



IM CHALLENGE MEET 2025

Inverness Leisure

Bught Lane

Inverness

IV3 5SS

Sunday 18th May 2025

Licence No: L2/ND/038/MAY25

MEET INFORMATION

(UNDER WORLD AQUATICS RULES AND SCOTTISH SWIMMING REGULATIONS)

Date Sunday 18 May 2025

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

Pool 25m pool, 8 lanes, anti-turbulence ropes, electronic timing, level deck pool.

Sessions

Session One	Warm up 08:00	Start 09:10	Finish 12:10
Session Two	Warm up 13:00	Start 14:10	Finish 17:10

(Timings subject to change, as necessary)

Age groups Age groups for individual events are:

10 & Under	11 to 12 years	13 to 14 years	15+ years
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Age groups for team events are:

11 & Under	12 to 14 years	15+ years
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Age is at 18 May 2025. (applicable to both individual and team events)

Minimum Competitor Age 8 Years

**Challenge
Events**

For all age groups one of two IM Challenges may be entered.

Either **Challenge 100: comprising 50m in all strokes & 100 IM**

Or **Challenge 200: comprising 100m in all strokes & 200 IM**

Events will be swum with age groups combined. All events will be swum as heat declared winner.

**Challenge
Age Group
Awards**

Challenge 100 Age Group Presentation Medals will be awarded to 1st, 2nd and 3rd place age group winners (male & open and female) for overall performance across all five events in Challenge 100 assessed by total swum time (a time from all five events is required).

Challenge 200 Age Group Presentation Medals will be awarded to 1st, 2nd and 3rd place age group winners (male & open and female) for overall performance across all five events in Challenge 200 assessed by total swum time (a time from all five events is required).

**Individual
Event
Medals**

Medals will be awarded to 1st, 2nd and 3rd place winners in each age group for all events.

Medals will be available for collection from the medals desk situated on the balcony area. No medal presentations will be made.

Team Events To encourage maximum participation mixed relay teams require a minimum of one male and one female athlete within an overall team of four.

Athletes may swim up an age group for team events but may only participate in one freestyle and one medley relay. Clubs may enter a maximum of two teams per age group.

Entry Fees A £35.00 entry fee covers participation in all five (or fewer) Challenge 100 Events.

A £40.00 entry fee covers participation in all five (or fewer) Challenge 200 Events.

Team entries for relay events are £10.00 per entry.

Payment can be made by **BACS** transfer to:

Account no: 00756319

Sort code: 80-09-17

Reference: *your club name*

Entries Entries may be submitted using the Hy-tek Team Manager entry file, available either by download from the North District website (www.sasanorth.org.uk) or by contacting David Thomas at membershipnairn@gmail.com.

Times must be submitted on entry for seeding purposes. These should be real times but do not need to be accredited. NT entries will not be accepted.

In the event of over subscription priority will be given to swimmers entering all five Challenge 100 or Challenge 200 events . If further restrictions on entries are necessary scratches will be made with reference to either 100IM or 200 IM entry times. Nairn District ASC reserves the right to swim slower heats for their swimmers and to make other modifications to the programme to support the effective operation of the meet.

Closing date for entries is midnight on Friday 18th April 2025

Entry files and summary sheets should be sent to : membershipnairn@gmail.com

Entry fees are requested to be received within 3 days of the closing date.

Entries not accompanied by payment in the requested timeframe may be rejected.

Officials We would be grateful for a list of STOs in order to be able to run the event. A completed technical official's sheet should be emailed to David Thomas at membershipnairn@gmail.com by **Friday 2nd May 2025**. Judges and Timekeepers in training, who are requiring specific signatures, should make this clear in their request. Mentoring requests will be accommodated if the Referee considers it practical.

Please submit officials' details using the North District Officials Pro-Forma (Excel File) available at: <https://www.sasanorth.org.uk/2025meets.html>

Lunches Technical officials operating in the morning session will be offered lunch.

Coaches' lunches can be booked at £10.00 per person.

