



**Scottish
Swimming**

Open Water



FINAL ATHLETE INFORMATION

EAST DISTRICT OPEN WATER CHAMPIONSHIP &
NOVICE MEET 2024

OW/2024/L1/01



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WELCOME

Thank you for entering this year's East District Open Water Championships & Novice Meet.

We are expecting over 160 competitors at this year's event, so it should be a great start to the 2024 OW season.

This information pack is to acknowledge your entry and provide you with all the information you will need on the day.

Please check your entry on the attached [swimmers' lists](#) and let the organisers know ASAP if there are any errors.



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LOCATION OF EVENT & DIRECTIONS

This year's event takes place at **Lochore Meadows**

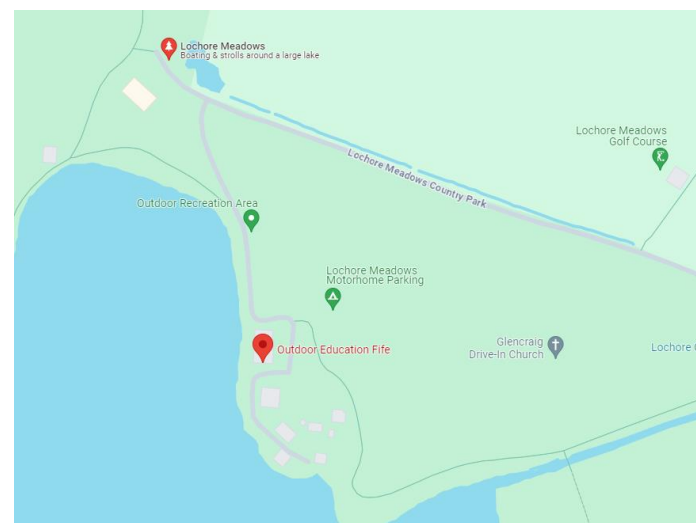
The post code is **KY5 8BA**

All registration, briefings and race starts are at the **Outdoor Education Centre (OEC)** which is the green wooden building, located on the left as you enter the park.

Parking: There is free parking at the OEC and the Main Centre building (Willie Clarke Centre).

Facilities: Changing rooms (with showers) are available at the OEC

Food & Drink: Is available from the Willie Clarke Centre





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EVENT TIMETABLE

NOVICE MEET	
08:30 – 09:30	REGISTRATION
09:00 – 09:30	BRIEFING
09:45	RACE STARTS: <ul style="list-style-type: none">• 200 FREE• 200 BRST• 400 FREE HEAT 1• 400 FREE HEAT 2
10:30	PRIZEGIVING

CHAMPIONSHIP:1/2 KM	
10:30 – 11:30	REGISTRATION
11:45 – 12:15	BRIEFING
12:30	IKM RACE STARTS: <ul style="list-style-type: none">• HEAT 1: ALL 11-14S• HEAT 2: ALL 15-16S
13:30	2KM RACE START: <ul style="list-style-type: none">• HEAT 1: ALL FEMALE• HEAT 2: ALL MALE & OPEN
16:45	PRIZEGIVING

CHAIN RELAY	
10:30 – 11:30	REGISTRATION
11:45 – 12:15	MAIN BRIEFING**
15:00	ADDITIONAL LOCHSIDE BRIEFING**
15:15	RACE START: HEAT 1: ALL B-D TEAMS HEAT 2: ALL A TEAMS
16:45	PRIZEGIVING

*Cut Off Times:

1km – 45 mins

2km – 60 mins

**Mandatory for all relay team members



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REGISTRATION & BRIEFING

Registration: All athletes must register in person at the allocated time.

Nails will be checked **and numbers marked on back of hands.**

No jewellery allowed

Registration pack includes:

- Numbered cap(s),
- 2 x electronic timing bands
- Numbered plastic bag

Briefings: To avoid over-crowding in the classroom, the majority of the safety information is included in the accompanying document.

- Please take the time to **read this thoroughly before the event.**
- A short briefing will also take place on the day as per the timetable.
- **Attendance is mandatory** at the briefing for each event in which you are participating (including relays).



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WITHDRAWALS

- If you decide to withdraw from any race on the day, please inform Registration as soon as you make that decision.
- Should you decide to withdraw before the competition, we would ask that you contact us using the details below

Event Organiser: Kirsten Geary

- Email: sasaeastdistrictopenwater@gmail.com
- 07807 112 885



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SWIMWEAR/ WETSUITS

- For all Championship events, under SASA rules, the following applies:
 - Water temperature below 18C: wetsuits are mandatory
 - Water temperature between 18-20c: the use of wetsuits will be decided by the event organisers
 - Water temperature above 20c: no wetsuits allowed
- It is most unlikely that the water temperature will exceed 18c, so wetsuits will almost certainly be required. However, all athletes should bring appropriate swimwear (racesuit rather than training suit) in case of a non-wetsuit swim
- Please ensure you arrive with enough time to put your wetsuit on well before the swim.
 - All Novice Meet and Junior (1km) swimmers are advised to be changed into their wetsuits before the briefing, as the start of the first race will follow very quickly after the briefing.



