



SASA NORTH DISTRICT OPEN CHAMPIONSHIPS

4th & 5th November 2023

PARTICIPANT INFORMATION


Dear Clubs and Colleagues

We look forward to welcoming you all to the 2023 SASA North District Open Championships. Please read the following information and ensure that it is passed on to anyone in your team attending the meet.

Venue	Aquatics Centre, Aberdeen Sports Village, Regents Walk, Aberdeen, AB24 1SX			
Session Times	Session Number	Warm up	Start	Exp Finish
	Session 1	0745	0905	1150
	Session 2	1220	1325	1615
	Session 3	1645	1735	1915
	Session 4	0745	0745	1150
	Session 5	1220	1220	1615
	Session 6	1645	1645	1915
	All times above are provisional and subject to change if necessary			
Team Staff Meeting	There will be no Coaches/Team Staff meeting for this competition			
Athlete seating	Athlete seating will be available on poolside around the competition pool, swim down pool and in the spectator gallery. Clubs will not be allocated any specific space unless the organising team consider it necessary on the day.			
Risk Assessment	A risk assessment covering the health and safety considerations is in place for the event and has been agreed by the venue management.			
Arrival and Depart times	<p>Saturday Entry to the venue will be permitted from 0730 at the earliest. Everyone must be clear of the building by 1945</p> <p>Sunday Entry to the venue will be permitted from 0730 at the earliest. Everyone must be clear of the building by 2000</p>			
Warm up & swim down arrangements	<p>Guidelines for the effective running of warm-ups will be distributed via the WhatsApp broadcast and available on the SASA ND website.</p> <p>Please comply with allotted warm up times and announcements and co-operate with the warm-up Supervisors.</p> <p>All 10 x 25m lanes in the competition pool will be available for warm up sessions. The competition pool is not available for swim down at any time during the meet.</p> <p>9 x 25m lanes will be available in the non-competition pool for warm up and swim down through the whole day. Please ensure that the noise in this area is kept low and doesn't impact on the competition pool.</p> <p>The Diving Pool is not available for this event as it is being used for other public activities. Please be aware of and be respectful towards other users.</p> <p style="text-align: center;">Each lane in both pools has a capacity of 10 swimmers</p>			

Venue flow	<p>Entry to the building will be in the main reception door.</p> <p>Athletes/Team Staff – Proceed through the changing village and turn left at the shower area to access the competition pool.</p> <p>No coaches pen will be in operation at this event</p> <p>Spectators – Proceed up the main staircase to the right of reception up to the spectator gallery</p>
Rules	The meet will be held under World Aquatics rules and Scottish Swimming regulations
Coaching Packs	<p>Coaching packs will not be issued for this event.</p> <p>Withdrawal sheets can be collected from the recorders desk on poolside. All other information will be sent out via the WhatsApp Broadcast</p>
Changing Village	<p>The changing village will be available for use but time in this area should be limited as far as possible.</p> <p>The use of foul language will not be tolerated in the changing village.</p> <p>Consumption of food is not allowed in the changing village.</p> <p>Photography/video of any description is prohibited in the changing village, showers and toilets.</p> <p>Athlete clothing, kit bags, etc. can be placed in the lockers provided. £1 coin or token is required to lock the door.</p> <p>Bags can be taken on to poolside/seating area where space in that area allows. No belongings can be left in the changing cubicles.</p>
Spectating	Spectating will be available at this event. A section of the spectating area may be allocated for athlete seating and any remaining capacity will be available for spectators. Capacity of this area will be monitored and may need to be restricted during busy times.
Live Streaming	Live streaming will not be in place for this event
Footwear	<p>Please note no outdoor footwear is permitted to be worn on poolside.</p> <p>In the interests of safety, swimmers are required to wear dry footwear when using the steps to and from the pool deck. Please do not climb over seating.</p>
Front of House activities	<p>There may be limited front of house fundraising arrangements in place. If in place, it will be situated at the entrance to the competition pool spectator gallery.</p> <p>There is also a small swim shop run by the Aberdeen Sports Village adjacent to the Aquatics Centre café with a limited range of swim products.</p>
Awards	<p>Medals will be awarded for 1st, 2nd and 3rd places in all events.</p> <p>Cash Awards</p> <p>A £50 cash award will be made to the winner of each individual event on the day and can be collected from the Medal Desk on poolside outside the timing room. If preferred this award can be made by bank transfer.</p> <p>Best Performance Trophies</p> <p>The Hugh Campbell Memorial Trophy will be awarded for the best male individual swim by a North District swimmer based on World Aquatics points.</p> <p>The Gordon Council Friendship Trophy will be awarded for the best female individual swim by a North District swimmer based on World Aquatics points.</p>

