

SASA Midland District



Masters Championship 2019

Olympia Leisure Centre

Saturday 28th September 2019

MEET INFORMATION

(UNDER FINA RULES AND SASA SWIMMING REGULATIONS)

POOL 25 Metres, 6 Lanes, Anti-turbulence ropes, Starting Blocks, Electronic Timing.

SESSIONS Session One Warm Up - 11:15 Start - 11:45
Session Two Will start after a short break at the end of session 1

(SUBJECT TO CHANGE IF NECESSARY)

EVENTS All events will be swum as mixed events and scored as male & female. Heats will be swum with all age groups combined and swimmers seeded by entry times.

INDIVIDUAL EVENT 200m Backstroke, Breaststroke, Butterfly, Freestyle & Individual Medley
100m Backstroke, Breaststroke, Butterfly & Freestyle & Individual Medley
50m Backstroke, Breaststroke, Butterfly & Freestyle

SKINS Event The Skins event at this meet will provide challenge and entertainment in equal measure!

There will be a Men's and Women's event, the lucky winners receiving prizes! Qualification to the 'showdown' will be through the 'gateway' event of the 100metres Individual Medley. (As such, there is no additional cost for the SKINS – the 100IM would form part of your initial entry fee for one of your five events)

1. The fastest six males and females will qualify for their respective SKINS FINAL.
2. The qualifiers will be spearheaded.
3. Each race will consist of a 25m sprint.
4. Each length will have a **2 minute** turnaround.
5. The stroke will be dictated by a 'blind pick' from a bag.
6. The starter will 'pick' the first stroke of each final.
7. The first start will be a conventional start (take your marks.)
8. The last swimmer in each race will be eliminated.
9. The eliminated swimmer will then 'blind select' the stroke that the following race will swim.
10. Each race thereafter will be started by way of '10 second warning' by way of whistle, followed by starting beep for a go (no take your marks!)
11. After 5 rounds the person 'still standing' is the winner.

Judges word is final!

Whilst the 100IM will form part of any cumulative scores for age group awards, the FINAL will not draw any additional points – ITS FOR FUN!

AGE Age is at 31st December 2019, all competitors must be age 16 years or older by this date.

Age Groups	Y 16 – 17	X 18 – 24	A 25 – 29
	B 30 – 34	C 35 – 39	D 40 – 44
	E 45 – 49	F 50 – 54	G 55 – 59
	H 60 – 64	I 65 – 69	J 70 – 74
	K 75 – 79	K 75 – 79	L 80 – 84
	M 85 – 89	N 90 – 94	P 94 – 99
	Q 100 – 104	R 105 – 109	

- ENTRY FEES** Cost is £45 for up to 5 individual swims and the presentation which will include food, each additional event is at a cost of £5 per entry.
- Guest tickets can be purchased for the presentation at a cost of £10 per guest
- BACs transfer Acc: 00760821 Sort: 835000
- Ref: Masters(YourName)
- ENTRIES** Entries will be via the online entry form available at www.sasamidlanddistrict.co.uk/events/midland-district-masters
- Entries will close at noon on Friday 13th September 2019 – no late entries will be accepted**
- The entry fee must be transferred to the above account by the closing date please use ref: Masters(YourName)
- A draft programme will be available on Monday 16th September on the Midland District Website
- AWARDS** Medals will be awarded to the top three in age group for each race and an overall prize for each age group winners.
- Skins events are not categorized into age groups, prizes will be awarded to top six in both male and female events.
- The presentation ceremony will take place immediately after Session 2 in the Olympia Cafe
- All medals can be collected at the pool during the event. Age group and Skins prizes will be awarded at the award ceremony in the Olympia Cafe immediately after the championships.
- WITHDRAWALS** Withdrawals prior to the competition should be emailed to: SASA Midland District – vp.midlandsasa@outlook.com
To arrive no later than 5pm Sunday 22nd September 2019, withdrawals after this date will not be entitled to a refund
All details must be included on e-mail withdrawals i.e. Name, Event No, Stroke, SASA No. etc.
Telephone withdrawals will not be accepted under any circumstances.
Withdrawals on the day should be submitted to the recorders table at the top of the balcony at least 30 minutes prior to the start of the session.
- Please note that anyone withdrawing on medical grounds, refunds will only be granted on production of a letter from a suitably qualified professional confirming withdrawal is recommended. The letter must be received within 7 days following the meet and should be dated no earlier than the closing date or later than 3 days from the date of the competition.
- MARSHALLING** There will be no marshalling for the event swimmers should be at the blocks for their race at the appropriate time. Missed swims will not be refunded.
- TECHNICAL OFFICIALS** We would be very grateful for a list of Officials willing to help on the day. Technical officials can sign up on the Midland District Website using the link below
<https://www.sasamidlanddistrict.co.uk/events/midland-district-masters>
- Programmes & Spectators** Full meet programmes and spectating will be available for both sessions

MEET REGULATIONS

- No guarantee can be given by SASA Midland District that the event will take place at a particular time or any particular date and SASA Midland District reserves the right to reschedule the event without notice and without liability for so doing. It is expected that this would only happen as a result of unforeseen circumstances, eg venue/facility failure or adverse weather.
- In the event of postponement, cancellation or abandonment of the event, refunds if any, will be made at the absolute discretion of SASA Midland District. SASA Midland 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 SASA Midland District and/or police officer.
- 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 will be tolerated by our Club.
- No alcohol may be consumed at the event.
- Any person entering events must at all times comply with any and all instructions of any steward or officer of SASA Midland District and/or police officer. Failure to comply within a reasonable time with any such instruction will lead to the person being invited to leave.
- All swimmers entered must have paid their SASA membership fee for the current year. Registration numbers **must** be shown on entry form. A licence has been granted for this competition and accreditation will be applied for to Scottish Swimming

NOTES

- SASA Midland District reserves the right to amend the programme at any time.
- Lockers provided in the changing rooms should be used to store all belongings. The meet organisers and the facility management cannot be held responsible for items lost during the course of the event. No bags allowed on poolside.
- Parking is available at Olympia Leisure Centre

Media /Photography & Mobile Phones

Throughout this event SASA Midland District may have a number of authorised media partners taking static photographs and video footage. These images are intended solely for the purposes of promotion and celebration of the activities 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.

