



SASA EAST DISTRICT SC Time Trial Meet Information

Michael Woods Centre, Glenrothes


28th September & 29th September 2024

L2/164/SS/SEP24



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| <p>About the East District Short Course Time Trial</p> | <p>The East District is holding a Short Course Time Trial on 28th September and 29th September 2024.</p> <p>Level 2 licence: L2/164/SS/SEP24</p> <p>The meet is aimed at providing athletes with an opportunity to gain entry times for events in the 2024/25 East District Age Group Championships (EDAGs).</p> <p>All events will be swum as ‘mixed open heats’, there will be no finals or awards.</p> <p>Events are as outlined at the end of this document.</p> <p>Electronic timing will be in operation</p> |
| <p>Date & Venue</p> | <p>28th September & 29th September 2024 – Michael Woods Centre, Glenrothes</p> |
| <p>Age Groups</p> | <p>Group 1 – those born in 2013 & 2014 Group 2 – those born in 2012 Group 3 – those born in 2011 Group 4 – those born in 2010 Group 5 – those born in 2009 Group 6 – those born in 2008 or earlier</p> |
| <p>Events</p> | <p>Events are:</p> <p>100m all strokes 200m all strokes 200m Individual Medley 400m Individual Medley & Freestyle</p> <p>Events will be run as mixed events.</p> <p>Athletes can only enter one 400m Free, either Saturday or Sunday.</p> |
| <p>East District Contact</p> | <p>Colin Matthews, Championship Manager Email: sasaeastdistricteventplanning@gmail.com</p> |
| <p>Entry deadline</p> | <p>Closing dates for entries is 12 noon 3rd September 2024</p> |
| <p>Eligibility</p> | <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 these time trials. Athletes may only compete in their own year groups.</p> <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> <p>Priority will be given to those athletes who are either at or just below EDAG level.</p> |
| <p>Entry Guide</p> | <p>This information regarding entry is a guide and may be subject to change.</p> <p>Entry into the time trial will be made by clubs only on official entry files.</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> |



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| | <p>All competition in Scotland will be operated in line with the Scottish Government guidance current at the time of the competition taking place.</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. 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.</p> <p>Only Hy-Tek conversions for 50m times may be used, other conversion tables used may see the swim rejected. The following types of events will be accepted:</p> <p style="padding-left: 40px;">SASA accredited meets and time trials (L1, L2) Equivalent (L1 and L2) meets organised by ASA affiliated counties or clubs or other World Aquatics affiliated organisations.</p> <p>Proof of time <u>MUST BE SUBMITTED</u> for the meet; random checks may be undertaken, and clubs may be asked pre and post event to provide additional information. If no proof of time is submitted, then <u>all</u> entries will be rejected.</p> <p>ENTRY FEES: Individual events £8.00</p> |
| <p>Team and Individual Rewards</p> | <p>There are no awards for this event</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 Events Convenor immediately to disclose your concerns. Please scan the QR code to read the Scottish Swimming wellbeing statement.</p> <div style="text-align: center;">  </div> |



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| | <p>Throughout the East District Time Trial 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>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>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 • The subject line MUST be Club Code/EDTT • 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 and return , with entry files, by 12 noon Tuesday 3rd September 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>The closing dates for entries is 12 noon Tuesday 3rd September 2024</p> | | | | | | | | | | | | |
| <p>Payment</p> | <p>Payment can be made by bank transfer as follows:</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 60%;">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/EDTT</td> </tr> </table> <p>ENTRY FEES: Individual events £8.00</p> <p>No entries will be accepted without the correct fee, Summary Sheet or with the Entry Files incorrectly completed.</p> <p>PLEASE NOTE that if payment is not received by 12 noon Thursday 5th September 2024, then entries for the whole club will be withdrawn.</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/EDTT |
| Account name: | SASA East District | | | | | | | | | | | | |
| Bank | Bank of Scotland | | | | | | | | | | | | |
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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 • No refunds will be given once the draft programme has been published. • Any withdrawals or amendments should be notified on the electronic withdrawal form prior to 6:00pm Wednesday 25th September 2024 • Start sheets will be issued via broadcast by 12:00 noon Friday 27th September 2024, no start sheets will be available on the day. • Any further withdrawals should be notified via email to sasaeastdistrictentries@gmail.com as soon as identified. |
| <p>Event Regulations</p> | <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 events 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 event management plan – details to follow.</p> |
| <p>Accreditation Passes</p> | <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 Scottish Swimming District or National 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 have their passes verified before proceeding to poolside. No entry to poolside will be allowed without a valid pass. 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 coaches 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 coaches and entry secretaries MUST subscribe to the broadcast associated with the weekend by the following date - late subscriptions will not be accepted. 6:00pm Wednesday 25th September 2024</p> |
| <p>Spectating</p> | <p>Spectating will be available at venues on a first come first served basis. This is subject to facility guidelines in place at the time of the event.</p> <p>Entry to the spectator gallery will be £2 per session payable by cash or card.</p> |



