

Meet Information

Open Championships

SASA
EAST DISTRICT
LONG COURSE
OPEN CHAMPIONSHIPS
(under FINA/SASA rules)
26th to 28th May 2017
Royal Commonwealth Pool
Edinburgh, EH16 5BB

Licence No L1/520/ED/MAY17

M E E T I N F O R M A T I O N

DATE Friday 26th to Sunday 28th May 2017

SESSION Session 1 Warm up: 16:00 Start 17:00
TIMES Session 2 and 5 Warm up: 08:00 Start: 09:00
Sessions 3, 4, 6 and 7 *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 and 1500m Freestyle
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

4 x 100m Freestyle, female and male
4 x 100m Medley, female and male
4x 100m Medley, mixed

ENTRY FEES	Open Championship	£9.50
	Relays	£18.00

COACHES	Lunches	£18.00/person/day
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CLOSING DATE Wednesday 19th April 2017 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.

Consideration times for entries are set out on the attached sheet. **Do not submit entries that are slower than the consideration times.** 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 26th May 2016 and must be capable of verification by a club official. 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.

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. Random checks of entries will be made 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 Friday evening there will be heats and finals for 50m events. Other events on Friday are heat declared winner.

On Saturday and Sunday, all 50m event heats and 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 from 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 for session 1 must be notified **NO LATER THAN 18:00hrs THURSDAY 25th May 2017**

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 and Junior swimmer will also be required for presentation if not already included in the first three places. 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.

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

COACHES PASSES, COACH NUMBERS AND LUNCHES:

All coaches and poolside personnel MUST hold a current PVG/disclosure certificate. See declaration on the summary sheet. All coaches and poolside personnel must have a valid coaches' pass for this event. This can be either a 2017 Scottish Swimming national coaches' pass (or equivalent), an East District pass (or equivalent from other districts) or a 3 day meet pass. Coaches and poolside helpers who do not have either a national or district pass should request a meet pass from the championship manager, (see request form), **by 1st May 2017**. 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 poolside 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 £18:00 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 within events except in those areas specifically designated for such purposes and in accordance with any terms displayed in those areas.
- 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. Phones used in these areas will be confiscated and the swimmer may be barred from the rest of the meet.**
- 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.

**SCOTTISH AMATEUR SWIMMING ASSOCIATION
EAST DISTRICT LONG COURSE OPEN CHAMPIONSHIP
26th to 28th May 2017**

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		@ £18.00 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**

26th to 28th May 2017

<p>COACHES PASS REQUEST FORM</p>

Please complete and send **by 1st May 2017** to Carolyn Crichton, at
sasaeastdistricttickets@gmail.com

Club:		
Contact Name:		
Contact email:		

To request a 3 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 []	No []
	Yes []	No []
	Yes []	No []
	Yes []	No []

**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
	800m Freestyle	10.08.00
19.00.00	1500m Freestyle	
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.

**EAST DISTRICT OPEN
AND GRAND PRIX
2017- EVENT ORDER**
HEATS, **HEAT DECLARED WINNER**, FINALS

On Saturday and Sunday :

- 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, 200 and 400m events swum in the afternoon sessions
- 'A' and 'B' finals for all 50, 100 and 200m events
- 'A' finals for all 400m events

Saturday 27th May - Session 2

Warm up 8.00am Start 9:00am End 12:00 am

Event 201	Men	200m Individual Medley
Event 202	Women	200m Backstroke
Event 203	Men	200m Butterfly
Event 204	Women	100m Butterfly
Event 205	Men	100m Backstroke
Event 206	Women	400m Individual Medley
Event 207	Men	400m Freestyle
Event 208	Women	50m Backstroke
Event 209	Men	50m Butterfly
Event 210	Women	200m Freestyle
Event 211	Men	200m Breaststroke
Event 212	Women	100m Breaststroke
Event 213	Men	100m Freestyle