<p>Awards Continued</p>	<p>Best Club Trophy The North District Club/Team Championship Trophy will be presented to the North District Club/Team that achieves the most points based on results (10 - 1).</p> <p>North District Champions The North District Champion of all individual events with the exception of the form stroke 50m events will receive a trophy.</p> <p>North District Junior Champions The North District Junior Champion of all events, with the exception of the form 50m events, will receive a trophy. There will be presentations for trophy winners only. Medals can be collected from the Medal Desk on poolside outside the timing room.</p>
<p>Athlete to Team Staff Ratio</p>	<p>A ratio of 1 coach to 10 athletes, with the maximum of 4 coaches/team managers in venue per session. A reminder that coaches/team managers should have a PVG in place through their club to be present on poolside at the competition.</p>
<p>Marshalling</p>	<p>There will be marshalling for all heats and finals.</p> <p>All swimmers must attend marshalling before their events and are advised to attend in good time.</p> <p>Swimmers may report to marshalling for more than one event where it is deemed that there will be insufficient time between races to marshal in good time for their next event. It is for the swimmer to inform the marshal if they are reporting for more than one event.</p> <p>The start of a race will not be delayed for absent competitors and swimmers who have not presented themselves to the marshals prior to their heat entering the final marshalling area will not be permitted to swim, will be treated as a late withdrawal and may be fined accordingly.</p> <p>Reserves must marshal unless they have withdrawn.</p>
<p>Withdrawals from heats</p>	<p>Withdrawals should be made using the sheet(s) provided, at least 1 hour before the start of the session or returned by the deadline announced.</p> <p>Failure to notify a withdrawal prior to the start of the competition may result in a fine.</p> <p>Please check that any prior email withdrawals have been removed from or noted on the sheet.</p>
<p>Withdrawals from finals</p>	<p>Swimmers who wish to withdraw from a final must inform the recorder and complete the withdrawal form no later than 30 minutes after finalists lists have been published or announced.</p> <p>This will ensure that a reserve can be given the opportunity to compete and the final seeded accordingly.</p> <p>Once the start sheets for the finals session have been published, there will be no reserves or movement between finals.</p>
<p>Catering</p>	<p>Catering provision is available for coaches and team staff. This should be purchased in advance of the event when submitting entries.</p> <p>Meals will be available for serving technical officials after the morning and afternoon sessions on both days in the Aquatics Studio. Tea and Coffee will be available in the briefing room prior to start of the sessions.</p> <p>The café at the Aquatics centre will be open from 0800 each day.</p>
<p>Technical Swimsuits</p>	<p>As of 1st September 2022, new regulations came into force regarding technical swimsuits. From this date all swimmers 13 years and younger cannot compete wearing technical suits in Scottish Swimming licensed or registered events. For further information and FAQ's please see link. Swimsuits Scottish Swimming</p>

