



# **SASA EAST DISTRICT OPEN WATER NOVICE MEET & OPEN WATER CHAMPIONSHIPS 2026**

## **Meet Information**

**31<sup>st</sup> May 2026**

OW/2026/L1/02



<p><b>About the East District Age Group Championships</b></p>	<p>The East District is holding their 2026 Open Water Novice Event and Open Water Championships.</p> <p>OW license: OW/2026/L1/01</p> <p><b>Novice Meet</b> The Novice Meet is a fantastic event for younger or less experienced swimmers who are looking to gain experience of racing in an open water environment.</p> <p>For both the 250m &amp; 500m events the race is a circuit. However, the numbers swimming together will be controlled, to ensure less congestion than normally experienced in a typical OW race. This gives the athletes a more relaxed environment in which to compete and learn.</p> <p>We highly recommend this event for those who have never competed before. Previous participants have used the event as a springboard to go on to compete at 1km distances as the season progresses.</p> <p>See Appendix to get an overview of the day.</p> <p><b>East District Open Water Swimming Championships 2026</b> The East District Open Water Swimming Championships are Sprint Events which form part of the Scottish Open Water Program.</p> <p>There are 3 events in the afternoon session that form the championship:</p> <ul style="list-style-type: none"> <li>• 1km Junior Championship</li> <li>• 2km Senior/Master Championship</li> <li>• Chain Relay (1km relay race)</li> </ul> <p>In addition, this year there will be a hat relay event which will be a lottery to enable athletes not participating in the chain relay to have the opportunity to potentially take part in a 4 x 250m relay if selected for a team.</p> <p>Electronic timing will be in operation for the championship events.</p>
<p><b>Dates &amp; Venues</b></p>	<p>31<sup>st</sup> May 2026 – Lochore Meadows, Fife</p>





<p><b>East District Contact</b></p>	<p>Andrew Aspinall, East District Open Water Convenor Email: <a href="mailto:sasaeastdistrictow@gmail.com">sasaeastdistrictow@gmail.com</a></p>						
<p><b>Entry deadline</b></p>	<p><b>Closing dates</b> for entries: <b>Noon Friday 15<sup>th</sup> May 2026</b></p>						
<p><b>Eligibility</b></p>	<p><b>All athletes</b> must be members of SASA or another WA-affiliated national body at the time of the event. However, a single day Temporary Membership is available for athletes who are not regular swimming members, provided that the appropriate form is completed and the £13.50 fee is paid. The temporary membership form can be found <a href="#">here</a></p> <p>Entries, including relays, will be accepted from Scottish Swimming affiliated composites as well as clubs. Athletes can only represent one club or composite on the day</p> <p><b>Novice Meet and Hat Relay</b></p> <table border="0"> <tr> <td>Minimum age 10 years old on the day.</td> <td>This is a Scottish Swimming Regulation, so no exceptions can be made.</td> </tr> <tr> <td>Athletes should be capable of completing a 200m Freestyle within 3:00:00 (In a short course pool).</td> <td>The pool times need not be Accredited times.</td> </tr> </table> <p><b>Championship Events</b></p> <p>Individual Championship Age categories are age on 31 December 2026.</p> <p><b>Chain Relay</b></p> <table border="0"> <tr> <td>Chain Relay minimum age is 10 years old on the day of the event.</td> <td>Please note that athletes who are aged 10 can swim a maximum of 500m in any one race under SASA Regulations so must be positioned as either lead or second athlete in the 'chain'</td> </tr> </table> <p><b>Entry data will be held in accordance with Scottish Swimming Policy.</b></p> <p><b>Medical information is under the control of Scottish Swimming but will be used by safety and first aid teams on the day.</b></p>	Minimum age 10 years old on the day.	This is a Scottish Swimming Regulation, so no exceptions can be made.	Athletes should be capable of completing a 200m Freestyle within 3:00:00 (In a short course pool).	The pool times need not be Accredited times.	Chain Relay minimum age is 10 years old on the day of the event.	Please note that athletes who are aged 10 can swim a maximum of 500m in any one race under SASA Regulations so must be positioned as either lead or second athlete in the 'chain'
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<p><b>Entry Guide</b></p>	<p>This information regarding entry is a guide and is subject to change.</p> <p>Athletes not accepted to the event will have their entry fee will be refunded in full. Once the draft program is issued <b>no refunds</b> will be given.</p> <p>Athlete numbers for events will be agreed by the Organisers and the facility after entries are received. If it is necessary to reject entries, this will be done at the complete discretion of the Organisers.</p> <p>The Organisers reserve the right to make decisions on oversubscriptions in any way that is necessary to meet the conditions for the competition and facility policies.</p>						



