



# 45<sup>TH</sup> THURSO OPEN MEET

## MEET INFORMATION

<b>Meet Date</b>	13 <sup>th</sup> & 14 <sup>th</sup> September 2025
<b>Venue</b>	Thurso Leisure Centre, Millbank Road, Thurso, KW14 7PS
<b>Equipment</b>	4 lanes x 25m. Anti-turbulence ropes. Electronic timing. Back stroke ledges
<b>Meet Licence</b>	L2/ND/060/SEP25
<b>Rules</b>	Competition will be held under World Aquatic Technical Rules and Scottish Swimming Regulations.
<b>Sessions</b>	<p>Session 1 Warm-Up 08.30am Start 09.30am</p> <p>Session 2 Warm-Up 13:00pm Start 14:00pm</p> <p>Session 3 Warm-Up 16.40pm Start 17.50pm</p> <p>Session 4 Warm-Up 08.00am Start 09.00am</p> <p>(Subject to change if necessary once entries have been processed)</p>
<b>Swimmer SASA Membership</b>	All swimmers entered must have paid their SASA membership fee for the current year. Registration numbers must be shown on entry files. A Licence has been granted for this competition and accreditation will be applied for.
<b>Age Groups</b>	<p>Age is at 14<sup>th</sup> September 2025 (minimum age 8)</p> <p>Individual Events – 8-10yrs, 11-12 yrs, 13-14 yrs, 15 yrs and over</p> <p>Relay Events – 8-13yrs, 14yrs and over.</p> <p>Swimmers cannot swim down an age group but may swim up.</p>
<b>Events</b>	<p>Male &amp; Open 8-10yrs – 50m – Back, Breast, Fly, Free</p> <p>Male &amp; Open 11-12yrs, 13-14 yrs, 15yrs + - 100 – Back, Breast, Fly, Free</p> <p>Female 8-10yrs – 50m – Back, Breast, Fly, Free</p> <p>Female 11-12yrs, 13-14yrs, 15yrs + – 100m – Back Breast, Fly, Free</p> <p>Male &amp; Open 11 &amp; Over - 200m – Back, Breast, Fly Free</p> <p>Female 11 &amp; Over - 200m – Back, Breast, Fly Free</p> <p>Male &amp; Open – 50m Open Sprint</p> <p>Female – 50m Open Sprint</p> <p>Female Relays – 13 and under, 14 and over - 4 x 50m Medley and Free</p> <p>Male &amp; Open Relays – 13 and under, 14 and over - 4 x 50m Medley and Free</p> <p>200m events will be swam as a combined age group. Medals will be presented for 11-12, 13-14 &amp; 15 &amp; over age groups.</p> <p>All individual events are heat declared winners other than the 50 Open and the relays which will have preliminary rounds and finals.</p>



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<b>Relay Teams</b>	<p><b>Maximum two teams</b> per relay event. Entry times are not required for relay teams.</p> <p>Team lines must be submitted at least 45 minutes before the start of the session</p>
<b>Entries</b>	<p>All entries must be on Hy-tek Team Manager entry file. Events files may be obtained by downloading from the North District website <a href="http://www.sasanorth.org.uk">www.sasanorth.org.uk</a> or by contacting the entries secretary (Lorna Mowat/Tricia McDonald on <a href="mailto:entries@thursoasc.org.uk">entries@thursoasc.org.uk</a>)</p> <p>A draft programme will be emailed to all participating clubs with notice of entries/scratches. <b>After this time, no withdrawals for refund will be accepted unless notice of Doctors Note is received within 7 days after last day of Meet.</b></p>
<b>Entry Deadline</b>	<p>CLOSING DATE FOR ELECTRONIC ENTRIES IS: <b>SUNDAY 31<sup>ST</sup> AUGUST 2025</b></p> <p><b>Late entries will not be accepted</b></p>
<b>Entry Fees &amp; Payment</b>	<p>£6.00 per swim and £9.00 per relay event.</p> <p>Payment should be made by bank transfer: Account No: 00882722 Sort Code: 80-09-86</p> <p>Please quote reference TOM25 followed by your Club Code eg TOM25NTOX</p>
<b>Consideration Times</b>	<p>Thurso ASC reserves the right to restrict the number of heats in any event(s), reserves the right to swim a slower heat for their swimmers and to fill any empty lanes with Thurso ASC swimmers. Heats will be swum slowest to fastest.</p> <p>Qualifying times for the the 50 Open Male &amp; Open = to or faster than 31.00 Qualifying times for the Female – 50m Open Sprint = to or faster than 33.00</p> <p>Entries to the events will be restricted and will be accepted based on entry times. Any entry not accepted will be refunded.</p> <p>Entries will not be accepted from composite teams.</p>
<b>Early Withdrawals</b>	<p>Withdrawals can be made by email up to <b>5pm on Wednesday 10<sup>th</sup> September</b> to: <a href="mailto:entries@thursoasc.org.uk">entries@thursoasc.org.uk</a></p> <p>NB: All details must be included on email withdrawals. ie Name, Event No, Stroke, etc.</p>
<b>Withdrawals at the Event</b>	<p>Withdrawals from heats at the competition should be notified on the withdrawal form issued. The withdrawal form should be submitted to the Recorders' table at least <b>45 minutes</b> prior to the start of the appropriate session.</p>
<b>Medals</b>	<p>Medals will be presented to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places. These can be collected after the event at the desk.</p>



