



SASA NORTH DISTRICT OPEN CHAMPIONSHIPS

1st and 2nd November 2025

PARTICIPANT INFORMATION

Dear Clubs and Colleagues

We look forward to welcoming you all to the 2025 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, Regent Walk, Aberdeen, AB24 1SX			
Session Times	Session	Warm up	Start	Exp Finish
	Session 1	0745	0905	1150
	Session 2	1220	1325	1615
	Session 3	1630	1720	1915
	Session 4	0745	0745	1150
	Session 5	1220	1220	1615
	Session 6	1630	1720	1915
	All times above are provisional and subject to change if necessary			
Team 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	Saturday Entry to the venue will be permitted from 0730 at the earliest. Everyone must be clear of the building by 1945			
	Sunday Entry to the venue will be permitted from 0730 at the earliest. Everyone must be clear of the building by 2000			
Warm up & swim down arrangements	Guidelines for the effective running of warm-ups will be distributed via the WhatsApp broadcast and available on the SASA ND website. Please comply with allotted warm up times and announcements and co-operate with the warm-up Supervisors. 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. 9 x 25m lanes will be available in the non-competition pool during warm up periods, and 8 x 25m lanes 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 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. Each lane in both pools has a capacity of 12 swimmers			
Venue flow	Entry to the building will be in the main reception door. Teams should not congregate immediately outside the venue or in the foyer/reception area prior to the start or end of the sessions Athletes/Team Staff – Proceed through the changing village and turn left at the shower area to access the competition pool. No coaches pen will be in operation at this event Spectators – Proceed up the main staircase to the right of reception up to the spectator gallery			

Rules	The meet will be held under World Aquatics rules and Scottish Swimming regulations
Coaching Packs	Coaching packs will not be issued for this event. Withdrawal sheets can be collected from the recorders desk on poolside. All other information will be sent out via the WhatsApp Broadcast
Changing Village	The changing village will be available for use but time in this area should be limited as far as possible. The use of foul language will not be tolerated in the changing village. Consumption of food is not allowed in the changing village. Photography/video of any description is prohibited in the changing village, showers and toilets. Athlete clothing, kit bags, etc. can be placed in the lockers provided. £1 coin or token is required to lock the door. Bags can be taken on to poolside/seating area where space in that area allows. No belongings can be left in the changing cubicles.
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	Please note no outdoor footwear is permitted to be worn on poolside. 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.
Front of House activities	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. 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.
Awards	Medals will be awarded for 1 st , 2 nd and 3 rd places in all events. Cash Awards 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, the payment can be made by bank transfer. There are no cash prizes for relay events. Best Performance Trophies The Hugh Campbell Memorial Trophy will be awarded for the best male individual swim by a North District swimmer based on World Aquatics points. The Gordon Council Friendship Trophy will be awarded for the best female individual swim by a North District swimmer based on World Aquatics points. 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). North District Champions The North District Champion of all individual events with the exception of the form stroke 50m events will receive a trophy. 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.
Athlete to Team Staff Ratio	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.

Marshalling	There will be marshalling for all heats and finals. All swimmers must attend marshalling before their events and are advised to attend in good time. 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. 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. Reserves must marshal unless they have withdrawn.
Withdrawals from heats	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. Failure to notify a withdrawal prior to the start of the competition may result in a fine. Please check that any prior email withdrawals have been removed from or noted on the sheet.
Withdrawals from finals	Swimmers who wish to withdraw from a final must inform the recorder and submit the withdrawal form no later than 30 minutes after finalists lists have been published or announced. This will ensure that a reserve can be given the opportunity to compete and the final seeded accordingly.
Catering	Catering provision is available for coaches and team staff. This should be purchased in advance of the event when submitting entries. 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.
Technical Swimsuits	Swimmers 13 years and younger can not now compete wearing technical suits in Scottish Swimming licensed or registered events. For further information and FAQ's please see Swimsuits Scottish Swimming Swimmers 13 years and younger can not compete in technical suits at this meet.
WhatsApp Broadcast (Start lists & Results sheets) Instructions	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. Registration for the broadcast is open to all Coaches and Team Staff attending the event and registration MUST be completed by 9pm on Wednesday 29th October 2025. 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 30th October 2025. 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. They will also be distributed on MeetMobile and distributed electronically through the WhatsApp Broadcast. 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. WhatsApp Broadcast Instructions 1. Save the following contact in your phone Sean Dawson - 07961751652 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

