



# **SASA Midland District League One 2023 - 2024**

**(under FINA Rules /Scottish Swimming Regulations)**

**Round One – Perth Leisure Pool**

**16<sup>th</sup> September 2023**

**Licence No: L2/153/MD/SEPT23**

**Round Two – Olympia Leisure Centre**

**28<sup>th</sup> January 2024 (TBC)**

**Licence No: L2/153/MD/SEPT23**

**Round Three – Live Active Loch Leven**

**20<sup>th</sup> April 2024**

**Licence No: L2/153/MD/SEPT23**

[sasamidlanddistrict.co.uk](http://sasamidlanddistrict.co.uk)

## MEET INFORMATION

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## VENUE DETAILS, SESSION TIMES, EVENTS & ELIGIBILITY INFORMATION

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**Dates:** 16<sup>th</sup> September 2023, **28<sup>th</sup> January (TBC)** & 20<sup>th</sup> April 2024  
**Venue:** Perth leisure Pool, Glasgow Road, PH2 0HZ  
Live Active Loch Leven, Lathro, Milnathort, Ky13 8SYh  
Dundee Olympia, 3 E Whale Ln, Dundee DD1 3JU  
**Pool:** 6/5 lane x 25m & 6 x 25m ( Semi (Perth & Kinross) Electronic Timing)  
**Promoters:** SASA Midland District Swimming Committee

### Age Groups

|               |              |
|---------------|--------------|
| 10 & Under    | Boys & Girls |
| 11 – 12 Years | Boys & Girls |
| 13 – 14 Years | Boys & Girls |
| 15 & Over     | Boys & Girls |

### Age on day of competition

### SASA Midland District Contact

Bruce Bannerman  
SASA Midland District League One Convenor  
Email: [swimming.midlandsasa@outlook.com](mailto:swimming.midlandsasa@outlook.com)

### Promoter

SASA Midland District Swimming Committee

### Entry Process

Entries will be by Computer File Only, files can be obtained from the SASA Midland District Website, SwimScotland & by emailing [midlandsmeetentries@gmail.com](mailto:midlandsmeetentries@gmail.com)

### Entry Deadline

Round 1 – Friday 1<sup>st</sup> September 2023

Round 2 – Friday 12<sup>th</sup> January 2024 (TBC)

Round 3 – Friday 5<sup>h</sup> April 2024

### Session Times

| Date:                                   | Session:  | Warm Up: | Start: | Start times may be adjusted once entries have been received. This will be intimated on the Draft Programme. |
|---|-----------|----------|--------|---|
| Saturday 16 <sup>th</sup> September     | Session 1 | 14:30    | 15:00  |   |
| Saturday 28 <sup>th</sup> January (TBC) | Session 1 | 14:30    | 15:00  |   |
| Saturday 20 <sup>th</sup> April         | Session 1 | 14:30    | 15:00  |   |

### Spectating

Spectating will be available free of charge at all rounds where space allows

[sasamidlanddistrict.co.uk](http://sasamidlanddistrict.co.uk)

## **Competition Disclaimer**

In the event of cancellation or abandonment of the event, refunds, if any, will be made at the absolute discretion of SASA Midland District. SASA Midland District will have no legal liability to make a refund or to pay any form of consequential or indirect damage such as loss of enjoyment, travel, catering and accommodation.

## **Eligibility**

All competitors must be a registered member of a club affiliated to SASA Midland District and a registered member of the Scottish Amateur Swimming Association having paid their current registration fee.

A Swimmer can only compete for one Club/Team during the meet and must be eligible to swim for their Club/Team in accordance with Company Rule 5.1

## LEAGUE RULES

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- Each team can be a maximum of 36 swimmers as follows
  - 16 Female, 16 Male & 4 relay only swimmers
- Swimmers are interchangeable with the exception they can only swim in one league per season.,
- Swimmers can only swim for one team within a club across the three rounds
- There are no restrictions on which swimmers a club enters
- A swimmer can swim up to 2 events plus relays at each meet.
- Each Team must appoint a Captain & Vice Captain
- Each Club must appoint a Team Manager
- Swimmers must only swim in their own age group and one swimmer must be entered in a maximum of two events at each meet excluding relays
- Over the top starts will be used.
- All events will be HDW.
- All swimmers must have paid their current SASA & Midlands District registration fee.
- Points will be awarded as follows
  - Individual Events
    - 1<sup>st</sup> – 6pts
    - 2<sup>nd</sup> – 5pts
    - 3<sup>rd</sup> – 4pts
    - 4<sup>th</sup> – 3pts
    - 5<sup>th</sup> – 2 pts
  - Relay Events
    - 1<sup>st</sup> – 12pts
    - 2<sup>nd</sup> – 10pts
    - 3<sup>rd</sup> – 8pts
    - 4<sup>th</sup> – 6pts
    - 5<sup>th</sup> – 4 pts
- The team with the lowest points after round 3 will be relegated to League Two for the next year.

