



**Scottish
Swimming**



Tighinn Còmhla 2020

National Virtual Gathering

IN COLLABORATION WITH:



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Contents

1.0	What is Tighinn Còmhla 2020?	2
2.0	What is it for?	2
3.0	How can clubs participate?	2
4.0	What are the events?	3
5.0	Submitting entries	3
6.0	Leaderboards	3
7.0	What happens next?	4
8.0	What are the rules and conditions for Tighinn Còmhla 2020?	4

Tighinn Còmhla 2020 – National Virtual Gathering

1.0 What is Tighinn Còmhla?

Tighinn Còmhla means “Come Together”, pronounced like “tea in com lar.”

It is an initiative supported by all four Districts with minimal conditions so that as many Scottish swimmers as possible can take part.

It starts whenever you want to join and ends on 11 December 2020.

2.0 What is it for?

The last swimming meet in Scotland was the Edinburgh International in March and whilst we all miss the excitement of competition, what we miss the most is the coming together.

Tighinn Còmhla will give us all an opportunity to engage with our swimming community, have some fun racing, give swimmers a chance to see how they are improving and to celebrate our sport as we develop new ways of returning to competition.

3.0 How can clubs participate?

All Scottish Clubs can take part by simply entering times for their swimmers from races that have taken place at training sessions during the period of Tighinn Còmhla 2020. Swimmers must be current members of Scottish Swimming.

Subject to the conditions of the event, any stopwatch time from training can be submitted, as well as times from internal club timing sessions, virtual meets, or virtual league matches* can all be posted. Any Scottish Swimming member that can swim 50 metres can get involved - the event is completely inclusive of all ages and abilities.

There is no fee for entries.

Subject to complying with Scottish Government and Scottish Swimming guidelines, clubs can enter as many, or as few times as they wish, taken from as many sessions as they want to suit their stage of return to the water.

Tighinn Còmhla 2020 will be managed in three rounds, and times swum must be submitted to the District Administrator for inclusion in to the fortnightly leaderboards by 9.00pm as follows:

Friday 13 November 2020

Friday 27 November 2020

Friday 11 December 2020

The final deadline for submission of all times to be included in Tighinn Còmhla 2020 is 9.00 pm on Friday 11 December 2020.

*see *Scottish Swimming Virtual Meets Support document* - <https://www.scottishswimming.com/clubs/covid-19-guidance>

4.0 What are the events?

Swimming events for Tighinn Còmhla 2020 are as follows -

50m Freestyle
50m Backstroke
50m Breaststroke
50m Butterfly
100m Individual Medley

100m Freestyle
100m Backstroke
100m Breaststroke
100m Butterfly
200m Individual Medley

Races can be swum by individuals, by two or more swimmers as a part of a training set, or in heats that are swum mixed, or separated by sex and/or by age.

Results from internal events and from virtual meets and leagues can also be submitted.

For the purposes of Tighinn Còmhla 2020, leaderboards will be separated (see 6.0 Leaderboards). Additionally, in recognition of the different states of readiness to race around the country, clubs may choose which events to offer at each of their timing sessions, or choose to completely ignore some events until the time is right for them.

5.0 Submitting entries

Events files for each round of Tighinn Còmhla 2020 will be published on SwimScotland and District websites, with links shared by social media.

Entries must be made on entry files created using the supplied events files only. These must be submitted by the closing date for each round to District Administrators as follows –

East District – sasaeastdistrictentries@gmail.com
Midland District – midlandsmeeentries@gmail.com
North District – entries@sasanorth.org.uk
West District – rankings@scotswimwest.co.uk

Clubs needing support with entries should contact their District Administrator.

6.0 Leaderboards

After submission of entries, the results of each round of Tighinn Còmhla 2020 will be processed by District Administrators. Thereafter, District leaderboards will be published on the Sunday each fortnight on District websites, and both District leaderboards and National leaderboards will be published on SwimScotland.

swimscotland.co.uk
sasaeast.org.uk
sasamidlanddistrict.co.uk
sasanorth.org.uk
scotswimwest.co.uk

Leaderboards will be published for both males and females across the event age groups, with age set as midnight on 31 December 2020.

Age groups for Tighinn Còmhla 2020 are as follows:

10 & Under

11-12

13-14

15-16

17-18

19-24

25 & Over

Additionally, National leaderboards for both male and female Para-Swimmers will be published utilising the British Para-Swimming Points System and published on SwimScotland. Times posted by swimmers with a recognised national or international classification will automatically be recognised for the Para-Swimming leaderboards.

At the end of the first Tighinn Còmhla 2020 all results will be submitted to Swim England rankings service for inclusion as Level X times.

7.0 What happens next?

Tighinn Còmhla 2021!

During the early phases of Scotland's return to the water, guidelines to ensure physical distancing have limited the number of swimmers in the water and people on the pool deck. This has restricted the types of activities that can be carried out that might allow a return to competition. For this reason, Tighinn Còmhla 2020 has very few conditions, to be as inclusive as possible.

In 2021, further short series of Tighinn Còmhla will take place, each with new events and conditions to match the latest or anticipated guidance. When possible, these conditions will enable times to be submitted that can be used for entry into District and National events in 2021.

Tighinn Còmhla 2021 series may also be used for individual or team competition.

8.0 What are the rules and conditions for Tighinn Còmhla 2020?

1. Racing is subject to compliance with Scottish Swimming "Back to the Water – Club Training Guidance" with any risk assessment in place adapted to include racing. This and other guidance can be found here <https://www.scottishswimming.com/clubs/covid-19-guidance>
2. It is essential that swimmers possess the physical fitness to complete the race distance in a safe manner
3. The races are to be a time-trial activity that takes place within club training sessions, involving only those swimmers who normally train within that session. It is a training activity with a racing skills focus
4. A Scottish Swimming Licence is not required for times/sessions/races for Tighinn Còmhla 2020
5. Swimmer times should be entered under their primary/1st Claim Club only
6. Ages shall be determined as at midnight on 31st December 2020. Age Groups are as detailed in Leaderboard section
7. Races will be started, and times recorded by club coaching staff or other personnel from the club who are members of Scottish Swimming when guidance allows
8. Backstroke Starting Devices must not be used
9. Clubs are encouraged to discuss the use of equipment, such as starting whistle, diving blocks etc, with their facility, to ensure safe and appropriate use

10. Disqualifications for infractions of the technical rules should only be made if the infraction committed provides the swimmer with an unfair advantage. In this event, a re-swim may be offered at the discretion of the club coaching staff. If a swimmer is slowed by their infraction, the time can be entered, with advice given by a coach to help the swimmer improve
11. Before submission of a “result” as an entry time for the Tighinn Còmhla 2020, a check should be made that a time recorded does not significantly differ from the likely performance of the swimmer
12. Events are expected to take place in short course (25m) format. Where this is not practical, it will still be possible to take part and post times in most events. Speak to your District Administrator to find out what to do
13. Racing may take place over any number of training sessions
14. The results submitted for Tighinn Còmhla 2020 will be placed on Swim England Rankings as Level X Times, subject to the submitted file being accurate. If the file contains inaccuracies, these files will not be accepted
15. Tighinn Còmhla 2020/Level X racing times cannot be used for record purposes
16. Submission of fraudulent times on behalf of a swimmer will not only damage the integrity of Tighinn Còmhla 2020 and cause disruption to others, but also let the swimmer down. All swimmers, coaches, clubs and others involved in the process are asked to uphold the integrity of the sport, creating an enjoyable and safe environment for all our members to come together