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COURSE MAP – Novice Events

- The course is a **100m 'there and back'** starting from the far side of the pontoon:
 - 200m events: 1 lap
 - 400m freestyle: 2 laps
- There will be a line of **purple, orange, yellow buoys** marking the turning points.
- Each swimmer will be allocated a turning buoy. (with a maximum of three swimmers per buoy). Navigate in a **clockwise** direction i.e. keeping right shoulder to the buoys.
- Finish by touching the jetty.





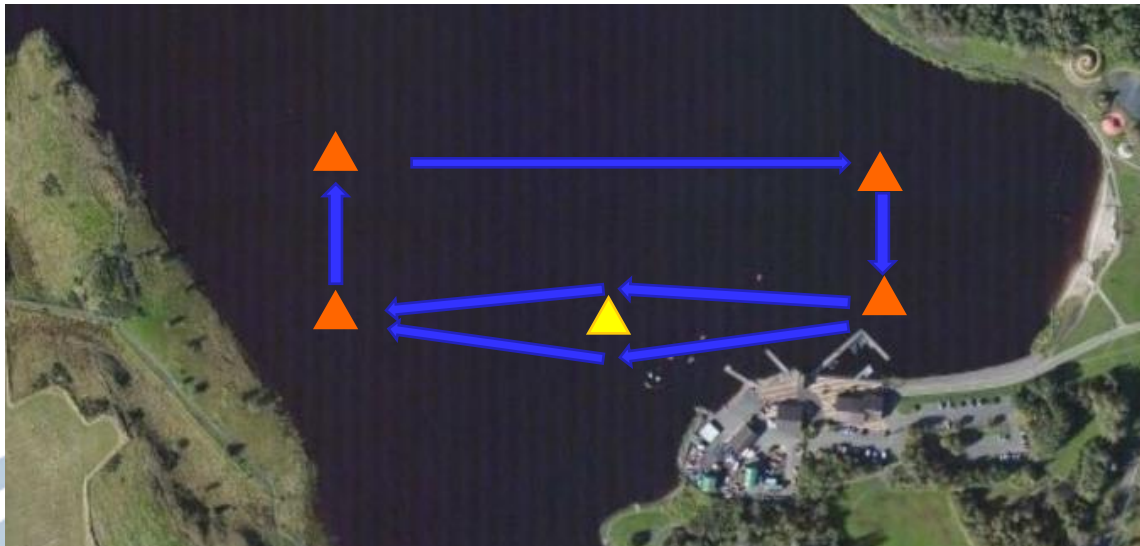
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COURSE MAP – 1/2km

- The course is a **1km circuit**:
 - 1km: 1 lap
 - 2km: 2 laps
- There will be **orange buoys** marking the turning points. Navigate in a **clockwise** direction i.e. keeping right shoulder to the orange buoys.
- Pass **EITHER side** of the yellow 'relay' buoy
- Pass under the finish arch buoy at the end of each lap.
- Finish by touching the banner on the **finish arch**.





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CHAIN RELAY EVENT

- **Relay team lines** (2M&O/ 2F) must be submitted by **14:00** on the day. Named reserves should also be submitted at this time. All swimmers must be registered with the same club (or same composite team).
- **Relay swimmers will be numbered 1 to 4 in “drop off” order.** All swimmers will start together in the water at the start of the event. The team will line up behind the lead swimmer at the start. The lead swimmer can be any one of the team. Swimmers in each team can swim in any order during each lap and can swap about.
- **AT THE END OF EACH LAP: as you pass under the finish arch, the swimmer with the lowest numbered cap must be in the lead as the team passes between the Home buoy and the Jetty** and will then drop off, leaving the remaining swimmers in that team to continue.
- The final swimmers (No 4) will **touch the FINISH arch** at the end of the **fourth lap**.



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COURSE MAP – RELAY

- The course is a **250m circuit**:
- Navigate clockwise passing the yellow buoy on right shoulder
- Final swimmer finishes by touching the banner on the **finish arch**.





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PRESENTATIONS/ AWARDS

Presentations for the Novice Meet will take place following completion of all novice heats.

- Please note that the Novice Meet is not a District Championship event, and as such no District medals will be presented.
- Prizes will be presented to the fastest swimmers in each age group

Presentations for the Championships events will take place at the end of the day.

- Medals for the Championship events will be presented to the first to third swimmer (gold, silver, bronze) in each category and to the East District Champion (gold).
- Trophies will also be presented to the fastest East District male & open and female Junior (1km) and the fastest male & open and female Senior or Masters swimmer (not age adjusted) (2km)
- The Lawson Trophy will also be presented to the fastest overall East District swimmer across the longest event (2km)



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THANK YOU

THANK YOU

- Fife Council Outdoor Education, Lochore Meadows
- Open Water Rescue*
- AlphaMed Scotland
- The Kayak Support Crew
- The STOs, Safety Teams and all the OW volunteers
- Big Bobble Hats

*Scottish Swimming work in partnership with Open Water Rescue; members of the Royal Life Saving Society, to provide water safety cover and consultancy.