**(UNDER WORLD AQUATICS AND SCOTTISH SWIMMING RULES)**

**L2/ND/075/NOV25**

**08 + 09 November 2025**

**Inverness Leisure, Bught Lane, Inverness, IV3 5SS**

**MEET INFORMATION**

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| **Facilities** | | 25m pool, 8 lanes, 2m depth, anti-turbulence ropes, full electronic timing, Omega blocks with back plates and backstroke starting devices | | | | |
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| **Session times** | | | Session One | Warm up 09:00-10:00 | Start 10:05 | Finish 13:00 approx. |
|  | | | Session Two | Warm up 14:00-15:00 | Start 15:05 | Finish 18:00 approx. |
|  | | | Session Three | Warm up 08:00-09:00 | Start 09:05 | Finish 12:00 approx. |
|  | | | Session Four | Warm up 13:00-14:00 | Start 14:05 | Finish 17:00 approx. |
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| **Events** | | 50m Butterly, Backstroke, Breaststroke, Freestyle  100m Butterfly, Backstroke, Breaststroke, Freestyle, IM  200m Butterfly, Backstroke, Breaststroke, Freestyle, IM  400m Freestyle, IM | | | | |
|  | | All heats will be swum by time with ages combined. All events are HDW | | | | |
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| **Age** | | All events will be swum as of age at 31st December 2025  Individual age groups: 10/12 years, 13/14 years, 15 years & over | | | | |
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| **Eligibility to enter** | | This meet is open to all swimmers who are affiliated to SASA | | | | |
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| **Entries** | | All entries must on Hy-Tek Team Manager entry file  Entry files may be obtained by:  Download from North District website [www.sasanorth.org.uk](http://www.sasanorth.org.uk)  Download from Swim Scotland website [www.swimscotland.co.uk](http://www.swimscotland.co.uk)  Email Meet Secretary Lesley Gatton [hstmeetsec@gmail.com](mailto:hstmeetsec@gmail.com)  Entries may have to be limited dependent upon numbers received. In the event the meet is over-subscribed, entries will be accepted on fastest first across age groups as evenly as is practical. If an event or an age group is undersubscribed, any time made available will be allocated to other events or age groups in that session.  A draft programme will be emailed to each club for checking in advance of the meet  Please email completed entry file and summary sheet to Lesley Gatton [hstmeetsec@gmail.com](mailto:hstmeetsec@gmail.com)  **Closing date for electronic entries is Friday 17 October 2025 at 17:00**  Summary sheet and fees must be received within 3 days after the closing date | | | | |
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| **Entry Fees** | | All individual events will be £8.00 per event | | | | |
|  | | Entry fees must be received by Tuesday 21 October 2025 and will be accepted by cheque or direct bank transfer using the bank details below  Reference must be HSTAM25 followed by your club code e.g. HSTAM25UHIX  **Account number:** 00901665 **Sort code:** 80-91-26 | | | | |
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| **Consideration Times** | | There are no consideration times for this meet, non-accredited or real times must be used. NT entries will not be accepted | | | | |
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| **Early Withdrawals** | | Withdrawals prior to the event may be sent by email to [hstmeetsec@gmail.com](mailto:hstmeetsec@gmail.com) by 17:00 at the latest on Thursday 06 November 2025  All details must be included on email withdrawals i.e. Name, event number, stroke  Telephone withdrawals will not be accepted | | | | |
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| **Medical Withdrawal** | | Entry fee will be refunded in the event of a swimmer being unable to take part due to illness or injury only in the circumstance where the swimmer can provide medical evidence confirming they are unfit to swim within 14 days following the Meet. Email evidence to meet convenor, (hstchair@gmail.com). The evidence should be dated not more than 4 weeks before the Meet and not more than 10 days following the last day of the meet | | | | |
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| **Withdrawals at the Meet** | | Withdrawals from heats at the meet should be notified on the withdrawal form issued  These should be handed into the recorders' table at least 1 hour prior to the start of the appropriate session | | | | |
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| **Marshall** | | All swimmers must report to marshalling before their events and are advised to attend in good time. The start of a race will not be delayed for absent competitors nor for swimmers who have not presented themselves to the marshals prior to their heat.  Reserves must marshal for their event unless they have previously withdrawn | | | | |
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| **Awards** | | Medals will be awarded for 1st, 2nd and 3rd places. There will be no medal presentations. Medals can be collected from the designated medal table | | | | |
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| **Technical Officials** | | List of Technical Officials for all sessions must be emailed to Lesley Gatton [hstmeetsec@gmail.com](mailto:hstmeetsec@gmail.com) no later than Saturday 25 October 2025  Submission of Technical Officials can be sent by email using the form below. Please complete one sheet for each session of the meet. Queries or changes to Technical Officials after the closing date should be directed to the relevant Meet Officials coordinator as above | | | | |
