



SASA Midland District League One 2023 - 2024

(under FINA Rules /Scottish Swimming Regulations)

Round One – Perth Leisure Pool

16th September 2023

Licence No: L2/153/MD/SEPT23

Round Two – Olympia Leisure Centre

28th January 2024 (TBC)

Licence No: L2/153/MD/SEPT23

Round Three – Live Active Loch Leven

20th April 2024

Licence No: L2/153/MD/SEPT23

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MEET INFORMATION

Contents	Page
Venue Details, Session Times, Events & Eligibility Information	3
League Rules	5
Schedule of Events	6
Entry Information	7
Changes to Team Lines, Poolside Passes & General Informations	8
Awards & Presentations	11

VENUE DETAILS, SESSION TIMES, EVENTS & ELIGIBILITY INFORMATION

Dates: 16th September 2023, **28th January (TBC)** & 20th 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

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

Entry Deadline

Round 1 – Friday 1st September 2023

Round 2 – Friday 12th January 2024 (TBC)

Round 3 – Friday 5^h 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 th September	Session 1	14:30	15:00	
Saturday 28 th January (TBC)	Session 1	14:30	15:00	
Saturday 20 th April	Session 1	13:00	13:30	

Spectating

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

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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

- 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
 - 1st – 6pts
 - 2nd – 5pts
 - 3rd – 4pts
 - 4th – 3pts
 - 5th – 2 pts
 - Relay Events
 - 1st – 12pts
 - 2nd – 10pts
 - 3rd – 8pts
 - 4th – 6pts
 - 5th – 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
- 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 by the following dates.

Round 1 – Friday 15th September 2023

Round 2 – Friday 26th January 2024

Round 3 – Friday 19th 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 15th September 2023, Friday 12th January 2024, Friday 12th 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

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

2nd & 3rd Placing

Teams placing 2nd & 3rd 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