<p><b>Multi Classification</b></p>	<p>Entries from Para-swimmers are welcome, but you will be asked for information on your disability during the entry process.</p> <p>There are no separate events for Para-swimmers. Clubs should include in their email with entries that their files include Para-swimmers.</p>
<p><b>Spectating</b></p>	<p>Lochore Meadows is a public venue and as such spectating will be available at the venue on a first come first served basis. This is subject to facility guidelines in place at the time of the event.</p>
<p><b>Team and Individual Rewards</b></p>	<p><b>Novice Meet (Morning Session)</b></p> <p>Please note that as this is not a District Championship event.</p> <p>No District medals will be presented.</p> <p>However, some discretionary prizes will be awarded for endeavour on the day.</p> <p><b>East District Open Water Swimming Championships 2026 (Afternoon Session)</b></p> <p><b>1 km Junior Championship</b>      Medals will be presented to the first to third athlete (gold, silver, bronze) in each category (Temporary Members are eligible for these Open medals) and to the East District Champion (gold).</p> <p>Trophies will be presented to members of East District clubs for the fastest overall Junior Male/Open and Female athlete (over 1km)</p> <p><b>2 km Senior/Masters Championship</b>      Medals will be presented to the first to third athlete (gold, silver, bronze) in each category (Temporary Members are eligible for these Open medals) and to the East District Champion (gold).</p> <p>Trophies will be presented to members of East District clubs for the fastest overall Junior Male/Open and Female athlete (over 2km)</p> <p>In addition, the Lawson Memorial Trophy is awarded to the fastest overall athlete in the longest event.</p> <p><b>Chain Relay</b>      Medals will be presented to the first to third teams (gold, silver, bronze) and to the East District Champion (gold).</p> <p>The Step Rock Chain Relay Trophy is awarded to the fastest relay team from within the East District</p>



<p><b>Controlling the Use of Photographic Equipment</b></p>	<p>The meet organisers are well aware of the wide range of devices including mobile telephones which have photographic and filming capabilities. This enables the capture of both static and moving images. It should be acknowledged that the majority of images taken within Scottish Swimming licensed meets are appropriate and taken in good faith. However, images of children and adults can be misused, and sharing images widely without consent may betray a confidence or identity of a child or adult, which could present a risk of harm to that individual if common sense procedures are not followed.</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.</p> <p>The meet organisers are committed to ensuring that all children who participate in this meet are able to take part in an enjoyable, safe environment and be safeguarded from harm. If there are any child safeguarding concerns at the event, please contact the Events Convenor immediately to disclose your concerns.</p> <p>Please scan the QR code to read the Scottish Swimming wellbeing statement.</p>  <p>Throughout these EDOWs Novice &amp; Championship events the East District may have authorised personnel taking static photographs and video footage. These images are intended solely for the purpose of future promotion of the event 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 a form, available from the meet organiser. If at any time a competitor wishes an image to be removed from our website, 7 days' notice must be given to <a href="mailto:sasaeastdistrictsecretary@gmail.com">sasaeastdistrictsecretary@gmail.com</a> after which the image will be removed.</p>
<p><b>Competition Disclaimer</b></p> <p><b>PLEASE NOTE:</b></p>	<p>In the event of cancellation or abandonment of the event, refunds if any, will be made at the absolute discretion of SASA East District. SASA East 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.</p>
<p><b>Entry Process</b></p>	<p>The entry process for both the Championship and the Novice Meet is the same.</p> <p><b>Club Entries</b></p> <p>Club entries are acceptable and should be made using the available excel form. This can be requested directly by email <a href="mailto:sasaeastdistrictow@gmail.com">sasaeastdistrictow@gmail.com</a>. Please complete the BLUE BOXES on the form and return to <a href="mailto:sasaeastdistrictow@gmail.com">sasaeastdistrictow@gmail.com</a> by the closing date below.</p> <p><b>Note: Athletes must complete the separate medical declaration form themselves.</b></p>



