



# **SASA Midland District Open Championships 2022**

**(under FINA Rules /Scottish Swimming Regulations)**

**Montrose Sports Centre  
5<sup>th</sup> & 6<sup>th</sup> February 2022**

**Forfar Community Campus  
5<sup>th</sup> & 6<sup>th</sup> March 2022**

**Licence No: L2/136/MD/FEB 22**

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## VENUE DETAILS, SESSION TIMES, EVENTS & ELIGIBILITY INFORMATION



**Dates:** 5<sup>th</sup> & 6<sup>th</sup> February and 5<sup>th</sup> & 6<sup>th</sup> March 2022  
**Venue:** Montrose Sports Centre, Marine Avenue, Montrose, DD10 8TR  
Forfar Community Campus, Kirriemuir Road, Forfar, DD8 3TG  
**Pool:** 6 lane x 25m (Full electronic timing)  
**Promoters:** SASA Midland District Swimming Committee

### Age Groups

Open: Men & Women  
Junior: Boys & Girls 16 & Under (Individual Events Only)

**Age as 31<sup>st</sup> December 2022 – Minimum age of entry to the meet is 11 Years Old**

### Programme of Events

#### **Open Individual Events**

50m Freestyle, Backstroke, Breaststroke, Butterfly	Heats, Open Final & Junior Final
100m Freestyle, Backstroke, Breaststroke, Butterfly, Individual Medley	Heats, Open Final & Junior Final
200m Freestyle, Backstroke, Breaststroke, Butterfly, Individual Medley	Heats, Open Final & Junior Final
400m Freestyle, Individual Medley	Heat Declared Winner
800m & 1500m Freestyle	Heat Declared Winner

#### **Relay Events:**

Boys 4 x 50m Freestyle relay	Heat Declared Winner
Girls 4 x 50m Freestyle Relay	Heat Declared Winner
Mixed 4 x 50m Freestyle Relay	Heat Declared Winner
Boys 4 x 50m Medley Relay	Heat Declared Winner
Girls 4 x 50m Medley Relay	Heat Declared Winner
Mixed 4 x 50m Medley Relay	Heat Declared Winner

The six fastest swimmers in the heats shall qualify for the Open Final. The next six fastest junior swimmers (Aged 16 & Under) will qualify for the Junior Final. Two reserves shall be nominated. Where no junior reserves are listed, a further two junior reserves will be allocated and only eligible for the junior final.

The fastest heat of 800m and 1500m Freestyle event will be swum in the Finals sessions.

### SASA Midland District Contact

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SASA Midland District President/ Meet Director  
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### Promoter

SASA Midland District Swimming Committee

### Entry Process

Entries will be by Computer File Only

### Entry Deadline

14:00 Friday 14<sup>th</sup> January 2022

## Session Times

Date:	Session:	Warm Up:	Start:	Start times may be adjusted once entries have been received. This will be intimated on the Draft Programme.
Saturday 5 <sup>th</sup> February	Session 1 – Heats	08:45	10:00	
	Session 2 – Finals	13:15	14:30	
Sunday 6 <sup>th</sup> February	Session 3 – Heats	08:45	10:00	
	Session 4 – Finals	13:15	14:30	
Saturday 5 <sup>th</sup> March	Session 5 – Heats	08:45	10:00	
	Session 6 – Finals	13:15	14:30	
Sunday 6 <sup>th</sup> March	Session 7 – Heats	08:45	10:00	
	Session 8 – Finals	13:15	14:30	

## Spectating

If guidance at the time of the competition allows, spectating will be available , Tickets for spectating must be purchased via the SASA Midland District Website. Live Streaming may be available.

## COVID-19

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

All competition in Scotland will be operated in line with Scottish Government and Public health Scotland and Scottish Swimming Guidance, current at the time of the competition taking place. 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.

**At present Scotland is at below Level 0. However these levels of restrictions may have changed by the competition dates. SASA Midland District will be guided by and will implement all relevant requirements by Scottish Swimming, sportscotland and the Scottish Government at that time**

**Full event COVID Management Plan will be sent to all participating clubs on Friday 14<sup>th</sup> January 2022**

## Competition Disclaimer

In the event of cancelation 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, catering and accommodation.

## Eligibility

All competitors must be a registered member of a club affiliated to SASA Midland District and a registered member of the Scottish Amature Swimming Association having paid their current registration fee.

