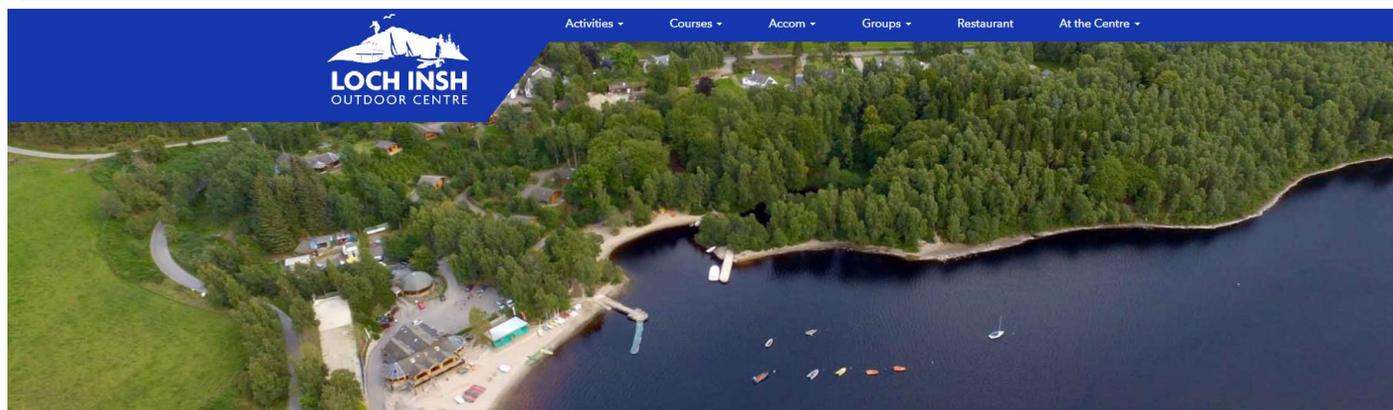


Scottish Amateur Swimming Association North District Open Water Swimming Championships Loch Insh Watersports – Near Aviemore Saturday 4th June 2022



	Age Categories	Briefing/Start	Cut Off Time
Event 1 : Junior 500m	10-12, 13-14, 15	09:00/09:45	20 mins
Event 2 : Senior/Masters 5 km	16 and over	09:00/10:15	2 hr 30 mins
Event 3 : Junior 3 km	13-14, 15	13:15/14.00	1 hr 40 mins
Event 4 : Senior/Masters 1.5 km	16 and over	13:15/15:15	1 hr 10 mins
Event 5 : Relay Event	10 and over	16:00/16:30	1 hr 20 mins

Relay Events are incorporated into the 2022 Scottish Open Water Swimming Grand Prix Series	Entry Fees: Senior Events: £20 Junior Events: £15 Relay: £20
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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 a handicapping 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.
- Wetsuits will be compulsory in the very likely event that water temperatures is below 18°C. For guidance see <http://www.scottishswimming.com/media/1997620/FINA-wetsuit-swimsuit-2rules-2017-240317.pdf>
- Swimmers who are not members of affiliated clubs can apply for temporary membership of SASA.
- Entries to be made by downloading the entry spreadsheet from the North District Website
- Scottish Swimming work in partnership with Open Water Rescue; members of the Royal Life Saving Society, to provide water safety cover and consultancy.
- Closing Date for Entries: Noon 20th May 2022.
- Contact Donna Lawrie at donnalawrie36@gmail.com or 07702 496819 for more information or questions.