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<b>Trophies</b>	<p>The following trophies will be awarded on conclusion of the Meet:</p> <p>The Munro Shield – best performing Club.</p> <p>Spargo Shields – best 10 year old boy and girl.</p> <p>Mowat Cups – winners of the 50 Open Sprints – male/open and female.</p> <p>Bentley Cup – best performing Thurso Swimmer (chosen by TASC coaches)</p>
<b>Photography</b>	<p>Please note <b>anyone</b> wishing to use photographic equipment, including video cameras, mobile phones, <b>must</b> register in advance with the Admin Desk.</p> <p><b>The use of mobile phones/photographic/video equipment is not permitted at any time in the changing area, showers or toilets. All phones must be switched to silent in the pool hall.</b></p>
<b>Technical Swimsuits:</b>	<p>Swimmers 13 years and younger <b>cannot</b> compete wearing technical suits in Scottish Swimming licensed or registered events. For further information <a href="https://www.scottishswimming.com/our-sports/swimming/swimsuits">https://www.scottishswimming.com/our-sports/swimming/swimsuits</a></p>
<b>Transgender and Non-Binary Competition Policy:</b>	<p>The Scottish Swimming Transgender &amp; Non-Binary Competition Policy is now in place and can be found at: <a href="https://www.scottishswimming.com/about-us/equality">https://www.scottishswimming.com/about-us/equality</a> Any policy related matters that arise during the event should be reported to and will be recorded by the Meet Convener/Meet Referee and these matters will be communicated to and managed post event by the relevant Scottish Swimming Staff. <b>At no point will members be challenged on the day of a competition with any matters being resolved post event.</b></p> <p>By entering the Female category, swimmers are therefore confirming their birth sex is female and are eligible to compete in the Female category.</p>
<b>Data Protection</b>	<p>In order to operate this meet, we have a legitimate interest to collect and process some basic personal data from all competitors, specifically name, eligibility category and date of birth.</p> <p>This data will be held securely and only used for the purposes of managing the meet and reporting results. Dates of Birth (DOB) will only be shared with:</p> <ul style="list-style-type: none"> <li>• Scottish Swimming for the purpose of maintaining the National Database which is used for Squad Selection and</li> <li>• Swim England for inclusion on Rankings.</li> <li>• TASC/Clubs – names, eligibility, category and age (not DOB) will be retained and will be shared with attending clubs and may be published for the purpose of reporting and keeping records.</li> </ul>



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<b>Competition Disclaimer</b>	<p>No guarantee can be given by ThursoASC that this meet will take place at the time and dates. TASC reserves the right to reschedule the event without notice and without liability for doing so. It is expected that this would only happen as a result of unforeseen circumstances, eg venue/ facility failure or adverse weather.</p> <p>In the event of postponement, cancellation or abandonment of the meet, refunds, if any, will be made at the absolute discretion of TASC, who 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 etc.</p>
<b>Safeguarding</b>	<p>The primary safeguarding point of contact for the competition in relation to wellbeing and protection matters or accidents is the Meet Convenor, Robbie Campbell.</p> <p>A Wellbeing &amp; Protection Officer will be appointed and will be the secondary point of contact.</p> <p>Any team staff or any technical officials/event staff carrying out a regulated role at the event must have a valid PVG disclosure check and CWPS workshop through Scottish Swimming.</p>
<b>Officials</b>	<p>Technical Officials are required to ensure the Meet achieves accreditation. All Clubs must provide a list of officials willing to help on the day. Where possible attending clubs should provide at least one judge <u>per session</u> in addition to timekeepers. Probationary Officials requiring mentoring should make this request when names are submitted. Any queries or changes should be directed to Linsey Macdougall.</p> <p>All officials should provide their own water bottles.</p> <p>Please complete the Officials Sheet and return it by email to: Linsey Macdougall at <a href="mailto:sto@thursoasc.org.uk">sto@thursoasc.org.uk</a> no later than <b>Monday 1st September 2025</b></p>