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| **Photos/video** | | The use of mobile phones or other devices capable of photography/filming is not permitted at any time in the changing village, toilets or shower areas, and they must be switched to silent in the pool hall.  Anyone wishing to use photographic equipment, including video cameras must register with the Meet Desk in the upper gallery | | | | |
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| **Technical Swimsuits** | | As of 1st September 2022, new regulations came into force regarding technical swimsuits. Fromthis date all swimmers 13 years and younger cannot compete wearing technical suits in Scottish Swimming licensed or registered events. For further information and FAQ's please see Scottish Swimming website [Swimsuits | Scottish Swimming](https://www.scottishswimming.com/our-sports/swimming/swimsuits) | | | | |
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| **Transgender and Non-Binary Competition Policy** | | As of 1st January 2024, the Scottish Swimming Transgender and Non-Binary Competition Policy will be implemented nationally across all aquatic sports. The policy and FAQ's can be found [HERE](https://www.scottishswimming.com/about-us/equality). 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. At no point will members be challenged on the day of a competition with any matters being resolved post event.  As a result of this policy being implemented, any competitor intending to compete within the Female category at this event will be required to provide confirmation that their birth sex is female when signing up to the meet conditions through entry. By entering the Female category, athletes are therefore confirming their birth sex is female and are eligible to compete in the Female category. | | | | |
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| **Data Protection** | | In order to operate this meet, we have a legitimate interest to collect and process some basic personal data from all competitors, specifically name, gender, date of birth.  This data will be held securely and only used for the purposes of managing the meet and reporting results. Dates of birth will only be shared with:   * Scottish Swimming for the purpose of maintaining the National Database which is used for Squad Selection * Swim England for inclusion on Rankings   Names, gender and age (but not date of birth) will be retained and will be shared with attending clubs and may be published for the purpose of reporting and keeping records | | | | |
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| **Additional Notes** | 1. All swimmers entered must have paid their SASA membership fee or equivalent for the current year. Registration numbers must be shown on entry files | | | | | |
|  | 1. All participants are required to adhere to the Scottish Swimming Code of Ethics and relevant Code of Conduct | | | | | |
|  | 1. A Licence has been applied for this competition and accreditation will be applied for to SASA | | | | | |
|  | 1. The Meet Organisers are available throughout the meet should there be any concerns or queries during the meet | | | | | |
|  | 1. Spectating will be available at this meet. Facility capacity will be prioritised for athletes and team staff | | | | | |
|  | 1. Lockers are available in the changing village for clothes and other belongings, items left in cubicles will be removed by pool staff. The meet organisers cannot be held responsible for items lost during the meet 2. The leisure waters, changing village, health suite and dry side facilities will be open to members of the public throughout the meet | | | | | |
|  | 1. Swimmers must follow the instructions given to them by the meet officials and always behave in a reasonable manner | | | | | |
|  | 1. To comply with Health & Safety and Wellbeing & Protection policies please ensure that swimmers wear clothing and pool shoes, particularly on the stairs | | | | | |
|  | 1. Clubs are responsible for clearing their seating area of belongings, litter, etc before leaving at the end of the competition day. Bin liners and bins will be distributed around the facility for use throughout 2. Warm up schedule will be sent prior to the meet and available at the meet, swimmers are to warm up in their allotted time. No fins, paddles or snorkels are permitted in the warm up session 3. Poolside access should be limited to Club Coaches and Team Managers. Coaches and Team Managers are reminded that they must have a PVG and CWPS in place through Scottish Swimming before attending the meet. | | | | | |
|  | 1. Catering is available for officials and team staff. Please indicate on summary sheet how many team staff meal passes are required | | | | | |
|  | 1. Officials should take their own refillable water bottle (not glass), there will be facility to refill water bottles | | | | | |
|  | 1. Relevant results will be posted in the upper gallery during each session and will be distributed to the clubs following the meet. Results will also be available on Meet Mobile 2. Over the top starts on all strokes may be used | | | | | |
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| **Meet Convenor** | | Our meet convenor is Clair Adams [hstchair@gmail.com](mailto:hstheadcoach@gmail.com) | | | | |
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Programme of Events