	<p><b>Individual Entries</b></p> <p>Individual entries made by the Athlete / Club Representative (recommended) for are also accepted via the following <a href="#">Google Form</a>.</p> <p>Note: The entry must be a Club Representative (recommended) or parent/guardian for those under the age of 18.</p> <p>You will receive an email notification upon entry.</p> <p><b>Medical Declaration</b></p> <p>All athletes must complete a medical declaration form upon entry, here: <a href="#">Medical Declaration Form</a>.</p> <p><b>Failure to complete the medical declaration before the closing date will prevent you from racing on the day. Both the entry and the medical declaration must be completed by the closing date.</b></p> <p><b>Closing dates for entries: Noon Friday 15<sup>th</sup> May 2026</b></p>																								
<p><b>Payment</b></p>	<p>Payment should be made by bank transfer to SASA East District as follows.</p> <table data-bbox="469 976 1214 1167"> <tr> <td>Account name</td> <td>SASA Eastern District</td> </tr> <tr> <td>Bank</td> <td>Bank of Scotland</td> </tr> <tr> <td>Branch</td> <td>Musselburgh</td> </tr> <tr> <td>Account No</td> <td>06001834</td> </tr> <tr> <td>Sort Code</td> <td>80-17-68</td> </tr> <tr> <td>Your Reference</td> <td>EDOW26/AthleteSurname</td> </tr> </table> <p><b>ENTRY FEES:</b></p> <table data-bbox="469 1245 1358 1485"> <tr> <td>Novice 250m Freestyle</td> <td>£11</td> </tr> <tr> <td>Novice 500m Freestyle</td> <td>£13</td> </tr> <tr> <td>1 km Junior Championship</td> <td>£18</td> </tr> <tr> <td>2 km Senior/Masters Championship</td> <td>£23</td> </tr> <tr> <td>Hat Relay</td> <td>Free for individuals not competing in chain relay.</td> </tr> <tr> <td>Chain Relay</td> <td>£25 per team.</td> </tr> </table> <p><b>No entries will be accepted without the correct fee, entry information and medical declaration.</b></p>	Account name	SASA Eastern District	Bank	Bank of Scotland	Branch	Musselburgh	Account No	06001834	Sort Code	80-17-68	Your Reference	EDOW26/AthleteSurname	Novice 250m Freestyle	£11	Novice 500m Freestyle	£13	1 km Junior Championship	£18	2 km Senior/Masters Championship	£23	Hat Relay	Free for individuals not competing in chain relay.	Chain Relay	£25 per team.
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<p><b>Draft Program</b></p>	<p>Any queries, withdrawals or correction of errors with regards to entries should be directed to <a href="mailto:sasaeastdistrictow@gmail.com">sasaeastdistrictow@gmail.com</a> via email <b>prior to 12 noon Tuesday 26<sup>th</sup> May 2026</b></p> <p>A list of entries will be issued via email by <b>Noon Thursday 21<sup>st</sup> May 2026</b>.</p>																								



<p><b>Event Regulations</b></p>	<p>This event will be held under SASA/WA Open Water Regulations and WA open water swimwear requirements will apply.</p> <p>Entry and Entries to the event is expressly subject to the SASA regulations in place at the time of the meet.</p> <p><b>SASA East District reserves absolutely the right to eject from events any person failing to comply with each and all the Event Regulations.</b></p> <p><b>It is the athlete’s responsibility to ensure that they are aware of any special requirements as communicated for the event.</b></p>
<p><b>Accreditation Passes</b></p>	<p>There will be no accreditation passes provided to athletes; athletes will be checked in on the relevant day.</p> <p>All Coaches, Team Managers and regulated Volunteers must hold the relevant qualification/certification for their role and have a valid PVG, CWPS and an appropriate annual (2026) Scottish Swimming District or National Pass for the club they are representing at the meet. Clubs should ensure they apply for the relevant pass in sufficient time as no temporary passes will be issued and access to the restricted areas will be refused where no pass is provided.</p> <p><b>Passes must be carried and presented on entering restricted areas or request. Anyone not presenting an annual (2026) Scottish Swimming District or National Pass will be asked to leave the restricted areas immediately. Should anyone be found not complying with our rule more than twice will be removed from restricted area and/or the athlete area immediately and not be given access for the remainder of the meet.</b></p>
<p><b>Swimwear</b></p>	<p>This event will be held under SASA/WA Open Water Regulations and WA open water swimwear requirements will apply.</p> <p>At the Briefing athletes will be told the water temperature and if wetsuits are compulsory, or else not allowed:</p> <ul style="list-style-type: none"> <li>• 13-18C: Compulsory Wetsuit</li> <li>• 18-20C: The Referee will decide (in consultation with the senior Officials) if wetsuits or swimsuits.</li> <li>• 20C plus: No wetsuits allowed</li> </ul> <p>The water temperature at Lochore in May generally means that wetsuits are compulsory. Athletes should be in their wetsuits well before their heat, so for those in the early heats, this will likely be before the briefing.</p> <p>Only wearables identified on the world aquatics approved wearables list are permitted - <a href="#">link to current approved wearables list</a>. Competitors must declare all wearables to the Referee, failure to do so or use of unapproved wearables will result in disqualification.</p>