- Withdrawals** Withdrawals prior to the event should be emailed to: membershipnairn@gmail.com no later than 5pm on Friday 16th May 2025. Full details should be sent spanning, Athlete Name, SASA No., Event No, Stroke & Distance.
- Withdrawals on the day should be submitted on the withdrawals form made available and should be presented at the recorders table at least 1 hour prior to the start of each session.
- For anyone withdrawing on medical grounds refunds will be made where supported by a letter from a suitably qualified professional confirming withdrawal was recommended or required. The letter must be received within 7 days following the meet and should be dated no earlier than 18 April 2025 and no later than 23 May 2025. Refunds in other circumstances will be at the discretion of NDASC.
- Marshalling** There will be marshalling located at the window side walkway from the competition to the leisure pool. All swimmers must attend marshalling before both individual and team events and are advised to attend in good time. Event starts will not be delayed for absent competitors.
- Reserves** Reserves should attend marshalling unless previously withdrawn.
- Swimsuits** Swimmers 13 years and younger may not compete wearing technical suits. For further information and FAQ's see [Swimsuits/Scottish Swimming](#).
- Membership** All swimmers entered must have current SASA athlete membership. Registration numbers **must** be shown on entry files. A licence has been granted for this competition and accreditation will be applied for to the SASA North District.
- Photography** **Please note that anyone wishing to use photographic equipment for non-commercial purposes, including video cameras must register with the facility operator.**
- No flash photography is permitted at any time within the competition pool area.
- No person may for commercial purposes take photographs or use any video recording equipment inside the event without the express written permission of Nairn District ASC.
- Appointed Nairn District ASC representatives may take photographs for the purpose of club publicity and promotion. NDASC's WPOs will approve any such photographs prior to publication.
- Mobile Phones** **Mobile phones are strictly prohibited from being used in changing, shower or toilet areas.** Mobile phones should be switched to silent in the competition pool and spectator areas.
- Lockers** Changing area lockers should be used to store all belongings. The meet organisers and the facility management cannot be held responsible for items lost during the course of the event.

Team Areas Teams are requested to clear their seating area before leaving at the end of the competition day.

Transgender & Non-Binary Competition Policy

The Scottish Swimming Transgender & Non-Binary Competition Policy is now in place. Any policy related matters that arise during the event should be reported to and will be recorded by the Meet Director/Meet 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, swimmers are therefore confirming their birth sex is female and are eligible to compete in the Female category.

Postponement, Cancellation or Abandonment

No guarantee can be given by Nairn District ASC that the event will take place at a particular time, or any particular date and Nairn District ASC reserves the right to reschedule the event without notice and without liability for so doing. It is expected that this would only happen as a result of unforeseen circumstances, e.g. venue/facility failure etc.

In the event of postponement, cancellation or abandonment of the event, refunds if any, will be made at the absolute discretion of Nairn District ASC. Nairn District ASC 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, and accommodation costs.

Nairn District ASC Reserves the right to amend the programme at any time.

Meet Convenor Susan Gillespie – swimnairn@gmail.com

PROGRAMME OF EVENTS

Session 1: Warm up 08:00

Start time 09:10

101	Male and Open	100m Individual Medley
102	Female	50m Butterfly
103	Female	100m Backstroke
104	Male and Open	100m Freestyle
105	Female	50m Breaststroke
106	Female	100m Butterfly
107	Male and Open	50m Freestyle
108	Female	50m Backstroke
109	Female	100m Breaststroke
110	Male and Open	200m Individual Medley
111	Mixed 11 & Under	4 x 50m Freestyle Relay
112	Mixed 12-14	4 x 50m Freestyle Relay
113	Mixed 15 +	4 x 50m Freestyle Relay

Session 2: Warm up 13:00

Start time 14:10

201	Female	100m Individual Medley
202	Male and Open	50m Butterfly
203	Male and Open	100m Backstroke
204	Female	100m Freestyle
205	Male and Open	50m Breaststroke
206	Male and Open	100m Butterfly
207	Female	50m Freestyle
208	Male and Open	50m Backstroke
209	Male and Open	100m Breaststroke
210	Female	200m Individual Medley
211	Mixed 11 & Under	4 x 50m Medley Relay
212	Mixed 12-14	4 x 50m Medley Relay
213	Mixed 15 +	4 x 50m Medley Relay

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Or **Challenge 200: comprising 100m in all strokes & 200 IM**

SUMMARY SHEET

Contact Details

Club _____

Contact Name _____

Address _____

Post Code _____ Tel. No. _____

Email Address _____

Competitor and Entries Summary

	Quantity		Line Cost
Total Male and Open Challenge 100		@ £35.00	
Total Female Challenge 100		@ £35.00	
Total Male and Open Challenge 100		@ £40.00	
Total Female Challenge 100		@ £40.00	
Total Relay Entries		@ £10.00	
Coach Meal Pass		@ £10.00	
		TOTAL	

CLOSING DATE FOR ENTRIES IS FRIDAY 18 APRIL 2025

Payments

Payment can be made by **BACS** transfer to:

Account no: 00756319 **Sort code:** 80-09-17 **Reference:** *your club name*

Declaration

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

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

Signed _____ Position _____

Date _____

Refunds

Please complete details below to support processing of refunds, as may be required.

Club Bank Account Number _____ Sort Code _____

Club Bank Account Name _____

Submission

Please submit completed summary sheet and entry file to membershipnairn@gmail.com