



SASA NORTH DISTRICT AGE GROUP CHAMPIONSHIPS ROUNDS 1 & 2 PARTICIPANT INFORMATION


Dear Clubs and Colleagues

We look forward to welcoming you all to the 2025 SASA North District Age Group 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 Number	Warm up	Start	Exp Finish
	Session 1	0800	0905	1215
	Session 2	1245	1350	1620
	Session 3	1650	1740	1930
	Session 4	0800	0905	1215
	Session 5	1245	1350	1605
	Session 6	1635	1725	1930
	All times above are provisional and subject to change if necessary			
Team Managers 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 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 Departure 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 0745 at the earliest. Everyone must be clear of the building by 2000.			
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 North District 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 50m 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>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 has a capacity of 20 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	Coaching packs will not be issued for this event. Withdrawal sheets can be collected from the Recorders Desk on the pool deck. All other information will be sent out via the WhatsApp Broadcast. Relay declaration forms will also be available from the Recorders Desk. Completed relay declarations (team lines) must be submitted to the Recorders Desk by 2pm on each day.
Changing Village	The changing village will be available for use, but time in this area should be limited as far as possible. Consumption of food is not allowed in the changing village. The use of foul language will not be tolerated 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.
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.
Awards	Medals will be awarded for 1 st , 2 nd and 3 rd places achieved by North District swimmers in all events according to age groupings 11 – 13 years, 14/15 years, 16/17 years and 18 years and over. Medals will not be presented but can be collected from the Medal Desk outside the Timing Room on the pool deck. Grampian Rosebowl, Sam Muir Quaich, Jean Muir Memorial Trophies and Welsh Trophies will be awarded according to North District rule SW12.3. using World Aquatics points as the scoring method. The Roy Wilson Trophy will be awarded to the Best Club using points scored 10 – 1 over all events. Points will be scored from Finals and Timed Finals only. Awards will be presented at the end of Round 2.

<p>Marshalling</p>	<p>There will be marshalling for all heats and finals, and for relays.</p> <p>All swimmers must present themselves to the marshal 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 present themselves to the 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. This will ensure that a reserve can be given the opportunity to compete, and the final seeded accordingly. North District Rule SW 5.1 refers. Withdrawals from finals or in the case of illness should be completed on withdrawal forms available from the recorders.</p> <p>Any competitor withdrawing from a final in such a manner as to prevent a reserve taking part (except in the case of proven illness or emergency) shall be suspended immediately from all further events at the meet. Where a reserve is brought in at short notice, the reserve shall occupy the vacant lane; there will be no re-seeding.</p>
<p>WhatsApp Broadcast (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 5th February 2025 for Round 1 and 5th March 2025 for round 2.</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 6th February 2025 for round 1 and 6th March 2025 for round 2.</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 appear on MeetMobile and be 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>Round 1 & 2 WhatsApp Broadcast Instructions</p> <ol style="list-style-type: none"> 1. Save the following contact in your phone <p style="text-align: center;">Sean Dawson – 07961 751652</p> 2. WhatsApp Sean the following information: <p style="text-align: center;">Your Name, Your Number & Your role at the event</p> 3. Sean will then add you to the Event Broadcast
<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>Catering at the Aquatics Centre Café may be very limited or unavailable during these Championships.</p>
<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> <div style="text-align: center;">  </div> <p>Or https://forms.office.com/r/dQ6UzUYbCJ</p>
<p>Transgender & Non-Binary Competition Policy</p>	<p>As of the 1st January 2024 the Scottish Swimming Transgender & Non-Binary Competition Policy was implemented nationally across all aquatics sports. Any policy related matters that arise during the event should be reported to and will be recorded by the Meet Convenor/Lead Referee and these matters will be communicated to and managed post event by the relevant Scottish Swimming Staff. At no point will members be challenged on the day of a competition with any matters being resolved post event.</p> <p>As a result of this policy being implemented, any competitor intending to compete within the Female category at this event will be required to provide confirmation that their birth sex is female when signing up to the meet conditions through entry. By entering the Female category, athletes are therefore confirming their birth sex is female and are eligible to compete in the Female category.</p>
<p>Technical Swimsuits</p>	<p>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: Swimsuits Scottish Swimming</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>Different people have authority and overall responsibility for the running of the meet at different stages.</p> <table border="1" data-bbox="400 1223 1444 1675"> <tr> <td data-bbox="400 1223 667 1675"> <p>Round 1 Meet Director Meet Referee Referees Day 1 Referees Day 2 Jury of Appeal</p> <p>Round 2 Meet Director Meet Referee Referees Day 1 Referees Day 2 Jury of Appeal</p> </td> <td data-bbox="667 1223 1444 1675"> <p>Vicky Jolly vic.jolly@btinternet.com David Downie Saturday – Derek Allan & Phil Cartwright Sunday – Kathryn Cartwright & Stephen Jupp Doris Mair</p> <p>Karen Leune chair@ythanasc.org.uk Sean Dawson Saturday – Matt Huntington & Meg Paterson Sunday – Andy Coueslant & Doris Mair Durno Jessiman</p> </td> </tr> </table>		<p>Round 1 Meet Director Meet Referee Referees Day 1 Referees Day 2 Jury of Appeal</p> <p>Round 2 Meet Director Meet Referee Referees Day 1 Referees Day 2 Jury of Appeal</p>	<p>Vicky Jolly vic.jolly@btinternet.com David Downie Saturday – Derek Allan & Phil Cartwright Sunday – Kathryn Cartwright & Stephen Jupp Doris Mair</p> <p>Karen Leune chair@ythanasc.org.uk Sean Dawson Saturday – Matt Huntington & Meg Paterson Sunday – Andy Coueslant & Doris Mair Durno Jessiman</p>
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