## SCHEDULE OF EVENTS

| Round One                             | Round 2                               | Round 3                               |
|---------------------------------------|---------------------------------------|---------------------------------------|
| 101 – Mixed 10 & Under 4 x 50m Free   | 101 – Mixed 10 & Under 4 x 50m Free   | 101 – Mixed 10 & Under 4 x 50m Free   |
| 102 – Mixed 11 – 12 4 x 50m Free      | 102 – Mixed 11 – 12 4 x 50m Free      | 102 – Mixed 11 – 12 4 x 50m Free      |
| 103 – Mixed 13 – 14 4 x 50m Free      | 103 – Mixed 13 – 14 4 x 50m Free      | 103 – Mixed 13 – 14 4 x 50m Free      |
| 104 – Mixed 15 & Over 4 x 50m Free    | 104 – Mixed 15 & Over 4 x 50m Free    | 104 – Mixed 15 & Over 4 x 50m Free    |
| 105 – Girls 10 & Under 50m Back       | 105 – Girls 10 & Under 50m Back       | 105 – Girls 10 & Under 50m Back       |
| 106 – Boys 10 & Under 50m Back        | 106 – Boys 10 & Under 50m Back        | 106 – Boys 10 & Under 50m Back        |
| 107 – Girls 11 – 12 100m Back         | 107 – Girls 11 – 12 100m Back         | 107 – Girls 11 – 12 100m Back         |
| 108 – Boys 11 – 12 100m Back          | 108 – Boys 11 – 12 100m Back          | 108 – Boys 11 – 12 100m Back          |
| 109 – Girls 13 – 14 100m Back         | 109 – Girls 13 – 14 100m Back         | 109 – Girls 13 – 14 100m Back         |
| 110 – Boys 13 – 14 100m Back          | 110 – Boys 13 – 14 100m Back          | 110 – Boys 13 – 14 100m Back          |
| 111 – Girls 15 & Over 100m Back       | 111 – Girls 15 & Over 100m Back       | 111 – Girls 15 & Over 100m Back       |
| 112 – Boys 15 & Over 100m Back        | 112 – Boys 15 & Over 100m Back        | 112 – Boys 15 & Over 100m Back        |
| 113 – Girls 10 & Under 50m Breast     | 113 – Girls 10 & Under 50m Breast     | 113 – Girls 10 & Under 50m Breast     |
| 114 – Boys 10 & Under 50m Breast      | 114 – Boys 10 & Under 50m Breast      | 114 – Boys 10 & Under 50m Breast      |
| 115 – Girls 11 – 12 100m Breast       | 115 – Girls 11 – 12 100m Breast       | 115 – Girls 11 – 12 100m Breast       |
| 116 – Boys 11 – 12 100m Breast        | 116 – Boys 11 – 12 100m Breast        | 116 – Boys 11 – 12 100m Breast        |
| 117 – Girls 13 – 14 100m Breast       | 117 – Girls 13 – 14 100m Breast       | 117 – Girls 13 – 14 100m Breast       |
| 118 – Boys 13 – 14 100m Breast        | 118 – Boys 13 – 14 100m Breast        | 118 – Boys 13 – 14 100m Breast        |
| 119 – Girls 15 & Over 100m Breast     | 119 – Girls 15 & Over 100m Breast     | 119 – Girls 15 & Over 100m Breast     |
