



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

Dear Clubs and Colleagues

We look forward to welcoming you all to the 2026 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	1330	1615
	Session 3	1640	1730	1915
	Session 4	0800	0905	1215
	Session 5	1245	1330	1615
	Session 6	1640	1730	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 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 0740 at the earliest. Everyone must be clear of the building by 1945.			
	Sunday Entry to the venue will be permitted from 0740 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	<p>Coaching packs will not be issued for this event.</p> <p>Withdrawal sheets can be collected from the Recorders Desk on the pool deck. All other information will be sent out via the WhatsApp Broadcast.</p> <p>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.</p>
Changing Village	<p>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.</p> <p>The use of foul language will not be tolerated in the changing village.</p> <p>Photography/video of any description is prohibited in the changing village, showers and toilets.</p> <p>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.</p>
Spectating	<p>Spectating will be available at this event.</p> <p>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.</p>
Live Streaming	Live streaming will not be in place for this event
Footwear	<p>Please note no outdoor footwear is permitted to be worn on poolside.</p> <p>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.</p>
Front of House activities	<p>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.</p> <p>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.</p>
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.
Event Passes	<p>For Team Staff (Coaches & Team Managers)</p> <p>All team staff must have a valid event pass for 2026 to enable access onto poolside at this meet. Team Staff applying for a pass must have valid SASA membership, a current CWPS certificate and a valid PVG check through Scottish Swimming. Team Staff can either have an annual (2026) Scottish Swimming Team Staff pass or a SASA North District Team Staff pass. The following link is for the SASA North District Team Staff pass application:</p> <p>SASA North District Team Staff Pass Application Link</p> <p>Passes must be worn and clearly visible at all times as the SASA North District meet team will be carrying out poolside checks. Anyone not displaying and wearing a valid pass may be asked to leave the poolside/athlete areas until a pass can be produced.</p>

	<p>For Event Staff (Technical Officials and Event Staff in a regulated role)</p> <p>All Technical Officials and Event Staff who are in a regulated role must have a valid Scottish Swimming Event Staff event pass for 2026 to enable access onto poolside at this meet. Event Staff applying for a pass must have valid SASA membership, a current CWPS certificate and a valid PVG check through Scottish Swimming. The following link is for the Scottish Swimming Annual Event Staff pass:</p> <p>2025-2026 Annual Event Volunteer Pass (Swimming)</p> <p>Passes must be worn and clearly visible at all times as the SASA North District meet team will be carrying out poolside checks. Technical Officials are not required to wear their pass when actively carrying out their role but require to wear it at all other times. Anyone not displaying and wearing a valid pass may be asked to leave the poolside/athlete areas until a pass can be produced.</p> <p>For Event Staff (STOs and Event Staff who are not in a regulated role)</p> <p>For those Technical Officials and Event Staff who are not in a regulated role, an event specific pass will be issued by the organising team to them on the day of the event. This pass must be worn when on poolside or in athlete areas.</p>
Medals	<p>Medals will be awarded for 1st, 2nd and 3rd 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.</p>
Awards	<p>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.</p> <p>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.</p> <p>Awards will be presented at the end of Round 2.</p>
Marshalling	<p>There will be marshalling for all heats and finals</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>
Relays	<p>Relay team line sheets must be submitted to the recorders desk no later than 2pm on the day of the relay event. The form should clearly state the event number, the swimming order and any reserves. The SASA membership number and date of birth for any relay only swimmers must be included on the form.</p> <p>There will be marshalling for all relays</p>

Withdrawals from heats	<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. 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>
Withdrawals from finals	<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>
WhatsApp Broadcast (Start lists & Results sheets)	<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 4th February 2026 for Round 1 and 4th March 2026 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 5th February 2026 for round 1 and 5th March 2026 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 Sean Dawson – 07961 751652 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
Catering	<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>

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 or 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>
Transgender & Non-Binary Competition Policy	<p>The meet conditions state that the Scottish Swimming Transgender & Non-Binary Competition Policy is being applied to this meet. At no point will members be challenged on the day of a competition with any matters relating to the application of this policy. Any matters will be resolved post event.</p>
Technical Swimsuits	<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>Swimmers 13 years and younger can not compete in technical suits at this meet</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: 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.	
	<table> <tr> <td> Round 1 Meet Convenor Meet Referee Referees Day 1 Referees Day 2 Jury of Appeal WPO Round 2 Meet Convenor Meet Referee Referees Day 1 Referees Day 2 Jury of Appeal WPO </td><td> Vicky Jolly vic.jolly@btinternet.com David Downie Saturday – Sean Dawson & Matt Huntington Sunday – Doris Mair & Andy Coueslant Derek Allan David Downie/Sean Dawson Karen Leune ythanasc@outlook.com Durno Jessiman Saturday – Stephen Jupp & Derek Allan Sunday – David Downie & Meg Paterson Doris Mair Jill Good </td></tr> </table>	Round 1 Meet Convenor Meet Referee Referees Day 1 Referees Day 2 Jury of Appeal WPO Round 2 Meet Convenor Meet Referee Referees Day 1 Referees Day 2 Jury of Appeal WPO
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