A Swimmer can only compete for onc Club/Team during the meet and must be eligible to swim for their Club/Team in accordance with Company Rule 5.1

At the discretion of the SASA Midland District Swimming Committee and under exceptional circumstances, on application a swimmer who does not meet the eligibility criteria may be allowed to compete in the meet.

<b>Day One 5<sup>th</sup> February 2022</b>	<b>Day Two 6<sup>th</sup> February 2022</b>	<b>Day Three 5<sup>th</sup> March 2022</b>	<b>Day Four 6<sup>th</sup> March 2022</b>
<b>Heats 10am – 1pm</b>	<b>Heats 10am – 1pm</b>	<b>Heats 10am – 1pm</b>	<b>Heats 10am – 1pm</b>
101 – Boys 1500m Free (HDW)	201 – Girls 800m Free (HDW)	301 – Boys 800m Free (HDW)	401 – Girls 1500m Free (HDW)
102 – Girls 400 Free (HDW)	202 – Boys 400 IM (HDW)	302 – Girls 400 IM (HDW)	402 – Boys 400m Free (HDW)
103 – Boys 100m IM	203 – Girls 100m Back	303 – Boys 100m Back	403 – Girls 100m IM
104 – Girls 100 Fly	204 – Boys 100m Breast	304 – Girls 100 Breast	404 – Boys 100 Fly
105 – Boys 50m Fly	205 – Girls 50m Breast	305 – Boys 50m Breast	405 – Girls 50m Fly
106 – Girls 50m Back	206 – Boys 50m Free	306 – Girls 50m Free	406 – Boys 50m Back
107 – Boys 200m Back	207 – Girls 200m Fly	307 – Boys 200m Fly	407 – Girls 200m Back
108 – Girls 200m IM	208 – Boys 200 Breast	308 – Girls 200 Breast	408 – Boys 200 IM
109 – Boys 200m Free	209 – Girls 100m Free	309 – Boys 100m Free	409 – Girls 200m Free
<b>Finals 2.30pm – 5.30pm</b>	<b>Finals 2.30pm – 5.30pm</b>	<b>Finals 2.30pm – 5.30pm</b>	<b>Finals 2.30pm – 5.30pm</b>
101 – Boys 1500m Free (Fastest Heat)	201 – Girls 800m Free (Fastest Heat)	301 – Boys 800m Free (Fastest Heat)	401 – Girls 1500m Free (Fastest Heat)
110 – Girls 4 x 50m Medley Relay	210 – Boys 4 x 50m Freestyle Relay	310 – Girls 4 x 50m Freestyle Relay	410 – Boys 4 x 50m Medley Relay
103 – Boys 100m IM	203 – Girls 100m Back	303 – Boys 100m Back	403 – Girls 100m IM
104 – Girls 100 Fly	204 – Boys 100m Breast	304 – Girls 100 Breast	404 – Boys 100 Fly
105 – Boys 50m Fly	205 – Girls 50m Breast	305 – Boys 50m Breast	405 – Girls 50m Fly
106 – Girls 50m Back	206 – Boys 50m Free	306 – Girls 50m Free	406 – Boys 50m Back
107 – Boys 200m Back	207 – Girls 200m Fly	307 – Boys 200m Fly	407 – Girls 200m Back
108 – Girls 200m IM	208 – Boys 200 Breast	308 – Girls 200 Breast	408 – Boys 200 IM
109 – Boys 200m Free	209 – Girls 100m Free	309 – Boys 100m Free	409 – Girls 200m Free
111 – Mixed 4 x 50m Freestyle Relay			411 – Mixed 4 x 50m Medley Relay

**Subject to Change**

### Entry Guide

Entries will be by computer file only

- Entry file is available on SwimScotland & SASA Midland District websites
- The completed entry file must be emailed to: [midlandsmeetentries@gmail.com](mailto:midlandsmeetentries@gmail.com)
- The subject line **MUST** be **Club Code – Midland Open Championships**
- Please ensure that you request a read receipt if you wish confirmation of entries being received
- No proof of time report is required on entry, but there will be random checks on times and clubs may be asked for additional information about the times entered.
- **Once the computer entry file has been submitted, the Entry Secretary must complete the Online Application Entries Summary by clicking [here](#).**

**In the event that a session or an event within this meet is oversubscribed, entries will be accepted fastest to slowest regardless of age.**

**The details of the summary sheet should be passed onto the relevant person in your club who has responsibility for making payments.**

BACS: Please use Ref SMDOC22\_Club Code  
The Royal Bank of Scotland,  
Sort Code: 83-50-00, Account No: 00760821

