



**Scottish
Swimming**

Open Water

2024 Scottish National Open Water Swimming Championships

**Castle Semple Country Park
Lochlip Road, Lochwinnoch,
Renfrewshire, PA12 4EA**

15th & 16th June 2024

Licence No: OW/2024/L1/04

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VENUE DETAILS, SESSION TIMES & ELIGIBILITY/EVENTS INFORMATION

Dates	Saturday 15 and Sunday 16 June 2024		
Venue	Castle Semple Country Park, Lochlip Road, Lochwinnoch, Renfrewshire, PA12 4EA (Directions can be found here)		
Promoter	SASA Open Water Committee		
Age Groups	Event	Minimum Age	Age Categories
	500m	10 years on day	10, 11-12 years
	Para 500m	10 years on day	S1-7 & 11, S8-10 & 12-15
	1km	11 years	11-12, 13-14 years, Open
	2km	12 years	12, 13-14, 15-16, 17-24, 25-34, 35-44, 45-54, 55-64, 65+ years and Open
	5km	13 years	13-14, 15-16, 17-24, 25-34, 35-44, 45-54, 55-64, 65+ years and Open
	10km	15 Years	Open
Programme of Events	Event	Registration	Briefing
	Day 1		
	5km	08:45 - 09:30	09:45
	2km	12:30-13:30	13:30
	Relay (4x250m, 2 female 2 male & open)	By 13:30	13:30
	Day 2		
	10km	08:45 - 09:15	09:15
	1km	12:45-13:30	13:45
	500m	12:45-13:30	13:45
	Times may be changed depending on entries and weather		
Eligibility Information	<ul style="list-style-type: none"> • Ages as at 31st December 2024 (subject to minimum 10 years on the day) • Entries for some events may be restricted in numbers on a first come first served basis • All events are open to Temporary Members of SASA • The events will be held under World Aquatics /Scottish Swimming rules • Wetsuits will be required for water temperature below 18c; swimsuits above 20c. The Organiser will decide for water temperature between 18c and 20c. 		

ENTRY INFORMATION

<p>Entry Guide</p>	<p>Entries (other than those for Temporary Members) must be made online here. The online entry incorporates the Medical Questionnaire.</p> <p>Entry Fees</p> <table border="0"> <tr> <td>500m</td> <td>£15.00</td> </tr> <tr> <td>1km</td> <td>£17.50</td> </tr> <tr> <td>5km</td> <td>£27.50</td> </tr> <tr> <td>2km</td> <td>£22.50</td> </tr> <tr> <td>Relay</td> <td>£35</td> </tr> <tr> <td>10km</td> <td>£32.50</td> </tr> </table> <p>Payment will be taken at the checkout stage.</p> <p>Closing Date for Entries: 23:59 on Thursday 23rd May 2024</p> <p>Entries from para-swimmers are welcome for all events as well as the 500m where medals will be awarded.</p> <p>Temporary Members Only:</p> <p>Entries will be accepted from swimmers who are not currently members of the SASA or another national governing body affiliated to World Aquatics, providing they submit a valid application for Temporary Membership and an additional fee of £10. Such applicants must first submit a Temporary Membership form here followed by the event entry form using the link at the top of this page. Where the entry is incomplete or the request does not comply with the Scottish Swimming rules, it will not be accepted.</p>			500m	£15.00	1km	£17.50	5km	£27.50	2km	£22.50	Relay	£35	10km	£32.50									
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<p>Awards & Presentations</p>	<table border="1"> <thead> <tr> <th data-bbox="384 987 758 1055">Event</th> <th data-bbox="758 987 1141 1055">Medal Categories</th> <th data-bbox="1141 987 1552 1055">Trophies Awarded</th> </tr> </thead> <tbody> <tr> <td data-bbox="384 1055 758 1149">Female and Male & Open 500m</td> <td data-bbox="758 1055 1141 1149">10, 11-12 years</td> <td data-bbox="1141 1055 1552 1149">10, 11-12</td> </tr> <tr> <td data-bbox="384 1149 758 1200">Para 500m</td> <td data-bbox="758 1149 1141 1200">S1-7 & 11, S8-10 & 12-15</td> <td data-bbox="1141 1149 1552 1200">S1-7 & 11, S8-10 & 12-15</td> </tr> <tr> <td data-bbox="384 1200 758 1294">Female and Male & Open 1km</td> <td data-bbox="758 1200 1141 1294">11-12, 13-14 years, Open,</td> <td data-bbox="1141 1200 1552 1294">11-12, 13-14, Open</td> </tr> <tr> <td data-bbox="384 1294 758 1411">Female and Male & Open 2km</td> <td data-bbox="758 1294 1141 1411">12, 13-14, 15-16, 17-24, 25-34, 35-44, 45-54, 55-64, 65+ years and Open</td> <td data-bbox="1141 1294 1552 1411">12, 13-14, 15-16, Open</td> </tr> <tr> <td data-bbox="384 1411 758 1527">Female and Male & Open 5km</td> <td data-bbox="758 1411 1141 1527">13-14, 15-16, 17-24, 25-34, 35-44, 45-54, 55-64, 65+ years and Open</td> <td data-bbox="1141 1411 1552 1527">13-14, 15-16, Open</td> </tr> <tr> <td data-bbox="384 1527 758 1621">Female and Male & Open 10km</td> <td data-bbox="758 1527 1141 1621">Open</td> <td data-bbox="1141 1527 1552 1621">Open</td> </tr> </tbody> </table> <p>Medals will be presented as follows:</p> <ul style="list-style-type: none"> • The top three finishers in each age group category (the Scottish Open gold, silver & bronze medallists). • The Scottish National Champion as defined in Company Rule R4.5 (where the individual is not also the Open Champion, gold medallist). 			Event	Medal Categories	Trophies Awarded	Female and Male & Open 500m	10, 11-12 years	10, 11-12	Para 500m	S1-7 & 11, S8-10 & 12-15	S1-7 & 11, S8-10 & 12-15	Female and Male & Open 1km	11-12, 13-14 years, Open,	11-12, 13-14, Open	Female and Male & Open 2km	12, 13-14, 15-16, 17-24, 25-34, 35-44, 45-54, 55-64, 65+ years and Open	12, 13-14, 15-16, Open	Female and Male & Open 5km	13-14, 15-16, 17-24, 25-34, 35-44, 45-54, 55-64, 65+ years and Open	13-14, 15-16, Open	Female and Male & Open 10km	Open	Open
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EVENT CONDITIONS/REGULATIONS

