



EAST DISTRICT OPEN WATER SWIMMING MEDLEY MINI MEET 2019

Lochore Meadows, Fife – Saturday 1st June

Registration: 08:15

Briefing: 09:00

Races Start: 09:45

Event 1 : 200m Butterfly

Entry fee £9

Event 2 : 200m Breaststroke

Entry fee £9

Event 3 : Open 200m Freestyle MC (Event 3A) and Freestyle (Event 3B)

Entry fee £9

Introduction

The minimum age for this event is 10 years (age on day).

All swimmers should be register in the morning between 08:15 and 08:45 for swimmers to receive numbered caps and to allow numbers to be written on their hands and to allow nails to be checked. Nails should be short and trimmed. This is done for safety purposes. It should be noted that no jewellery of any kind is permitted. Swimmers should take the opportunity to get changed and to complete a dry land warm up if they choose.

Please note wetsuits will be mandatory if the water temperature is below 18 degrees and optional if 18 to 20 degrees. In Scotland, this usually means that swimmers will need to wear wetsuits. Wetsuits can be hired from our partner supplier (Wrightsport). Remember to tell them you are with Scottish Swimming.

Swimmers should be in their wetsuits well before their heat, so for those in the early heats, this will likely be before the briefing.

All swimmers must attend the briefing at 09:00. A roll call will be conducted to ensure all swimmers are present. There is a briefing from the Referee to ensure that all swimmers understand the course and know the expected behaviour and also from our Safety Team so that all participants know how to get help if they require it.

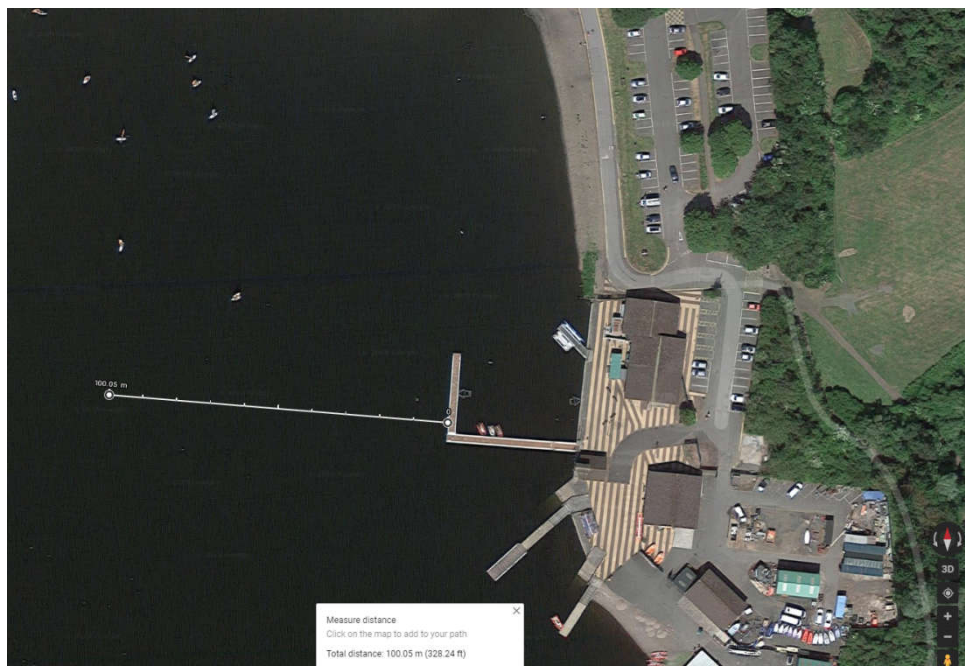
Following on, the Clerk of the course will give the swimmers warnings at 15 minutes, 10 minutes and 5 minutes prior to the start of the event. Swimmers should make their way to the marshalling area promptly when advised by the Clerk of the Course, normally at the 5 or 10 minute warning, ensuring that they have their hats and goggles but keeping on warm clothing. All swimmers from each event should marshal together (so all heats together).

Each event will be run as heats comprising approximately 4 swimmers, who will swim out around their own (separate) buoy and then return to the finish. Start lists will be produced by the meet organisers with mixed age and gender heats permitted.

Swimmers competing in later events will be required to marshal approximately 15 minutes prior to their event. Please note that event start times may be brought forward depending on entries and weather conditions.

If a swimmer requires assistance during the race or if they retire during a race, they will be assessed by the First Aid team. This is our standard practice.

Swim times will be made available after the completion of all events. Prizes will be presented to the fastest male and female in the age ranges: 10-12 year, 13-14 year, 15-16 year, 17-24 year, 25+ year (age at end of 2019).



Rules and Regulations

This event will be held under SASA/FINA Open Water Regulations and FINA open water swimwear requirements will apply.

In addition, the Butterfly and Breaststroke events will be held under SASA/FINA Pool Swimming Stroke Rules. The Referee will apply discretion to ensure that the competition is fair, after the manner of a Level 3 Pool Meet. This morning event is not a District Championships event.

Open water times are not Accredited times eligible for entry to pool events.

Entries

Entries are online at the following link:

<https://scottishswimming.azolve.com/workbench/public/events?ref=F2COB13AA5287DA0EE7201A013439F0B6C9784AF>

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

Be aware that this morning Medley Mini Meet and the afternoon District Championships Event are run through the same online system. Swimmers are permitted to enter both events if they wish.

Minimum age 10 years on the day. This is a Scottish Swimming Regulation, so no exceptions can be made.

Please note that all entrants should be capable of completing a 200m Freestyle within 3:00:00 and a 200m Breaststroke/Butterfly within 3:45:00 (both in a short course pool). The meet organisers reserve the right to query any entries. However, the pool times need not be Accredited times.

We welcome entries from disabled swimmers but you will be asked for information on your disability during the entry process.

In the event of over-subscription the organisers reserve the right to reject entries to ensure safety is prioritised. This will be done on a first-come first-serve basis.

Entry fees are £9 per single event. In the event of withdrawal from an event after the closing date the entry fee may not be refundable.

All entrants 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 Data Policy.

Medical information is held under the Scottish Swimming Data Policy.

License No OW/2019/L1/01

(Closing Date for entries: 12th May 2019)
