

**Scottish Amateur Swimming Association North District
Open Water Swimming Championships
Loch Insh Outdoor Centre – Near Aviemore
Saturday 2nd September 2023**



	Age Categories	Briefing/Start	Cut Off Time
Event 1 : Senior/Masters 5 km	17 and over	9:45/10:30	2 hr
Event 2 : Junior 3 km	13-14, 15-16	13:15/14:00	1 hr 15 mins
Event 3 : Senior/Masters 1.5 km	17 and over	13:15/15:15	45 mins
Event 4 : Junior 500m	10-12, 13-14, 15-16	13:15/16:00	20 mins
Event 5 : Team Event	10 and over	13:15/16:45	40 mins

<p>Team event part of the 2023 Scottish Open Water Swimming Grand Prix Team Series</p>	<p>Entry Fees: Senior Events: £22 for 1 event, £35 for 2 events Junior Events: £16 for 1 event, £25 for 2 events Team Event: £25</p>
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- Swimmers aged 25 and older compete in both senior and masters categories. The positions in the masters category is based on an age adjusted time system.
- Gold, Silver and Bronze Medals awarded to North District club members on the basis of their position among North District competitors. Medals awarded to other swimmers on the basis of their overall positions. This includes the team time trial event.
- Wetsuits will be compulsory in the very likely event that water temperatures is below 18°C. For guidance see <https://ocs-sport.ams3.cdn.digitaloceanspaces.com/scotswim-full/2022/03/FINA-wetsuit-swimsuit-2rules-2017.pdf>
- Swimmers who are not members of affiliated clubs can apply for temporary membership of SASA using the form [HERE](#).
- Entries to be made by downloading the entry spreadsheet (multiple entries) or Google Form (single entries) from the North District Website
- Closing Date for Entries: Noon 16th August 2023.
- Contact Brian Bain on sasandopenwater@gmail.com 07884 117995 for more information or questions.

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Team Time Trial Information

- 1 The team time trial will be held over 3 circuits of a 500 metre course.
- 2 Each team must contain at least 2 female swimmers.
- 3 Teams will be started at 30 second intervals.
- 4 At the end of the first circuit - the leading swimmer in each team will retire leaving three swimmers to continue.
- 5 At the end of the second circuit - the leading swimmer in each team will retire leaving two swimmers to continue.
- 6 The time for the team will be the time at which the second swimmer crosses the finish line at the end of the third circuit.

Entries

Bulk club entries including the team time trial event should be made on the spreadsheet available [HERE](#).

Entries by individuals should be made on the online form available [HERE](#).

In both cases payment should be made by bank transfer to the following account;

SASA North District, A/c: 00882011 Sort Code: 80-05-16

Using the Reference "OW23-" followed by the club name or surname of the individual as appropriate.

Conditions & Notes:

- 1 The Organisers reserve the right not to accept entries from swimmers who they believe may not be capable to completing the event.
- 2 Swimmers will be required to wear swimming caps provided.
- 3 By entering this event you agree to become registered as an open water swimmer on the SASA membership database.
- 4 Temporary members will be entitled to prizes in the open categories but not in the North District Categories.
- 5 The masters event is determined using a system to adjust times based on the age of the competitors. Competitors in the masters event are also included in the senior category.
- 6 Competitors should be aware that swimming in open water events brings with it a small risk of contracting leptospirosis (Weil's disease) and that they should contact their doctor if they feel ill in the days after the event.
- 7 Teams will be required to complete a form declaring the names and registration numbers of their members.
- 8 Members of relay teams who are not competing in individual events will be required to complete a medical questionnaire on the day of the championships.
- 9 Entries received after noon on 16th August are unlikely to be accepted and will be at the discretion of SASA North District.