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## Programme of Events

### Session 1

Event 101	Female	14yrs & over	4 x 50m	Medley Relay
Event 102	Male & Open	14yrs & over	4 x 50m	Medley Relay
Event 103	Female	10-13 yrs	4 x 50m	Freestyle Relay
Event 104	Male & Open	10-13 yrs	4 x 50m	Freestyle Relay
Event 105	Female	15yrs & over	100m	Breaststroke
Event 106	Male & Open	15yrs & over	100m	Breaststroke
Event 107	Female	13-14yrs	100m	Butterfly
Event 108	Male & Open	13-14yrs	100m	Butterfly
Event 109	Female	10yrs & under	50m	Butterfly
Event 110	Male & Open	10yrs & under	50m	Butterfly
Event 111	Female	11yrs & over	200m	Backstroke
Event 112	Male & Open	11yrs & over	200m	Backstroke
Event 113	Female	11-12 yrs	100m	Freestyle
Event 114	Male & Open	11-12 yrs	100m	Freestyle
Event 115	Female	14yrs & over	4 x 50m	Medley Relay Final
Event 116	Male & Open	14yrs & over	4 x 50m	Medley Relay Final
Event 117	Female	10-13 yrs	4 x 50m	Freestyle Relay Final
Event 118	Male & Open	10-13 yrs	4 x 50m	Freestyle Relay Final

### Session 2

Event 201	Female	Open	50m	Free
Event 202	Male & Open	Open	50m	Free
Event 203	Female	10yrs & under	50m	Backstroke
Event 204	Male & Open	10yrs & under	50m	Backstroke
Event 205	Female	15yrs & over	100m	Backstroke
Event 206	Male & Open	15yrs & over	100m	Backstroke
Event 207	Female	11yrs & over	200m	Breaststroke
Event 208	Male & Open	11yrs & over	200m	Breaststroke
Event 209	Female	13-14yrs	100m	Freestyle
Event 210	Male & Open	13-14yrs	100m	Freestyle
Event 211	Female	11-12 yrs	100m	Butterfly
Event 212	Male & Open	11-12 yrs	100m	Butterfly
Event 213	Female	10yrs & under	50m	Freestyle
Event 214	Male & Open	10yrs & under	50m	Freestyle



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## Session 3

Event 301	Female	Open	50m	Free Final
Event 302	Male & Open	Open	50m	Free Final
Event 303	Female	11-12 yrs	100m	Backstroke
Event 304	Male & Open	11-12 yrs	100m	Backstroke
Event 305	Female	13-14yrs	100m	Breaststroke
Event 306	Male & Open	13-14yrs	100m	Breaststroke
Event 307	Female	11yrs & over	200m	Freestyle
Event 308	Male & Open	11yrs & over	200m	Freestyle
Event 309	Female	15yrs & over	100m	Butterfly
Event 310	Male & Open	15yrs & over	100m	Butterfly

## Session 4

Event 401	Female	14yrs & over	4 x 50m	Free Relay
Event 402	Male & Open	14yrs & over	4 x 50m	Free Relay
Event 403	Female	10-13 yrs	4 x 50m	Medley Relay
Event 404	Male & Open	10-13 yrs	4 x 50m	Medley Relay
Event 405	Female	14yrs & over	100m	Freestyle
Event 406	Male & Open	14yrs & over	100m	Freestyle
Event 407	Female	10yrs & under	50m	Breaststroke
Event 408	Male & Open	10yrs & under	50m	Breaststroke
Event 409	Female	13-14yrs	100m	Backstroke
Event 410	Male & Open	13-14yrs	100m	Backstroke
Event 411	Female	11-12 yrs	100m	Breaststroke
Event 412	Male & Open	11-12 yrs	100m	Breaststroke
Event 413	Female	11yrs & over	200m	Butterfly
Event 414	Male & Open	11yrs & over	200m	Butterfly
Event 415	Female	10-13 yrs	4 x 50m	Medley Relay Final
Event 416	Male & Open	10-13 yrs	4 x 50m	Medley Relay Final
Event 417	Female	14yrs & over	4 x 50m	Free Relay Final
Event 418	Male & Open	14yrs & over	4 x 50m	Free Relay Final

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## ENTRIES SUMMARY SHEET

Please return completed Summary Sheet with Hytek Entry File to: [entries@thursoasc.org.uk](mailto:entries@thursoasc.org.uk) by 31 August 2025.

<b>Club Name/Abbr:</b>	
<b>Meet Secretary:</b>	
<b>Telephone No:</b>	
<b>Email:</b>	

No of Female Entries		@	£	£
No of Male/Open Entries		@	£	
No of Relay Entries		@	£	
			Sub Total	£
No of Coach Passes (to assist with catering numbers)		@	£Nil	£
			Total Due	£

Payment should be made by bank transfer:

Account No: 00882722 Sort Code: 80-09-86

Please quote reference TOM25 followed by your Club Code eg TOM25NTOX

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 disclosure.

Signed: .....

Date: .....

Position in Club: .....



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## TECHNICAL OFFICIALS:

Please email technical officials form to Linsey Macdougall: [sto@thursoasc.org.uk](mailto:sto@thursoasc.org.uk) by Monday 1 September 2025.

Club Name/Abb: \_\_\_\_\_

STO Name: \_\_\_\_\_

Email address for STO: \_\_\_\_\_

NAME	CLUB	STO QUALIFICATION	SESSIONS AVAILABLE	Mentoring Required/Role

Mentoring will be at the discretion of the Referee.