



SCOTTISH AMATEUR SWIMMING ASSOCIATION
EAST DISTRICT OPEN WATER SWIMMING CHAMPIONSHIPS 2024
(EAST DISTRICT SPRINTS)

Held under SASA/WA Regulations*

-WA open water wetsuit and costume requirements apply (wetsuits will very likely be required) (See Scottish Swimming website)

- Scottish Swimming Transgender & Non-Binary Aquatics Competition Policy applies

Lochore Meadows, Fife – Sunday 2nd June 2024

Registration: 11:00 to 11:30

Briefing: 11:45

Races Start: 12:30

Event 1 : 1km Junior Championship
Cut-off time of 45 minutes applies

Entry fee £17

Entrants must be aged 11-16. **Medal Categories:** 11-12, 13-14, 15-16 years

Event 2 : 2km Senior/Masters Championship
Cut-off time of 60 minutes applies

Entry fee £22

Entrants must be aged 17 or over. **Medal Categories:** 17 to 24 years, Masters (age adjusted)

Event 3 : Chain Relay (4x250m)

(Part of the Scottish OW Relay Grand Prix)

Entry fee £25

This is open to mixed teams of 4 swimmers (2 male and open, 2 female) from the same Scottish Swimming or other WA-affiliated club.

The relay swimmers will be numbered 1 to 4 in “drop off” order. All swimmers will start together in the water at the start of the event. The lead swimmer at the start can be any swimmer in the team. The remaining swimmers in the team must line up directly behind them.

Swimmers in each team can swim in any order during each lap and can swap about. However, as the team rounds the buoy at the end of each lap, the lowest numbered remaining swimmer must be ahead of all other swimmers in that team and will then drop off, leaving the remaining swimmers in that team to continue. The final swimmers (swimmers No 4) will touch the jetty to finish at the end of the fourth lap.

The minimum age is 10 (age on day). Please note that swimmers who are aged 10 can swim a maximum of 500m in any one race under SASA Regulations so must be positioned as either lead or second swimmer in the ‘chain’

Medals:

Medals will be presented to the first to third swimmer (gold, silver, bronze) in each category (Temporary Members are eligible for these Open medals) and to the East District Champion (gold). Relay medals will be awarded to teams in the same way. In the Masters event, all times will be "handicapped" to allow for the swimmer's age.

Trophies will be presented to members of East District clubs: the fastest overall Junior Male/Open and Female swimmer (over 1km) and the Fastest Senior Male/Open and Female Swimmer (over 2km). In addition, the Lawson Memorial Trophy is awarded to the fastest overall swimmer in the longest event. The Step Rock Chain Relay Trophy is awarded to the fastest relay team from within the East District

Entries

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.

All entrants (including relay teams) must be members of SASA or another WA-affiliated national body. However, a single day Temporary Membership is available for swimmers who are not regular swimming members, provided that the appropriate form is completed and the £10 fee is paid. **The temporary membership form can be found [here](#)**

Entry data will be held in accordance with Scottish Swimming Policy. Medical information is under the control of Scottish Swimming but will be used by safety and first aid teams on the day.

Notes : Entries, including relays, will be accepted from Scottish Swimming affiliated composites as well as clubs
Swimmers can only represent one club or composite on the day
Safety provision will be in partnership with Open Water Rescue and First Aid provided by AlphaMed
All age categories are as at 31 December 2024 with the exception of the Chain Relay in which 10 year olds (age on day) are permitted to participate as first or second leg swimmers only.

Closing Date for entries: 10th May 2024