All parents, competitors, coaches and volunteers are required to acknowledge this is a public event and upon entering the swimming arena this may result in the recording and publication of his/her image.

SASA Midland District will hold this information on file for the use of promotion, general information and marketing. This information will not be passed on to third party media partners.

Should any competitor wish not to be photographed please complete the form below. If at any time a competitor wishes a static image to be removed from our website, 7 days' notice must be given to Arbroath St Thomas after which the data will be removed.

Please note that anyone wishing to use photographic equipment for non-commercial purposes, including video cameras must register with the Gala Convener (application should be made on the appropriate SASA Health and Safety form and signed by the relevant club official).

No person may for commercial purposes take photographs or use any video recording equipment inside the event without the express written permission of SASA Midland District.

No flash photography is permitted at any time within the competition pool area.

Mobile phones may not be used in the pool hall or in the changing area. Use of mobile phones within the building is limited to designated areas.

Further guidance can be found in our Child Protection Policy.

MEDIA/PHOTOGRAPHY REFUSAL OF CONSENT

Event:	Midland District Masters Championship 2019
Date:	28th September 2019
Name of Swimmer:	
Club:	

I refuse permission for the Official Photographer of SASA Midland District and its media partners to take and/or publish the images of me / my child. This includes the sharing of photos/images on your website and social media sites.

Signed	
Print Name:	
Date:	

License Number: MD/L2/023/Sept19

www.sasamidlanddistrict.co.uk/

COMPETITOR SAFETY CODE

IT IS IMPORTANT THAT ALL COMPETITORS READ THE FOLLOWING BEFORE SIGNING THE RELATED ENTRY FORM. THE SIGNING AND SUBMISSION OF ENTRY FORM CONFIRMS THAT THE COMPETITOR HAS READ, UNDERSTOOD AND AGREES TO ABIDE BY THE CODE.

1. ALL COMPETITORS SHOULD SEEK APPROPRIATE ADVICE IF THEY HAVE ANY CONCERNS AS TO THE STATE OF THEIR HEALTH. THEY HAVE NOT BEEN INFORMED BY THEIR MEDICAL PRACTITIONER THAT THEY HAVE ANY MEDICAL CONDITION THAT WOULD MAKE IT INADVISABLE TO PARTICIPATE IN MASTERS SWIMMING EVENTS OR OTHER ASSOCIATED ACTIVITIES. THUS ASSUMING THE COMPETITOR IS PHYSICALLY FIT AND WELL TO PARTICIPATE IN SUCH EVENT.

2. COMPETITORS SHOULD BE APPRECIATIVE OF THE RISKS INVOLVED IN SAID COMPETITION INCLUDING THE POSSIBILITY OF INJURY AND ACCIDENT. COMPETITORS SHOULD AGREE TO CONDUCT THEMSELVES IN A RESPONSIBLE AND PROFESSIONAL MANNER.

3. COMPETITORS SHOULD UNDERTAKE AT ALL TIMES TO USE THEIR BEST ENDEAVOURS TO TRAIN AND COMPETE IN A SAFE AND PROPER MANNER AND NOT TO DO ANYTHING THAT WOULD EXPOSE THEMSELVES OR OTHER SWIMMERS UNNECESSARY RISK OF INJURY

4. COMPETITORS SHOULD UNDERTAKE AT ALL TIMES TO TAKE REASONABLE SAFETY MEASURES FOR THE PROTECTION OF THEMSELVES AND FELLOW SWIMMERS AND TO INFORM THE REFEREE OF ANY CONCERNS THEY HAVE WITH REGARDS TO SAFETY

5. COMPETITORS SHOULD ACKNOWLEDGE THAT DURING MASTERS SWIMMING EVENTS MIDLANDS DISTRICT CANNOT BE HELD RESPONSIBLE FOR ANY LOSS OR DAMAGE TO PERSONAL BELONGINGS AND THAT THE COMPETITOR SHOULD TAKE ALL REASONABLE STEPS AGAINST SUCH LOSS OR DAMAGE

6. COMPETITORS ACCEPT AND ABIDE, AND BE GOVERNED BY THE RULES OF SCOTTISH SWIMMING AND ALL OTHER LAWS AND REGULATIONS APPLICABLE INCLUDING SASA SAFETY LAWS AND THE CONDITIONS OF THE SASA MIDLANDS DISTRICT.

SASA Midland District

SESSION ONE WARM UP 11:15 START 11:45

Event No	101	Mixed	100m Individual Medley
	102	Mixed	50m Breaststroke
	103	Mixed	100m Butterfly
	104	Mixed	200m Backstroke
	105	Mixed	50m Freestyle
	106	Mixed	100m Breaststroke
	107	Mixed	200m Butterfly
	108 & 109	Mixed	SKINS Event

SHORT BREAK IF PROGRAMME ALLOWS

SESSION TWO

Event No	201	Mixed	200m Freestyle
	202	Mixed	100m Backstroke
	203	Mixed	50m Butterfly
	204	Mixed	200m Breaststroke
	205	Mixed	50m Backstroke
	206	Mixed	200m Individual Medley
	207	Mixed	100m Freestyle
	208	Mixed	All Stars 4x50m Freestyle Relay