You should log in with the entrant's SASA number to avoid any issues.

Wetsuits can be hired via a link to our partner supplier's website (Wrightsport). All entrants (including relay teams) must be members of SASA or another FINA-affiliated national body. However, a single day Temporary Membership is available for swimmers who are not regular members, provided that the appropriate form is completed and the £10 fee is paid. Email sasaeastdistrictopenwater@gmail.com for Temporary Member application forms.

Entry data will be held in accordance with Scottish Swimming Policy. Medical information is under the control of Scottish Swimming but may be used by safety and first aid teams on the day.

Notes : Entries, including relays, will be accepted from Scottish Swimming affiliated composites as well as clubs
Swimmers can only represent one club or composite on the day
Safety provision will be in partnership with Open Water Rescue.

All age categories are as at 31 December 2019.

(Closing Date for entries: 12th May)