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| <p>Swimwear</p> | <p>SW8.0 Scottish Swimming Rules SW8.8 Swimwear Policies 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>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> <p>At this meet only the policy on Agreed Swimwear is relevant.</p> |
| <p>Transgender & Non-Binary Competition</p> | <p>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.</p> |
| <p>Safeguarding</p> | <p>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.</p> |

Schedule of Events

| East District Time Trials – Michael Woods Centre, Glenrothes | | 28 th & 29 th September 2024 |
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| | Sat 28 th September | Sun 29 th September |
| <p>Morning Warm Up: 9.00am (tbc)</p> | <p>100m Back 200m Breast 400m Individual Medley</p> | <p>100m Fly 200m Free 400m Free</p> |
| <p>Afternoon Warm Up: 1.30pm (tbc)</p> | <p>All Groups</p> | |
| | <p>100m Free 200m Fly 400m Free</p> | <p>100m Breast 200m Back 200m Individual Medley</p> |



CONSIDERATION TIMES FOR THE EAST DISTRICT TIME TRIALS 2024

Entry times should be slower than the consideration times below.

| Year of birth | 2014 & 2013 | 2012 | 2011 | 2010 | 2009 | 2008 or earlier |
|------------------------|----------------|----------------|----------------|----------------|----------------|-----------------|
| MALE & OPEN | Group 1 | Group 2 | Group 3 | Group 4 | Group 5 | Group 6 |
| 100m Freestyle | 01:28.00 | 01:16.00 | 01:12.00 | 01:07.00 | 01:04.00 | 00:59.00 |
| 200m Freestyle | 02:58.00 | 02:41.50 | 02:31.00 | 02:21.50 | 02:12.50 | 02:09.50 |
| 400m Freestyle | 06:10.00 | 05:45.00 | 05:15.00 | 04:55.00 | 04:45.00 | 04:30.00 |
| 100m Backstroke | 01:40.00 | 01:30.00 | 01:24.00 | 01:17.00 | 01:14.00 | 01:11.00 |
| 200m Backstroke | 03:15.00 | 03:05.00 | 03:00.00 | 02:48.00 | 02:40.00 | 02:28.50 |
| 100m Butterfly | 01:46.50 | 01:31.50 | 01:25.50 | 01:19.50 | 01:15.50 | 01:07.00 |
| 200m Butterfly | 03:25.00 | 03:20.00 | 03:08.00 | 02:58.00 | 02:48.00 | 02:32.50 |
| 100m Breaststroke | 01:54.00 | 01:43.00 | 01:34.00 | 01:29.00 | 01:24.00 | 01:20.00 |
| 200m Breaststroke | 03:44.00 | 03:33.00 | 03:15.00 | 03:05.00 | 03:00.00 | 02:49.00 |
| 200m IM | 03:35.00 | 03:12.00 | 03:00.00 | 02:53.00 | 02:40.00 | 02:31.00 |
| 400m IM | 06:50.00 | 06:25.00 | 06:05.00 | 05:45.00 | 05:35.00 | 05:10.00 |
| Year of birth | 2014 & 2013 | 2012 | 2011 | 2010 | 2009 | 2008 or earlier |
| FEMALE | Group 1 | Group 2 | Group 3 | Group 4 | Group 5 | Group 6 |
| 100m Freestyle | 01:19.50 | 01:14.00 | 01:10.00 | 01:09.00 | 01:08.00 | 01:06.00 |
| 200m Freestyle | 02:50.00 | 02:40.00 | 02:30.00 | 02:26.00 | 02:23.00 | 02:19.50 |
| 400m Freestyle | 05:58.00 | 05:30.00 | 05:15.00 | 05:05.00 | 05:00.00 | 04:55.00 |
| 100m Backstroke | 01:31.00 | 01:26.00 | 01:21.00 | 01:20.00 | 01:19.50 | 01:17.00 |
| 200m Backstroke | 03:05.00 | 02:59.00 | 02:53.00 | 02:45.00 | 02:43.00 | 02:39.00 |
| 100m Butterfly | 01:47.00 | 01:34.00 | 01:25.00 | 01:24.00 | 01:23.00 | 01:17.00 |
| 200m Butterfly | 03:45.00 | 03:25.00 | 03:10.00 | 03:04.00 | 02:55.00 | 02:43.00 |
| 100m Breaststroke | 01:48.00 | 01:39.00 | 01:35.00 | 01:32.00 | 01:30.00 | 01:25.00 |
| 200m Breaststroke | 03:35.00 | 03:17.00 | 03:10.00 | 03:05.00 | 03:03.00 | 02:57.00 |
| 200m IM | 03:10.00 | 03:08.00 | 03:02.00 | 02:57.00 | 02:54.00 | 02:44.00 |
| 400m IM | 06:20.00 | 06:10.00 | 06:04.00 | 05:54.00 | 05:48.00 | 05:32.00 |

Consideration times are SC and determined by the qualifying times for the 2024/2025 Championship.