| 120 – Boys 15 & Over 100m Breast      | 120 – Boys 15 & Over 100m Breast      | 120 – Boys 15 & Over 100m Breast      |
| 121 – Girls 10 & Under 50m Fly        | 121 – Girls 10 & Under 50m Fly        | 121 – Girls 10 & Under 50m Fly        |
| 122 – Boys 10 & Under 50m Fly         | 122 – Boys 10 & Under 50m Fly         | 122 – Boys 10 & Under 50m Fly         |
| 123 – Girls 11 – 12 100m Fly          | 123 – Girls 11 – 12 100m Fly          | 123 – Girls 11 – 12 100m Fly          |
| 124 – Boys 11 – 12 100m Fly           | 124 – Boys 11 – 12 100m Fly           | 124 – Boys 11 – 12 100m Fly           |
| 125 – Girls 13 – 14 100m Fly          | 125 – Girls 13 – 14 100m Fly          | 125 – Girls 13 – 14 100m Fly          |
| 126 – Boys 13 – 14 100m Fly           | 126 – Boys 13 – 14 100m Fly           | 126 – Boys 13 – 14 100m Fly           |
| 127 – Girls 15 & Over 100m Fly        | 127 – Girls 15 & Over 100m Fly        | 127 – Girls 15 & Over 100m Fly        |
| 128 – Boys 15 & Over 100m Fly         | 128 – Boys 15 & Over 100m Fly         | 128 – Boys 15 & Over 100m Fly         |
| 129 – Girls 10 & Under 50m Free       | 129 – Girls 10 & Under 50m Free       | 129 – Girls 10 & Under 50m Free       |
| 130 – Boys 10 & Under 50m Free        | 130 – Boys 10 & Under 50m Free        | 130 – Boys 10 & Under 50m Free        |
| 131 – Girls 11 – 12 100m Free         | 131 – Girls 11 – 12 100m Free         | 131 – Girls 11 – 12 100m Free         |
| 132 – Boys 11 – 12 100m Free          | 132 – Boys 11 – 12 100m Free          | 132 – Boys 11 – 12 100m Free          |
| 133 – Girls 13 – 14 100m Free         | 133 – Girls 13 – 14 100m Free         | 133 – Girls 13 – 14 100m Free         |
| 134 – Boys 13 – 14 100m Free          | 134 – Boys 13 – 14 100m Free          | 134 – Boys 13 – 14 100m Free          |
| 135 – Girls 15 & Over 100m Free       | 135 – Girls 15 & Over 100m Free       | 135 – Girls 15 & Over 100m Free       |
| 136 – Boys 15 & Over 100m Free        | 136 – Boys 15 & Over 100m Free        | 136 – Boys 15 & Over 100m Free        |
| 137 – Mixed 10 & Under 4 x 50m Medley | 137 – Mixed 10 & Under 4 x 50m Medley | 137 – Mixed 10 & Under 4 x 50m Medley |
| 138 – Mixed 11 – 12 4 x 50m Medley    | 138 – Mixed 11 – 12 4 x 50m Medley    | 138 – Mixed 11 – 12 4 x 50m Medley    |
| 139 – Mixed 13 – 14 4 x 50m Medley    | 139 – Mixed 13 – 14 4 x 50m Medley    | 139 – Mixed 13 – 14 4 x 50m Medley    |
| 140 – Mixed 15 & Over 4 x 50m Medley  | 140 – Mixed 15 & Over 4 x 50m Medley  | 140 – Mixed 15 & Over 4 x 50m Medley  |