Event Conditions / Regulations

Competitors may be required to submit to a medical examination prior to the event

Competitors must wear swimming caps provided

Competitors should be aware that swimming in open water events brings with it a small risk of contracting some water-borne diseases and they should contact their GP if they feel ill in the days following an event.

The organising committee reserve the right not to accept entries from swimmers who they believe may not be capable of completing the event within the cut off times:

- 500m – 20 minutes
- 1km - 30 minutes
- 2km - 1 hour
- 5km – 2 hours
- 10km – 3 hours 15 minutes

Competitors still swimming on expiry of these times will be required to leave the water without completing the race.

Entry to all events is expressly subject to each and all of the conditions in this document and the regulations and may, where appropriate, also require compliance with the facility provider's regulations.

As with all Open Water events there is a risk that the event may not be able to go ahead due to weather or environmental factors.

No guarantee can be given by Scottish Swimming that the event will take place at a particular time or any particular date and Scottish Swimming reserves the right to reschedule the event without notice and without any liability for so doing.

The following are articles, which must not be brought to the venue: glass items, fireworks, smoke canisters, flares, glass bottles, weapons of any sort. Any person in possession of such items may be refused access at the absolute discretion of any steward or officer of Scottish Swimming and/or police officer.

No foul or abusive language, including racial or sexual abuse, may be used.

No alcohol may be consumed at the event.

No person may for commercial purposes take photographs or use any video recording equipment at the event without the express written permission of Scottish Swimming. The taking of photographs or use of video equipment for non-commercial purposes is permitted subject to compliance with Scottish Swimming Guidelines.

No articles, periodicals, publications, flyers or goods of any nature may be offered either free or for sale by any persons save only Scottish Swimming at the event without the express written permission of Scottish Swimming.

Any person attending the event must at all times comply with any and all reasonable instructions of any steward or officer of Scottish Swimming and/or police officer.

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

General Information

General Information	<p>There is a good size car park at the country park which has free parking. The Loch is on the right and the visitor centre is at the end of the car park.</p> <p>There will be access to showers and changing room facilities in the visitor centre.</p> <p>Scottish Swimming works in partnership with Open Water Rescue, members of the Royal Life Saving Society, to provide safety cover and consultancy.</p> <p>Food and drinks will be provided at the event for volunteers. There is a café located on site in the visitors centre that swimmers and spectators can access.</p> <p>Further information will be sent to competitors a week before the event.</p> <p>For enquiries prior to entering please contact:</p> <p>Kirsty Ewen Email: snows@scottishswimming-ow.com Tel: 07792 057153</p>
Privacy Policy	<p>At time of booking on the event, medical information is collected. This data is managed in accordance with the Scottish Swimming Privacy Policy. Should there be a legitimate reason to do so, Scottish Swimming will share relevant data with First Aid and Open Water Rescue to support them to carry out their roles in an emergency. The First aider and open water rescue teams will act as processors of this information only and will not keep any records after the event. Scottish Swimming will remain the controllers of the data.</p>
Media & Photography Information	<p>Throughout this event Scottish Swimming 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.</p> <p>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 Scottish Swimming.</p>
Competition Disclaimer	<p>In the event of cancellation or abandonment of the event, refunds if any, will be made at the absolute discretion of Scottish Swimming. Scottish Swimming 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>
Safety Briefing	<p>There will be an online safety briefing before this year's event as well as a reminder of key information on the day. Attendance at both of these briefings is compulsory for swimmers. The online briefing will take place on Thursday 13th June at 6.30pm and registers will be taken to make sure everyone has had the required information prior to the event.</p>
Coach Accreditation	<p>There will be a dedicated area at the event where only athletes, coaches and STOs will have access. To gain access a valid accreditation is required. Coaches please apply for your Annual Open Water Coaches Pass here.</p>
Safeguarding	<p>The primary safeguarding point of contact for the event in relation to wellbeing & protection matters or accidents is the event Meet Director. The secondary point of contact is the Scottish Swimming Safeguarding Manager. Further details will be issued in the Information Pack prior to the event.</p>

Transgender & Non- Binary

The Scottish Swimming Transgender & Non-Binary Competition Policy will be implemented nationally across all aquatics sports on the 1st January 2024. The policy and FAQs can be found [here](#). Any policy related matters that arise during the event should be reported to and will be recorded by the Meet Convenor/Chief Referee and these matters will be communicated to and managed post event by the relevant Scottish Swimming Staff. 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.