<p>WhatsApp Broadcast</p> <p>(Start lists & Results sheets)</p>	<p>A WhatsApp broadcast will be in place for this event. Important documents such as start lists, results, warm up information and any other useful information will be sent out in a broadcast when necessary and appropriate.</p> <p>Registration for the broadcast is open to all Coaches and Team Staff attending the event and registration MUST be completed by 9pm on Wednesday 1st November 2023.</p> <p>Heat sessions start lists will not be printed for coaches/team staff at the venue but will instead be distributed electronically. Start lists will also appear on MeetMobile where possible. Start lists for all heats sessions will be issued in advance of the event by 10pm on Thursday 2nd November 2023.</p> <p>Start lists for finals session will be printed and will be available prior to the start of the session at the recorders desk outside the timing room. Start lists will also be distributed on MeetMobile and distributed electronically through the WhatsApp Broadcast.</p> <p>Results sheets will be printed at the venue and displayed on the wall and will also be distributed electronically. Results will also appear on MeetMobile where possible and on the SASA North District Website.</p> <p>WhatsApp Broadcast Instructions</p> <ol style="list-style-type: none"> 1. Save the following contact in your phone Sean Dawson – 07961 751652 2. WhatsApp Sean the following information: Your Name, Your Number & Your role at the event 3. Sean will then add you to the Event Broadcast
<p>Photography Permission</p>	<p>Please note that anyone wishing to use photographic equipment, including video cameras at the event MUST register using the QR codes available below and at the venue.</p> <p>The use of mobile phones or other devices capable of photography/video are not permitted at any time in the changing village, toilets or shower areas and they must be switched to silent in the pool hall.</p> <p>Photography QR code</p> 

<p>General notes</p>	<ul style="list-style-type: none"> • Vuvuzelas are not permitted at this meet. Air horns are not permitted. Please ensure quiet for the starts. • Please ensure that your team does not at any time block Emergency Exits or access around the pool • Teams are responsible for clearing their seating area of belongings, litter, etc. before leaving at the end of the competition day. Bin liners for plastic bottles/recyclable items and for general waste will be distributed around the pool - please use them. Glass bottles or containers are not permitted in the poolhall – this includes the spectator areas. • All athletes, coaches and team staff must be a member of SASA prior to attending the event 								
<p>Code of Ethics</p>	<p>All participants should adhere to the Scottish Swimming Code of Ethics (detailed below), and relevant codes of conduct. Please ensure that your team is aware of this.</p> <p>Code of Ethics: Sporting integrity is based on the acceptance of rules, fairness, equality, respect for others, moral conduct and a sense of what is right. Violence, breaking the rules, abuse of drugs, lack of fair play and other unethical behaviours are unacceptable to Scottish Swimming.</p> <p>Scottish Swimming Staff, Board of Directors, Council, Districts, Committees, Members, Clubs and their members agree to:</p> <ul style="list-style-type: none"> • Abide by the principles above • Sign and agree to relevant Codes of Conduct • Set a good example at all times • Follow the spirit of policies as required, e.g. Equity • Abide by and agree to international/national policies and guidelines, e.g. anti-doping, Wellbeing & Protection Procedures 								
<p>Event Management Contacts</p> <p>Arrival/End & between sessions</p> <p>During Competition</p>	<p>Different people have authority and overall responsibility for the running of the meet at different stages. The list below shows whom you should approach with any queries, concerns or complaints during the various stages of the meet.</p> <table border="1" data-bbox="387 1238 1487 1512"> <tr> <td>Meet Convenor</td> <td>Michelle Hall uoameetdirector@gmail.com</td> </tr> <tr> <td>Meet Referee</td> <td>David Downie</td> </tr> <tr> <td>Referees</td> <td>Saturday – Matt Huntington & Phil Cartwright Sunday – Kathryn Cartwright & Malcolm MacMillan</td> </tr> <tr> <td>Jury of Appeal</td> <td>Durno Jessiman</td> </tr> </table>	Meet Convenor	Michelle Hall uoameetdirector@gmail.com	Meet Referee	David Downie	Referees	Saturday – Matt Huntington & Phil Cartwright Sunday – Kathryn Cartwright & Malcolm MacMillan	Jury of Appeal	Durno Jessiman
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4th & 5th November 2023