**Subject to Change**

### Entry Guide

Entries will be by computer file only

- Entry file is available on SwimScotland & SASA Midland District websites
- The completed entry file must be emailed to: [midlandsmeetentries@gmail.com](mailto:midlandsmeetentries@gmail.com)
- The subject line **MUST** be **Club Code – League1(R1,R2,R3)**
- Please ensure that you request a read receipt if you wish confirmation of entries being received
- **Once the computer entry file has been submitted**, the Entry Secretary must complete the [Online Application Entries Summary](#)

**The details of the summary sheet should be passed onto the relevant person in your club who has responsibility for making payments.**

BACS: Please use Ref League1\_Club Code  
The Royal Bank of Scotland,  
Sort Code: 83-50-00, Account No: 00760821

**Entry fee(s):           £500 per Team (Covers all 3 Rounds)**

**No entries will be accepted without the correct fee, or with the Entry Files incorrectly completed. No refunds will issued after the entries have been submitted**

### Changes to Team Lines

Changes to Submitted team lines must be emailed to [midlandsmeeetires@gmail.com](mailto:midlandsmeeetires@gmail.com) by the following dates.

Round 1 – Friday 15<sup>th</sup> September 2023

Round 2 – Friday 26<sup>th</sup> January 2024

Round 3 – Friday 19<sup>th</sup> April 2024

New Swimmers being added must include Name, DOB, SASA Number, Event & Entry Time

Changes can be made on the day at the recorders table up 30 minutes prior to the start of the session

### Event Regulations

Entry and Entries to all events is expressly subject to the Event Regulations on our website which can be found [here](#) and may, where appropriate, also require compliance with the facility provider's regulations.

SASA Midland District reserves absolutely the right to eject from events any person failing to comply with each and all of the Event Regulations.

### Swimwear

British Swimming and Scottish Swimming advise that FINA BL 8.1 only applies to Olympic Games and FINA events. A suit check will only be made if a World or European record is being claimed. There is not a requirement for officials to check that costumes are on the approved FINA list. Bylaws BL 8.2 and BL 8.3 cover our requirements for design and material.

#### **SW8.0 Scottish Swimming Rules**

#### **SW8.8 Swimwear Policy**

SW 8.8.1 For events held under the direct jurisdiction and control of Scottish Swimming the Scottish Swimming "Swimwear Policy" shall also apply. This policy is included in full in Appendix 1 of these regulations.

**At this meet the policy on Agreed Swimwear & the policy on Technical Swim Suits shall apply**

### Media & Photography Information

Throughout this event SASA Midland District will have a number of authorised media partners taking static photographs and video footage. These images are intended solely for the purposes of promotion and celebration of the activities and may include live streaming on the internet. Images will be made available to our media partners and uploaded to our website and our social network sites.

Should any competitor wish not to be photographed please [complete this form](#). If at any time a competitor wishes a static image to be removed from our website, 7 days' notice must be given to SASA Midland District.



## Team Staff

All poolside staff must apply for a pass.

### **Rounds 1 – 3 – Free of Charge**

**Teams will be limited to 3 members of staff on poolside**

**Application Deadline: Friday 15<sup>th</sup> September 2023, Friday 12<sup>th</sup> January 2024, Friday 12<sup>th</sup> April 2024**

A pass is required for any team staff wishing to be on poolside and entitles you to entry to the meet, poolside access, without a valid pass the member of staff will NOT be permitted entry to the event.

**All passes must be printed and worn by all team personnel and made visible at all times.**

## Applying for a Pass

- All applications have to be submitted [online](#).
- **Please Note: All chaperone/team manager passes must be confirmed by the Head Club/Team coach as detailed on the online application form**
- All applicants MUST be Disclosure Scotland/PVG/CRB checked through either: Scottish Swimming/Swim England/Swim Wales. It is the responsibility of the Club/Coach to ensure that, if they require their swimmers to have coach/chaperone representation on the poolside, their application is made in good time and that the relevant PVG/Criminal Records Bureau(CRB)/Disclosure & Barring Service(DBS) forms have been completed and sent to the Scottish Swimming/Swim England/Swim Wales office(s)
- SASA Midland District will not issue any Coach/Chaperone Pass unless a person has a valid Disclosure Certificate/PVG/CRB through the Scottish Swimming/Swim England/Swim Wales. In-line with current legislation, valid Disclosure Certificates/PVG/CRB from any other agency, will not be accepted. If you have any queries regarding PVG/CRB certification, please contact your Governing Body or Scottish Swimming via email to [childprotection@scottishswimming.com](mailto:childprotection@scottishswimming.com)

## Technical officials

sasamidlanddistrict.co.uk

### **Sign Up**

Technical officials should sign up to officiate on the SASA Midland District website [here](#).

Mentoring may be provided depending on numbers of qualified officials and must be requested at sign up.

### **STO Poolside Uniform**

In accordance with the British Swimming and Scottish Swimming Rules, the poolside uniform for technical officials at Midland District Events is:

White top,  
White trousers, dress or skirt and must be below the knees  
White poolside shoes, white socks and white accessories

### **Catering & Refreshments**

All technical officials will be issued with a Midland District Water Bottle if they do not already have. Water fountains will be available at the pool.

### **Expenses**

Officials Expenses will be paid in one with the SASA Midland District Volunteer Expense Policy

## **Medals**

### Winning Team

All members of the winning team after Round 3 will be awarded with a Gold Medal

### 2<sup>nd</sup> & 3<sup>rd</sup> Placing

Teams placing 2<sup>nd</sup> & 3<sup>rd</sup> will be awarded with Silver & Bronze Medals to Round 3 Swimmers Only.

## **Trophies**

### League Winner

A trophy will be awarded to the winning team of the League after Round 3