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| **Session One** Saturday 08 November | | | |
| Event 101 | Female | 10 years & over | 400m IM |
| Event 102 | Male/Open | 10 years & over | 200m Butterfly |
| Event 103 | Female | 10 years & over | 100m Breaststroke |
| Event 104 | Male/Open | 10 years & over | 100m IM |
| Event 105 | Female | 10 years & over | 100m Freestyle |
| Event 106 | Male/Open | 10 years & over | 200m Backstroke |
| Event 107 | Female | 10 years & over | 50m Backstroke |
| Event 108 | Male/Open | 10 years & over | 50m Freestyle |
|  | | | |
| **Session Two** Saturday 08 November | | | |
| Event 201 | Female | 10 years & over | 200m Freestyle |
| Event 202 | Male/Open | 10 years & over | 400m Freestyle |
| Event 203 | Female | 10 years & over | 100m Butterfly |
| Event 204 | Male/Open | 10 years & over | 100m Backstroke |
| Event 205 | Female | 10 years & over | 200m IM |
| Event 206 | Male/Open | 10 years & over | 200m Breaststroke |
| Event 207 | Female | 10 years & over | 50m Breaststroke |
| Event 208 | Male/Open | 10 years & over | 50m Butterfly |
|  | | | |
| **Session Three** Sunday 09 November | | | |
| Event 301 | Male/Open | 10 years & over | 400m IM |
| Event 302 | Female | 10 years & over | 200m Butterfly |
| Event 303 | Male/Open | 10 years & over | 100m Breaststroke |
| Event 304 | Female | 10 years & over | 100m IM |
| Event 305 | Male/Open | 10 years & over | 100m Free |
| Event 306 | Female | 10 years & over | 200m Backstroke |
| Event 307 | Male/Open | 10 years & over | 50m Breaststroke |
| Event 308 | Female | 10 years & over | 50m Freestyle |
|  | | | |
| **Session Four** Sunday 09 November | | | |
| Event 401 | Male/Open | 10 years & over | 200m Freestyle |
| Event 402 | Female | 10 years & over | 400m Freestyle |
| Event 403 | Male/Open | 10 years & over | 100m Butterfly |
| Event 404 | Female | 10 years & over | 100m Backstroke |
| Event 405 | Male/Open | 10 years & over | 200m IM |
| Event 406 | Female | 10 years & over | 200m Breaststroke |
| Event 407 | Male/Open | 10 years & over | 50m Backstroke |
| Event 408 | Female | 10 years & over | 50m Butterfly |

SUMMARY SHEET

Meet secretary: Address:

Club Name/Code: Telephone number:

Email address:

|  |  |  |
| --- | --- | --- |
| …... Individual Male/Open Entries @£8.00 per event  …... Individual Female Entries @£8.00 per event  …... Team staff/coaches meals @£9.00 per day | | £  £  £ |
|  | TOTAL | £ |
|  |  |  |

CLOSING DATE FOR ELECTRONIC ENTRIES – 17 OCTOBER 2025 AT 17:00

Paperwork and payment to be received by Highland Swim Team Meet Secretary within 3 postal days of closing date

Send to:

Lesley Gatton

152 Shillinghill

Alness

IV17 0TD

BACS payment reference HSTAM25 followed by club code to:

Sort code 80-91-26, account number 00901665

Ensure you submit: Electronic payment or cheque

Hy-tek Team Manager Entry File

Declaration and summary sheet

Late payment will result in electronic entries being rejected

**Declaration**

I confirm that all swimmers entered in this competition have paid their current SASA membership fee

I confirm that all coaches and/or team staff from our club who will be on poolside are members of Scottish Swimming and have current PVG membership

Signed: Position in Club: Date:

(This declaration **must** be completed by all competing clubs)

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OFFICIALS SHEET

Please Use this sheet for officials and email to the Meet Secretary

**Club**: **Meet Secretary:** Lesley Gatton

STO Contact Name: **Email:** hstmeetsec@gmail.com

Tel No:

E-mail address:

**No of swimmers entered:**

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| --- | --- | --- | --- | --- |
|  | **Judge Name** | **Level** |  | **Timekeeper name** |
| **1** |  |  | **1** |  |
| **2** |  |  | **2** |  |
| **3** |  |  | **3** |  |
| **4** |  |  | **4** |  |
| **5** |  |  | **5** |  |
| **6** |  |  | **6** |  |
| **7** |  |  | **7** |  |
| **8** |  |  | **8** |  |
| **9** |  |  | **9** |  |
| **10** |  |  | **10** |  |

**Please highlight any mentoring requirements**