



SASA NORTH DISTRICT DISTANCE MEET

11th & 12th October 2025

PARTICIPANT INFORMATION

Dear Clubs and Colleagues

We look forward to welcoming you all to the 2025 SASA North District Distance Meet. 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, Regents Walk, Aberdeen, AB24 1SX			
Session Times	Session Number	Warm up	Start	Exp Finish
	Session 1	0900	1000	1300
	Session 2	1330	1430	1730
	Session 3	0800	0900	1200
	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, 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 0830 at the earliest. Everyone must be clear of the building by 1830			
	Sunday Entry to the venue will be permitted from 0730 at the earliest. Everyone must be clear of the building by 1300			
Warm up & swim down arrangements	<p>Guidelines for the effective running of warm-ups will be distributed to teams and available on the SASA ND 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 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.</p> <p>4 x 25m lanes will be available in the non-competition pool 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</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 in both pools has a capacity of 12 swimmers</p>			
Venue flow	<p>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</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 poolside.
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 400m and longer. 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. All swimmers must attend marshalling before their events and are advised to attend in good time. 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.
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 Saturday morning session in the Aquatics Studio. Tea and Coffee will be available in the briefing room prior to start of all 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

WhatsApp Broadcast	A WhatsApp broadcast will not be in place for this event. Heat sessions start lists will be printed for coaches/team staff at the venue. Start lists will also appear on MeetMobile where possible.	
(Start lists & Results sheets)	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 .	
Photography Permission	<p>Please note that for this meet the North District will not require anyone wishing to use photographic equipment, including video cameras, to register. No professional photography will take place at this meet, and the use of flash photography is not permitted.</p> <p>Spectators who wish to take images are requested to focus on their own family member as much as reasonably possible, and to avoid including other participants in images, particularly if those images are being shared with family and friends or through social media platforms. Photographs / videos taken must not be used for illicit purposes and pictures / videos produced must not be altered in any way, or uploaded onto the web without the consent in writing of the person(s) photographed / filmed.</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>	
General notes	<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	
Code of Ethics	<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:</p> <p>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	
Event Management Contacts	Different people have authority and overall responsibility for the running of the meet at different stages. The list below shows whom you should approach with any queries, concerns or complaints during the various stages of the meet.	
Arrival/End & between sessions During Competition	Meet Convenor	Gill Smith
	Referees	Saturday – Meg Paterson & Stephen Jupp Sunday – David Downie & Andy Coueslant