**Entries Close at 14:00 on Friday 14<sup>th</sup> January 2022**

**Entry fee(s):            £6.00 Individual Entry            £8.00 Relay Entry**

### **Team Entries**

- There is no restriction on the number of entries that clubs may enter
- Should it be necessary to restrict the number of relays, teams will be selected on a time basis, whether they are A or B teams
- Please submit individual times for each team member and reserves
- The submitted relay time should be the sum of the times for each provisional team member

**No entries will be accepted without the correct fee, or with the Entry Files incorrectly completed. No refunds will be given after the draft programme has been finalised.**

### **Website Information**

- As soon as possible after closing date, an entry list will be posted on the website for clubs to check <https://sasamidlanddistrict.co.uk> (there will be a time limit on queries)
- The entry list will show a list of your entries only. This will allow for any mistakes to be rectified
- Any queries from the entry list should be directed to [midlandsmeetentries@gmail.com](mailto:midlandsmeetentries@gmail.com)
- A few days after checks have been done, a draft programme will then be posted on the District Website <https://sasamidlanddistrict.co.uk> & SwimScotland <http://www.swimscotland.co.uk/>

### **Team Lines & Changes to Relay teams**

- Team lines for all days and all teams should be lodged **no later than 12 Noon on the day of the event**. The team lines should contain all reserves
- Changes to previously submitted team lines, including reserves, can be made up to 1 hour prior to the start of the appropriate session on relay team line forms at the recorders desk. No change to swim order or swimmers shall be permitted after that time except in the event of a medical emergency and in that event, only swimmers names on the form can be used.

## Withdrawals

### **Heats**

Any withdrawals (including reserves) prior to the first day of the meet should be notified using the online form by clicking [here](#). Withdrawals for Session 1 must be notified no later than 18:00 on Friday 4<sup>th</sup> December 2021. Withdrawals for subsequent morning sessions not previously notified must be lodged at the Recorders Desk no later than 15:00 on the day prior to the event. Swimmers failing to comply with the above (Except in the case of a genuine illness or proven emergency) will be liable to a £10 fine for each inappropriate withdrawal.

### **Finals**

Competitors wishing to withdraw from a Final (including Reserves) must inform the Recorders in writing on the form provided within 30 minutes of the Finalists having been published or announced.

Any competitor withdrawing from a final in such a manner as to prevent a reserve taking part (except in the case of a genuine illness or proven emergency) shall be suspended immediately from all further events at the championships

**Please note: Any late withdrawals from Heats or Finals on medical grounds should be discussed with the Meet Director prior to being submitted to the Recorders.**

## Event Regulations

Entry and Entries to all events is expressly subject to the Event Regulations on our website which can be found [here](#) and may, where appropriate, also require compliance with the facility provider's regulations.

SASA Midland District reserves absolutely the right to eject from events any person failing to comply with each and all of the Event Regulations.

## Swimwear

British Swimming and Scottish Swimming advise that FINA BL 8.1 only applies to Olympic Games and FINA events. A suit check will only be made if a World or European record is being claimed. There is not a requirement for officials to check that costumes are on the approved FINA list. Bylaws BL 8.2 and BL 8.3 cover our requirements for design and material.

### **SW8.0 Scottish Swimming Rules**

#### **SW8.8 Swimwear Policy**

SW 8.8.1 For events held under the direct jurisdiction and control of Scottish Swimming the Scottish Swimming "Swimwear Policy" shall also apply. This policy is included in full in Appendix 1 of these regulations.

**At this meet only the policy on Agreed Swimwear is relevant.**

## Media & Photography Information

Throughout this event SASA Midland District will 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.

Should any competitor wish not to be photographed please [complete this form](#). If at any time a competitor wishes a static image to be removed from our website, 7 days' notice must be given to SASA Midland District.

## Team Staff

All poolside staff must apply for a pass.

**Full Meet (4 Day Access) £30**

**Day Pass (Access is only granted on the day the pass has been requested for) £7.50**

**Teams will be limited to 1 member of staff for every 10 Swimmers**

**Application Deadline: Friday 28<sup>th</sup> January 2022**

**Late applications may be considered**

Lost/replacement passes will be charged a fee of £10.00 for the issue of a temporary pass

A pass is required for any team staff wishing to be on poolside and entitles you to entry to the meet, poolside access, WhatsApp Broadcast & Lunch. Without a valid pass the member of staff will NOT be permitted entry to the event.