Saturday 27th May - Session 3

Warm up & start to be confirmed after entries received

Slower heats of events 201-207 & 210-213 No event 308-309

Event 301	Men	200m Individual Medley
Event 302	Women	200m Backstroke
Event 303	Men	200m Butterfly
Event 304	Women	100m Butterfly
Event 305	Men	100m Backstroke
Event 306	Women	400m Individual Medley
Event 307	Men	400m Freestyle
Event 310	Women	200m Freestyle
Event 311	Men	200m Breaststroke
Event 312	Women	100m Breaststroke
Event 313	Men	100m Freestyle

Sunday 28th May - Session 5

Warm up 8.00am Start 9:00am End 12:00 am

Event 501	Women	200m Individual Medley
Event 502	Men	200m Backstroke
Event 503	Women	200m Butterfly
Event 504	Men	100m Butterfly
Event 505	Women	100m Backstroke
Event 506	Men	400m Individual Medley
Event 507	Women	400m Freestyle
Event 508	Men	50m Backstroke
Event 509	Women	50m Butterfly
Event 510	Men	200m Freestyle
Event 511	Women	200m Breaststroke
Event 512	Men	100m Breaststroke
Event 513	Women	100m Freestyle

Sunday 28th May - Session 6

Warm up & start to be confirmed after entries received

Slower heats of events 501-507 & 510-513 No event 608-609

Event 501	Women	200m Individual Medley
Event 502	Men	200m Backstroke
Event 503	Women	200m Butterfly
Event 504	Men	100m Butterfly
Event 505	Women	100m Backstroke
Event 506	Men	400m Individual Medley
Event 507	Women	400m Freestyle
Event 510	Men	200m Freestyle
Event 511	Women	200m Breaststroke
Event 512	Men	100m Breaststroke
Event 513	Women	100m Freestyle

Friday 26th May - Session 1

Warm up 4.00m Start 5.00m

Event 101	Men	50m Breaststroke
Event 102	Women	50m Freestyle
Event 103	Men	50m Freestyle
Event 104	Women	50m Breaststroke
Event 105	Men	1500m Freestyle
Event 106	Women	800m Freestyle
Event 101	Men	A&B final 50m Breaststroke
Event 102	Women	A&B final 50m Freestyle
Event 103	Men	A&B final 50m Freestyle
Event 104	Women	A&B final 50m Brststroke
Event 107	Mixed	4 x 100m Medley relay

Saturday 27th May - Session 4

Warm up & start to be confirmed after entries received

Event 401	Men	A&B final	200m IM
Event 402	Women	A&B final	200m Backstroke
Event 403	Men	A&B final	200m Butterfly
Event 404	Women	A&B final	100m Butterfly
Event 405	Men	A final	100m Backstroke
Event 406	Women	A final	400m IM
Event 407	Men	A&B final	400m Freestyle
Event 408	Women	A&B final	50m Backstroke
Event 409	Men	A&B final	50m Butterfly
Event 410	Women	A&B final	200m Freestyle
Event 411	Men	A&B final	200m Breaststroke
Event 412	Women	A&B final	100m Breaststroke
Event 413	Men	A&B final	100m Freestyle
Event 414	Womens		4 x 100m Free relay
Event 415	Mens		4 x 100m Medley relay

Sunday 28th May - Session 7

Warm up & start to be confirmed after entries received

Event 701	Women	A&B final	200m IM
Event 702	Men	A&B final	200m Backstroke
Event 703	Women	A&B final	200m Butterfly
Event 704	Men	A&B final	100m Butterfly
Event 705	Women	A final	100m Backstroke
Event 706	Men	A final	400m IM
Event 707	Women	A&B final	400m Freestyle
Event 708	Men	A&B final	50m Backstroke
Event 709	Women	A&B final	50m Butterfly
Event 710	Men	A&B final	200m Freestyle
Event 711	Women	A&B final	200m Breaststroke
Event 712	Men	A&B final	100m Breaststroke
Event 713	Women	A&B final	100m Freestyle
Event 714	Mens		4 x 100m Free relay
Event 715	Womens		4 x 100m Medley relay