FULL PROGRAMME OF EVENTS

Saturday 4 November	Sunday 5 November
<p>Morning Session (faster heats)</p> <p>101 Men's 400m Freestyle 102 Women's 200m Freestyle 103 Men's 50m Breaststroke 104 Women's 50m Backstroke 105 Men's 200m Butterfly 106 Women's 200m Individual Medley 107 Men's 100m Backstroke 108 Women's 100m Breaststroke 109 Men's 100m Freestyle 110 Women's 100m Butterfly 111 Men's 50m Butterfly 112 Women's 50m Freestyle 113 Men's 200m Breaststroke 114 Women's 200m Backstroke</p>	<p>Morning Session (faster heats)</p> <p>401 Women's 400m Freestyle 402 Men's 200m Freestyle 403 Women's 50m Breaststroke 404 Men's 50m Backstroke 405 Women's 200m Butterfly 406 Men's 200m Individual Medley 407 Women's 100m Backstroke 408 Men's 100m Breaststroke 409 Women's 100m Freestyle 410 Men's 100m Butterfly 411 Women's 50m Butterfly 412 Men's 50m Freestyle 413 Women's 200m Breaststroke 414 Men's 200m Backstroke</p>
<p>Afternoon Session (slower heats and timed finals)</p> <p>201 Women's 800m Freestyle (timed final) 202 Men's 400 Individual Medley (timed final) 102 Women's 200m Freestyle 101 Men's 400m Freestyle 106 Women's 200m Individual Medley 107 Men's 100m Backstroke 108 Women's 100m Breaststroke 109 Men's 100m Freestyle 110 Women's 100m Butterfly 113 Men's 200m Breaststroke 114 Women's 200m Backstroke</p>	<p>Afternoon Session (slower heats and timed finals)</p> <p>501 Men's 800m Freestyle (timed final) 502 Women's 400m Individual Medley (timed final) 402 Men's 200m Freestyle 401 Women's 400m Freestyle 406 Men's 200m Individual Medley 407 Women's 100m Backstroke 408 Men's 100m Breaststroke 409 Women's 100m Freestyle 410 Men's 100m Butterfly 413 Women's 200m Breaststroke 414 Men's 200m Backstroke</p>
<p>Evening Finals Session</p> <p>101 Men's 400m Freestyle Open Final 102 Women's 200m Freestyle Open Final 103 Men's 50m Breaststroke Junior Final 103 Men's 50m Breaststroke Open Final 104 Women's 50m Backstroke Junior Final 104 Women's 50m Backstroke Open Final 105 Men's 200m Butterfly Open Final 106 Women's 200m Individual Medley Open Final 107 Men's 100m Backstroke Junior Final 107 Men's 100m Backstroke Open Final 108 Women's 100m Breaststroke Junior Final 108 Women's 100m Breaststroke Open Final 109 Men's 100m Freestyle Junior Final 109 Men's 100m Freestyle Open Final 110 Women's 100m Butterfly Junior Final 110 Women's 100m Butterfly Open Final 111 Men's 50m Butterfly Junior Final 111 Men's 50m Butterfly Open Final 112 Women's 50m Freestyle Junior Final 112 Women's 50m Freestyle Open Final 113 Men's 200m Breaststroke Open Final 114 Women's 200m Backstroke Open Final 301 Mixed 4 x 50m Freestyle Relay (timed final)</p>	<p>Evening Finals Session</p> <p>401 Women's 400m Freestyle Open Final 402 Men's 200m Freestyle Open Final 403 Women's 50m Breaststroke Junior Final 403 Women's 50m Breaststroke Open Final 404 Men's 50m Backstroke Junior Final 404 Men's 50m Backstroke Open Final 405 Women's 200m Butterfly Open Final 406 Men's 200m Individual Medley Open Final 407 Women's 100m Backstroke Junior Final 407 Women's 100m Backstroke Open Final 408 Men's 100m Breaststroke Junior Final 408 Men's 100m Breaststroke Open Final 409 Women's 100m Freestyle Junior Final 409 Women's 100m Freestyle Open Final 410 Men's 100m Butterfly Junior Final 410 Men's 100m Butterfly Open Final 411 Women's 50m Butterfly Junior Final 411 Women's 50m Butterfly Open Final 412 Men's 50m Freestyle Junior Final 412 Men's 50m Freestyle Open Final 413 Women's 200m Breaststroke Open Final 414 Men's 200m Backstroke Open Final 601 Mixed 4 x 50m Medley Relay (timed final)</p>