<b>Transgender &amp; Non-Binary Competition</b>	<p>The Scottish Swimming Transgender &amp; Non-Binary Competition Policy will be implemented as of 1st January 2024.</p> <p>The policy and FAQs can be found <a href="#">HERE</a>.</p> <p>Any policy related matters that arise during the event should be reported to and will be recorded by the Meet Convenor/Lead Referee and these matters will be communicated to and managed post event by the relevant Scottish Swimming Staff.</p> <p>At no point will members be challenged on the day of a competition with any matters being resolved post event. By entering the Female category, athletes are therefore confirming their birth sex is female and are eligible to compete in the Female category.</p>
<b>Safeguarding</b>	<p>The primary safeguarding point of contact for the event in relation to wellbeing &amp; protection matters or accidents is the Meet Organiser. The secondary point of contact is the Scottish Swimming Safeguarding Manager.</p>



## Appendix 1 - Schedule of Events

<b>EDOWs 2026</b>		
	<b>Morning Session (Novice Meet)</b>	<b>Afternoon Session (Championship)</b>
<b>Registration</b>	<b>08:30 – 08:45</b>	<b>11:00 – 11:30</b>
<b>Briefing</b>	<b>09:00</b>	<b>11:45</b>
<b>Races Start</b>	<b>09:45</b>	<b>12:30</b>



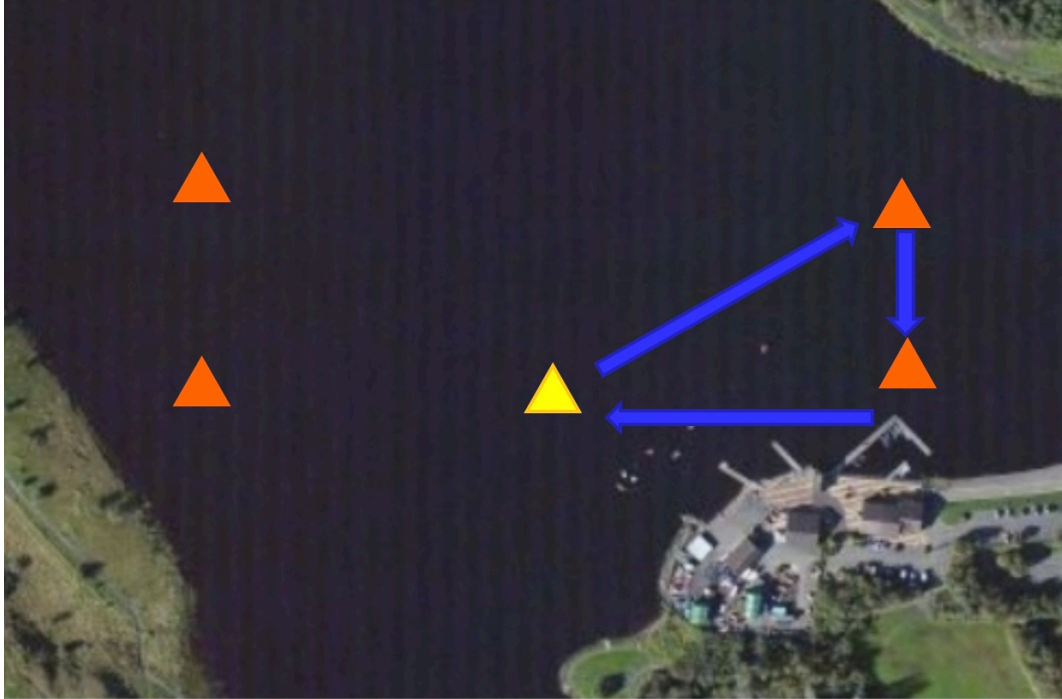
## Appendix 2 – Event Information and Courses.