**All passes must be printed and worn by all team personnel and made visible at all times.**

## Applying for a Pass

- All applications have to be submitted [online](#).
- **Please Note: All chaperone/team manager passes must be confirmed by the Head Club/Team coach as detailed on the online application form**
- All applicants MUST be Disclosure Scotland/PVG/CRB checked through either: Scottish Swimming/Swim England/Swim Wales.. It is the responsibility of the Club/Coach to ensure that, if they require their swimmers to have coach/chaperone representation on the poolside, their application is made in good time and that the relevant PVG/Criminal Records Bureau(CRB)/Disclosure & Barring Service(DBS) forms have been completed and sent to the Scottish Swimming/Swim England/Swim Wales office(s)
- SASA Midland District will not issue any Coach/Chaperone Pass unless a person has a valid Disclosure Certificate/PVG/CRB through the Scottish Swimming/Swim England/Swim Wales. In-line with current legislation, valid Disclosure Certificates/PVG/CRB from any other agency, will not be accepted. If you have any queries regarding PVG/CRB certification, please contact your Governing Body or Scottish Swimming via email to [childprotection@scottishswimming.com](mailto:childprotection@scottishswimming.com)



## Technical officials

### Sign Up

Technical officials should sign up to officiate on the SASA Midland District website [here](#).

M.R.7.1 Clubs entering District events must provide, along with their entries, the names and category of officials available for each session as follows

Total Number of Club Swimmers At Event	Number of officials required <b>Per Session</b>
1 – 2	0 Officials Required
3 – 8	2 Officials required for every session, at least one of whom must be judge 1 or above
9 – 12	3 Officials required for every session, at least one of whom must be judge 2 or above
13 – 16	4 Officials required for every session, at least one of whom must be judge 1 or above, <b>and</b> at least one must be judge 2 or above
17 – 20	5 Officials required for every session, at least one of whom must be judge 2 or above, <b>and</b> at least one must be judge 2 or above
21 +	6 officials for every session, at least two of whom must be judge 1, <b>and</b> at least one must be judge 2 or above

AOE Operator & Recorder count as J2

**Volunteer roles: Announcer, Marshalls & Runners are not counted.**

Please note that these are the minimum requirements, extras are always welcome. Trainee officials will count at their qualified level.

Mentoring may be provided depending on numbers of qualified officials and must be requested at sign up.

Clubs unable to carry out this rule may request assistance from another club, providing expenses if necessary. Failure to provide the required number of appropriately qualified officials will result in a fine of £20 per missing official, per session.

### **STO Poolside Uniform**

In accordance with the British Swimming and Scottish Swimming Rules, the poolside uniform for technical officials at Midland District Events is:

White top,  
White trousers, dress or skirt and must be below the knees  
White poolside shoes, white socks and white accessories

### **Catering & Refreshments**

All technical officials will be issued with a Midland District Water Bottle. Water fountains will be available at the pool.

Officials who volunteer for both sessions on any given day will be provided with a £5 voucher for Madisons Café.

## Medals

### Individual Events

Medals will be awarded for 1<sup>st</sup> 2<sup>nd</sup> and 3<sup>rd</sup> in each Open Final & Heat Declared Winner Events.  
 A Gold Medal will be awarded for the Midland District Open Champion in each individual event.  
 A Gold Medal will be awarded for the Midland District Junior Champion in each individual event.

### Relay Events

Medals will be awarded for 1<sup>st</sup> 2<sup>nd</sup> and 3<sup>rd</sup> in each event.

## Trophies

The Following trophies will be awarded

The Open Trophy will be awarded to the fastest 1<sup>st</sup> Claim Midland District Swimmer in that event from the Heats or the Final as per M.R.3. The Junior Trophy will be awarded to the fastest 1<sup>st</sup> Claim Midland District Swimmer aged 16 & under in each event. For events from finals this will be from either the Open or Junior Final

