



EAST DISTRICT OPEN WATER NOVICE MEET 2024

Lochore Meadows, Fife – Sunday 2nd June 2024

Registration: 08:30	Briefing: 09:00	Races Start: 09:45
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Event 1 : Open 200m Freestyle MC (Event 1A) and Freestyle (Event 1B) Entry fee £10

Event 2 : 200m Breaststroke Entry fee £10

Event 3 : 400m Freestyle Entry fee £10

Introduction

The Novice Meet is a fantastic event for younger or less experienced swimmers who are looking to gain experience of racing in an open water environment.

Each athlete is allocated their own 'there and back again' course (a 100m stretch with a buoy turn at the far end). This means less congestion than normally experienced in a typical OW race, giving the swimmers a more relaxed environment in which to compete.

We highly recommend this event for those who have never competed before. Previous participants have used the event as a spring-board to go on to compete at 1km distances as the season progresses.

The minimum age for this event is 10 years (age on day) but we encourage swimmers of all ages to take part as an introduction to OW racing.

Rules and Regulations

This event will be held under SASA/WA Open Water Regulations and WA open water swimwear requirements will apply. Scottish Swimming Transgender & Non-Binary Aquatics Competition Policy applies.

In addition, the Breaststroke event will be held under SASA/WA Pool Swimming Stroke Rules. The Referee will apply discretion to ensure that the competition is fair, after the manner of a Level 3 Pool Meet. This morning event is not a District Championships event.

Open water times are not Accredited times eligible for entry to pool events.

What to Expect On the Day:

All swimmers should register in the morning between 08:30 and 08:45. At registration, swimmers will receive numbered caps, have numbers written on their hands and have nails checked. Nails should be short and trimmed. This is done for safety purposes. It should be noted that no jewellery of any kind is permitted. Swimmers should take the opportunity to get changed and to complete a dry land warm up if they choose.

At the Briefing athletes will be told the water temperature and if wetsuits are compulsory, or else not allowed:

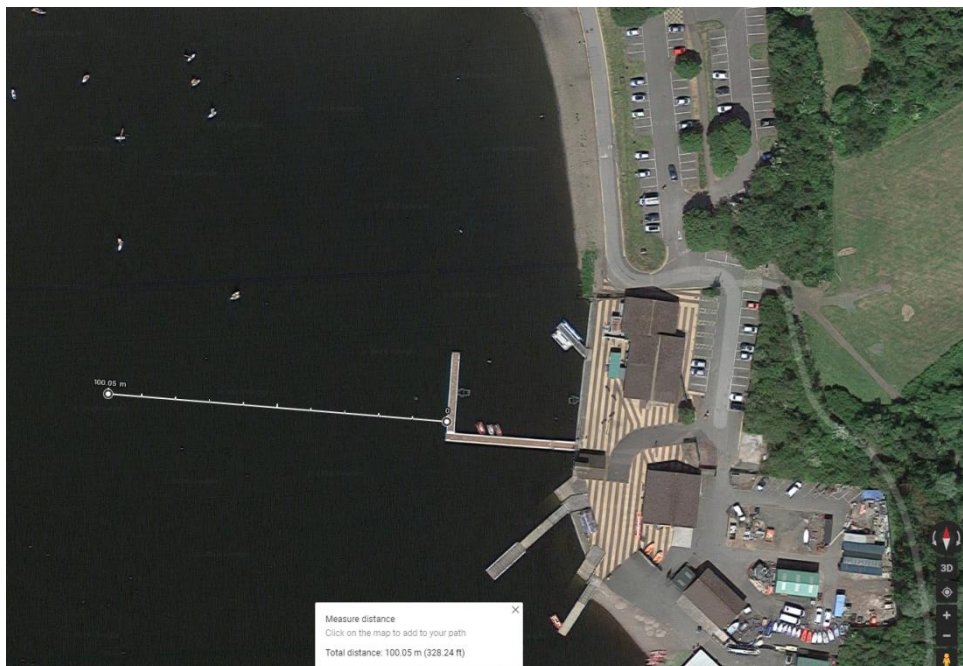
- 13-18C: Compulsory Wetsuit
- 18-20C: The Organiser will decide (in consultation with the senior Officials) if wetsuits or swimsuits.
- 20C plus: No wetsuits allowed

The water temperature at Lochore in June generally means that wetsuits are compulsory. Swimmers should be in their wetsuits well before their heat, so for those in the early heats, this will likely be before the briefing.

All swimmers must attend the briefing at 09:00. A roll call will be conducted to ensure all swimmers are present. There is a briefing from the Referee to ensure that all swimmers understand the course and know the expected behaviour and also from our Safety Team so that all participants know how to get help if they require it.

Following on, the Clerk of the course will give the swimmers warnings at 15 minutes, 10 minutes and 5 minutes prior to the start of the first event. Swimmers should make their way to the marshalling area promptly at the 5 minute warning, ensuring that they have their hats and goggles but keeping on warm clothing. All swimmers from each event should marshal together (so all heats together).

Each event will be run as heats comprising approximately 4 swimmers, who will swim out around their own (separate) buoy and then return to the finish. Start lists will be produced by the meet organisers with mixed age and gender heats permitted.



Swimmers competing in later events will be required to marshal approximately 15 minutes prior to their event. Please note that event start times may be brought forward depending on entries and weather conditions.

If a swimmer requires assistance during the race or if they retire during a race, they will be assessed by the First Aid team. This is our standard practice.

Swim times will be made available after the completion of all events.

Please note that as this is not a District Championship event, no District medals will be presented. However, prizes will be presented to the fastest male/open and female junior (age 16 or less at end of 2023) and the fastest male/open and female senior swimmer (age 17 or over at end of 2023) as well as some discretionary prizes.

Entries

The entry process for both the Championship and the Novice Meet is the same.

Club entries are the preferred option and should be made using the form attached. Please complete the BLUE BOXES on the form including all medical information and return to sasaeastdistrictopenwater@gmail.com by the closing date below.

Individual entries for are also accepted using the same form. They must be made by a Club Representative (recommended) or parent/ guardian for those under the age of 18.

Payment should be made by bank transfer to SASA East District.

REFERENCE: EDOW24 'Club Name/ Surname of entrant'

Account name: SASA Eastern District

Sort Code: 80-17-68

Account No:06001834

Further information including the final event timetable, swimmer lists and course map will be sent via email after the closing date.

Minimum age 10 years on the day. This is a Scottish Swimming Regulation, so no exceptions can be made.

Please note that all entrants should be capable of completing a 200m Freestyle within 3:00:00 and a 200m Breaststroke within 3:45:00 (both in a short course pool). The meet organisers reserve the right to query any entries. However, the pool times need not be Accredited times.

We welcome entries from disabled swimmers but you will be asked for information on your disability during the entry process.

In the event of over-subscription the organisers reserve the right to reject entries to ensure safety is prioritised. This will be done on a first-come first-serve basis.

Entry fees for the Novice Meet are £10 per single event. In the event of withdrawal from an event after the closing date the entry fee may not be refundable.

All entrants must be members of SASA or another WA-affiliated national body.

Entry data will be held in accordance with Scottish Swimming Data Policy.

Medical information is held under the Scottish Swimming Data Policy.

License No **OW/2024/L1/01**

Closing Date for entries: 10th May 2024
