

# Fife Region Swimming Time Trial

## Background

The East District and the three Regions (Borders, Fife and Lothian) are working together to try and give an opportunity to as many swimmers as possible to take part and post up to date times for swims. East District are holding two level 2 licence Time Trials on 25 September and 9 October at the RCP. These times will be entered into rankings.

Fife is holding a Time Trial on 3 October (level 3 licence). The event is to allow swimmers who do not wish to enter/ not accepted into the East District Event an opportunity to race. The aim of the Time Trial is to keep everything as simple as possible and enjoyable for the swimmers. The level 3 times can be used for entry into 2021 Scottish Winter Meet and for future district events to the end of March 2022 (this is at the discretion of the District).

<b>Date</b>	Sunday 3 <sup>rd</sup> October 2021
<b>Venue</b>	Michael Woods Sport Centre, Glenrothes
<b>Pool</b>	8 lane 25m competition pool with Electronic Timing 4x 25m swim down pool
<b>Age Groups</b>	12, 13, 14, 15, 16, 17, 18 & over Age as at 31 <sup>st</sup> December 2021
<b>Events</b>	100m Backstroke, Breaststroke, Butterfly, Freestyle 200m Individual Medley All events will be heat declared winner
<b>Meet Conditions</b>	<ul style="list-style-type: none"><li>• Swimmers must be aged 12 or over at 31 December 2021 and registered with SASA</li><li>• Only swimmers who are first claim club members of an East District Club are eligible to enter the Fife Time Trial (priority will be given to members of a Fife Club if the event is oversubscribed)</li><li>• Swimmers may only enter one of the trials, the East District Time Trial dates or the Fife Time Trial. They cannot enter both.</li><li>• It would be the decision of the club and coach as to which event the swimmer enters</li><li>• This will be a level 3 licensed meet – times will not appear on rankings</li><li>• In the event of the Fife Time Trial being oversubscribed, entries may need to be rejected to meet the conditions for the competition. Covid-19/facility policies may restrict the numbers of swimmers for the time available. Any swimmer not accepted will be refunded the relevant cost.</li></ul>
<b>Promoter</b>	Fife Regional Committee
<b>Event Contact</b>	Lindsay Lewis, Fife Gala Convenor Email: fifeleagues@gmail.com
<b>Licence Number</b>	L3/ED/001/OCT21

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## Entry Process

- Entries will be by computer files, which are downloadable from [www.swimscotland.co.uk](http://www.swimscotland.co.uk)
- Times must be submitted for all events entered. Times should have been recorded by a swimmer between 1 January 2019 – current. Times do not need to be accredited times but they should be real times achieved at meets or at club time trials. Whilst we are not asking for proof of times random checks will be made and club(s) may be asked to confirm how and when a time was achieved
- Completed entry files must be emailed to [sasaeastdistrictentries@gmail.com](mailto:sasaeastdistrictentries@gmail.com) along with the completed Electronic Summary Sheet, which is downloadable from [www.swimscotland.co.uk](http://www.swimscotland.co.uk), no later than **12 noon on Wednesday 22 September** (Please ensure that you request a read receipt if you wish confirmation of entries being received)
- The subject line **MUST be Club Code/FRTT**
- It is the club coach's responsibility to ensure swimmers are of a standard to compete in the event
- The cost per event entry is £3

## Session Times (Subject to change)

Session 1 Warm up: 08:00 Start: 09:00  
Session 2 Warm up: 12:30 Start: 13:30

## Schedule of Events

Session 1		Session 2	
200m Individual Medley	Girls	200m Individual Medley	Boys
100m Butterfly	Boys	100m Breaststroke	Girls
100m Butterfly	Girls	100m Breaststroke	Boys
100m Backstroke	Boys	100m Freestyle	Girls
100m Backstroke	Girls	100m Freestyle	Boys

## Spectators

There will be no spectating at this event as the balcony is being used for club seating to maximise the number of swimmers able to attend.

## Coaches/Team Managers

It is the responsibility of each club to have the appropriate team staff to supervise their swimmers. All team staff must be a member of SASA and hold a current PVG with their club.

All clubs must email the names of the team staff and sessions they wish to attend no later than 12 noon on Wednesday 29<sup>th</sup> September to [fifeleagues@gmail.com](mailto:fifeleagues@gmail.com). Confirmation of accepted team staff will be emailed as soon as possible.

## Marshalling

Marshalling will be on the window side of the pool and a maximum of 3 heats in advance. It is understood that swimmers have not been in a competition environment for a long time so if a swimmer is not there on time, they may be called and given the opportunity to report.

## Presentations/Points

There will be no presentations or points awarded at the event

## Volunteers

Volunteers will be required to run the event. Further information will be issued in due course.

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### COVID-19

We want to ensure return to competition, as far as is possible, for everyone attending, is a safe and healthy environment that will be an enjoyable and successful return to competition.

All competition in Scotland will be operated in line with the [Scottish Government](#) and [Public Health Scotland](#) guidance and with the [Scottish Swimming Competition Management Guidance Document](#), current at the time of the competition taking place.

There may be specific conditions of attendance at the meet. Full details will be issued nearer the date of the competition. All competitors and other attendees are required to adhere to the conditions of the competition to ensure that we all stay compliant and safe. Anyone failing to follow the conditions will be refused access or removed from the venue and no refund will be offered.