No.	Event	Open Trophy	Junior Trophy
101	Mens 1500m Freestyle		James Graham Trophy
102	Womens 400m Freestyle	Syme Trophy	F Thomson Rosebowl
103	Mens 100m IM	St Thomas Cup	
104	Womens 100m Butterfly		George Baird Trophy
105	Mens 50m Butterfly	Miller Scott	
202	Mens 400m IM	George Baird Trophy	
203	Womens 100m Backstroke	Leith Midland Shield	Etta Cooper Cup
206	Mens 50m Freestyle	Lochee Cup	
208	Mens 200m Breaststroke	Chalmers Trophy	
209	Womens 100m Freestyle	T Norman Bell Cup	E Sanderson Memorial Cup
210	Mens 4 x 50m Freestyle Relay	Balruddery Shield	
301	Mens 800m Freestyle		Walter Ewen Cup
302	Womens 400m IM	Tensa Trophy	
303	Mens 100m Backstroke	Architects Trophy	100m BK Etta Cooper Cup
304	Womens 100m Breaststroke		Edith Thomson Memorial TR
306	Womens 50m Freestyle	Tayside Trophy	
307	Mens 200m Butterfly	George Prescott Trophy	
308	Womens 200m Breaststroke	R S Smith Cup	
309	Mens 100m Freestyle	Dundee Corporation Cup	E Sanderson Memorial Cup
310	Womens 4 x 50m Freestyle Relay	J H Montgomery Cup	
402	Mens 400m Freestyle	Andrew G Kidd	
403	Womens 100m IM	St Thomas Trophy	
404	Mens 100m Butterfly	Hughes Trophy	
406	Mens 50m Backstroke	Brighty Rosebowl	

## **Best Boy, Best Girl & Top Club**

- MC12.1.1 Best Boy Trophy shall be awarded at the District Championships; decided by FINA points based on the current meet management system being used by the District.
- MC12.1.2 Best Girl Trophy shall be awarded at the District Championships; decided by FINA points based on the current meet management system being used by the District.
- MC12.1.3 W.F. Thomson Cup shall be awarded to the best club at the District Championships.

## Presentations

Presentations will be made for 400m Events at the end of the session in which they take place.

Presentations for the remainder of events will take place during the finals session in which they take place as per the presentation schedule below. Swimmers should report immediately to the marshalling area follow their final. Subject to COVID regulations at the time of the event.

Day 1 Finals	Day 2 Finals
101 – Boys 1500m Free (Fastest Heat)	201 – Girls 800m Free (Fastest Heat)
110 – Girls 4 x 50m Medley Relay	210 – Boys 4 x 50m Freestyle Relay
<b>Presentation of Events 101 &amp; 110</b>	<b>Presentation of Events 201 &amp; 210</b>
103 – Boys 100m IM	203 – Girls 100m Back
104 – Girls 100 Fly	204 – Boys 100m Breast
<b>Presentation of Events 103 &amp; 104</b>	<b>Presentation of Events 203 &amp; 204</b>
105 – Boys 50m Fly	205 – Girls 50m Breast
106 – Girls 50m Back	206 – Boys 50m Free
<b>Presentation of Events 105 &amp; 106</b>	<b>Presentation of Events 205 &amp; 206</b>
107 – Boys 200m Back	207 – Girls 200m Fly
108 – Girls 200m IM	208 – Boys 200 Breast
<b>Presentation of Events 107 &amp; 108</b>	209 – Girls 100m Free
109 – Boys 200m Free	<b>Presentation of Events 207, 208 &amp; 209</b>
111 – Mixed 4 x 50m Freestyle Relay	<b>Presentation of John Gunning Award 2021</b>
<b>Presentation of Events 109 &amp; 111</b>	<b>Presentation Midland STO Award 2019 &amp; 2020</b>
Day 3 Finals	Day 4 Finals
301 – Boys 800m Free (Fastest Heat)	401 – Girls 1500m Free (Fastest Heat)
310 – Girls 4 x 50m Freestyle Relay	410 – Boys 4 x 50m Medley Relay
<b>Presentation of Events 301 &amp; 310</b>	<b>Presentation of Events 401 &amp; 410</b>
303 – Boys 100m Back	403 – Girls 100m IM
304 – Girls 100 Breast	404 – Boys 100 Fly
<b>Presentation of Events 303 &amp; 304</b>	<b>Presentation of Events 403 &amp; 404</b>
305 – Boys 50m Breast	405 – Girls 50m Fly
306 – Girls 50m Free	406 – Boys 50m Back
<b>Presentation of Events 305 &amp; 306</b>	<b>Presentation of Events 405 &amp; 406</b>
307 – Boys 200m Fly	407 – Girls 200m Back
308 – Girls 200 Breast	408 – Boys 200 IM
309 – Boys 100m Free	<b>Presentation of Events 407 &amp; 408</b>
<b>Presentation of Events 307, 308 &amp; 309</b>	409 – Girls 200m Free
	411 – Mixed 4 x 50m Medley Relay
	<b>Presentation of Events 409 &amp; 411, Best Boy, Best Girl &amp; Top Club Trophy</b>