<p><b>What to Expect on the Day</b></p>	<p>All athletes should register at their respective registration time.</p> <p>At registration, athletes will receive numbered caps, have number written on their hands and have nails checked. Nails should be short and trimmed. This is done for safety purposes. It should be noted that no jewellery of any kind is permitted. Athletes should take the opportunity to get changed and to complete a dry land warm up if they choose. There will be no opportunity to warm up in the loch.</p> <p>Following registration athletes should attend their respective briefing for their events.</p> <p>All athletes must attend the briefing for their session. A roll call will be conducted to ensure all athletes are present. There is a briefing from the Referee to ensure the athletes understand the course and know the expected behaviour. In addition, the Safety Team will cover the safety aspects of the day and to ensure all participants know how to get help if they require it.</p> <p>At the Briefing athletes will be told the water temperature and if wetsuits are compulsory.</p> <table data-bbox="411 1048 1284 1216"> <tr> <td>13-18C</td> <td>Compulsory Wetsuit</td> </tr> <tr> <td>18-20C</td> <td>The Referee will decide in consultation with the senior officials if wetsuits must be worn.</td> </tr> <tr> <td>20C plus</td> <td>No wetsuits allowed.</td> </tr> </table> <p>The water temperature at Lochore in May generally means that wetsuits are compulsory. Athletes should be in their wetsuits before their heat, so for those in the early heats, this likely will be before the briefing – it is quicker to remove than put on a wetsuit.</p> <p>Following the briefing, the Clerk of the Course will give the athletes warnings at 15 minutes, 10 minutes and 5 minutes prior to the start of the first event. Athletes should make their way to the marshalling area promptly at the 5-minute warning, ensuring that they have their bag, hats and goggles but keeping on warm clothing. All athletes from each event should marshal together (so all heats together).</p> <p>Athletes competing in later events will be required to marshal approximately 15 minutes prior to their event. Please note that event start times may be brought forward depending on entries and weather conditions.</p> <p>If an athlete requires assistance during the race or if they retire during a race, they will be assessed by the First Aid team. This is our standard practice.</p> <p>Swim times will be made available after the completion of all events.</p>	13-18C	Compulsory Wetsuit	18-20C	The Referee will decide in consultation with the senior officials if wetsuits must be worn.	20C plus	No wetsuits allowed.
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**Novice  
250m  
Freestyle**

The 250m Freestyle heats will be run as 1 clockwise lap around the 250m Relay course, with heats depending on the number of competitors. Start lists will be produced by the meet organisers with mixed age and gender heats permitted.

Upon turning around the last buoy the athlete should swim through the finish gantry and touch the finish banner to complete the race and then exit via the jetty.



Relay Course 250m (1 Laps)

**Novice  
500m  
Freestyle**

The 500m Freestyle heats will be run as 2 clockwise laps around the 250m Relay course, with heats depending on the number of competitors. Start lists will be produced by the meet organisers with mixed age and gender heats permitted.

Upon turning around the last buoy on the completion of lap 1 the athletes should swim through the finish gantry and head towards the first buoy again to start the second lap.

Upon turning around the last buoy on the second lap the athlete should swim through the finish gantry and touch the finish banner to complete the race, and then exit via the jetty.



Relay Course 250m (2 Laps)



**Championship  
1/2km  
Races**

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, keeping the right shoulder to the orange buoys. You may pass either side of the yellow buoy.

Pass under the finish arch buoy at the end of each lap.

Finish by touching the banner on the finish arch.



Relay Course 250m (4 Laps)



**Hat Relay  
4x250m**

The Hat Relay heats will be run as 4 clockwise laps around the 250m Relay course, with heats depending on the number of competitors. Start lists will be produced by the meet organisers with mixed age and gender heats permitted.

Upon turning around the last buoy the athlete should swim through the finish gantry to complete the lap and touch the next athlete in the team who should be waiting to handover. The athlete should then exit via the jetty.

The last member of the team, upon turning around the last buoy on their lap the athlete should swim through the finish gantry and touch the finish banner to complete the race and then exit via the jetty.



Relay Course 250m (4 Laps)



**Chain  
Relay  
4X250m**

This is open to mixed teams of 4 athletes (2 male and open, 2 female) from the same Scottish Swimming or other WA-affiliated club or composite club.

The relay athletes will be numbered 1 to 4 in “drop off” order. All athletes will start together in the water at the start of the event. The lead athlete at the start can be any athlete in the team. The remaining athletes in the team must line up directly behind them.

Athletes in each team can swim in any order during each lap and can swap about. However, as the team rounds the buoy at the end of each lap, the lowest numbered remaining athlete must be ahead of all other athletes in that team and will then drop off, leaving the remaining athletes in that team to continue. The athlete dropping off will then be directed to exit via the jetty

The final athletes (athletes No 4) will touch the gantry to finish at the end of the fourth lap. Upon completion of the race the athlete with then be directed to exit via the jetty.



Relay Course 250m (2 Laps)