

SECTION 1 – Specific Competition Information

Dates	Round 1 – 7th & 8th February 2026 Round 2 – 7th & 8th March 2026			
Venue	Aquatics Centre, Aberdeen Sports Village, Regents Walk, Aberdeen, AB24 1SX			
Pool & Equipment Details	10 lane 50m competition pool, 2m deep, anti-turbulence ropes, full Omega Electronic Timing system, scoreboard and Starting blocks with back plates, backstroke ledges.			
Promoter	SASA North District Swimming Committee			
Meet Convenors	Round 1 – Vicky Jolly – vic.jolly@btinternet.com Round 2 – Karen Leune – ythanasc@outlook.com			
Meet Licence	Round 1 – L1/814/SS/FEB26 Round 2 – L1/815/SS/MAR26			
Rules	Competition will be held under World Aquatics Technical Rules and Scottish Swimming Regulations			
Session Times (Both Rounds)	Session 1	Warm up – 0800	Session start – 0905	Session finish – 1215
	Session 2	Warm up – 1245	Session start – 1330	Session finish – 1615
	Session 3	Warm up – 1640	Session start – 1730	Session finish – 1915
	Session 4	Warm up – 0800	Session start – 0905	Session finish – 1215
	Session 5	Warm up – 1245	Session start – 1330	Session finish – 1615
	Session 6	Warm up – 1640	Session start – 1730	Session finish – 1915
	(Subject to change if necessary once entries have been processed)			
Eligibility to Enter	This competition is open to swimmers who are members of SASA North District affiliated Clubs only. All events will be run in two eligibility categories – Male & Open and Female.			
Swimmer SASA Membership	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 to the SASA.			
Age Groups	Age is at 31 st December 2026. Swimmers may only swim in their age group in both individual and team events. Age groups for individual events: 11-13 years, 14/15 years, 16/17 years and 18 years and over Individual events will be swum with age groups combined according to the programme of events			

Age Groups – Team Events	Team events will be open to teams comprising swimmers aged 11–14 and swimmers aged 15 and over. Each event will be run separately OR combined and seeded by time at the discretion of the Referee.
Events	<p>Events with Heats & Finals 50m Butterfly, Backstroke, Breaststroke and Freestyle 100m Butterfly, Backstroke, Breaststroke and Freestyle 200m Individual Medley</p> <p>Timed Finals Events 200m Butterfly, Backstroke, Breaststroke and Freestyle 400m Freestyle and Individual Medley 800m and 1500m Freestyle 4 x 50m Freestyle and Medley Relays 4 x 100m Freestyle and Medley Relays</p>
Para-Swimming Events	<p>Swimmers who have a recognised classification (WPS, AGB, BBS, UKSA or INAS-FID) and are registered members of Scottish Swimming will be eligible to compete in the multi-classification (MC) events. The MC events will be integrated into the heats of each age group seeded by absolute time. Please refer to the Supplementary Para Swimming Conditions for more information. Please ensure that any MC swimmers are identified as such with their classification at the point of entry.</p> <p>On application to the Swimming Convenor, which must be prior to the closing date for the round, entries from swimmers with a disability or impairment that do not have a classification, or meet the eligibility criteria, may be allowed to compete. The Swimming Convenor's decision is final.</p>
Consideration Times	<p>There are separate consideration times for Male & Open and Female ages 11/12 years, 13 years, 14 years, 15 years, 16 years, 17 and over to maximise opportunity.</p> <p>Consideration times for individual events are attached. <u>Please note that accredited times are required, from meets licensed at level 1 or level 2 (or a foreign equivalent), and a Proof of Times report must be submitted with entry.</u></p> <p>Accepted entries may have to be limited dependent upon numbers received in which case entries will be accepted across age groups (entry age) as evenly as is practical.</p> <p>There are no consideration times for team events, but <u>entry times must be submitted</u> and these should be the sum of the times of four swimmers eligible to swim in that event.</p>
Entry Process	<p>All entries must be on Hy-tek Team Manager entry file (ND Rule SW 4.1). Events files may be obtained by downloading from the North District website (www.sasanorth.org.uk), or by contacting the District Entries Secretary on entries@sasanorth.org.uk.</p> <p>Please email (entries@sasanorth.org.uk) completed entry files and summary sheet to the District Entries Secretary:</p> <p>Round 1 – Sandra Middleton Round 2 – Alice Currie</p>
Entry Deadline	<p>CLOSING DATE FOR ELECTRONIC ENTRIES IS:</p> <p>Round 1 - Friday 9th January 2026 Round 2 – Friday 6th February 2026</p>

Entry Fees & Payment	<p>£9.50 per individual swim £13.00 per team event</p> <p>Please note payment must be received within 3 postal days of the relevant closing date and there will be zero tolerance of late payment. Any entry that is not accompanied by payment in the specified timeframe will be rejected without delay.</p> <p>The fee for entries received which are out with the consideration times or conditions for this competition shall not be refunded under any circumstances.</p> <p>Payment is preferred by BACS. Reference should be AGECE followed by the round and your club code e.g. AGECE1NUAX. Bank details for payments: Sort Code: 80-05-16 A/C No 00882011</p> <p>Cheques can be accepted and MUST be received within 3 postal days of the closing date. Cheques should be posted to the relevant District Entries Secretary (email entries@sasanorth.org.uk for a postal address) and should be made payable to SASA North District</p>
Early Withdrawals	<p>Withdrawals prior to the event may be sent or e-mailed to: The Entries Secretary at entries@sasanorth.org.uk</p> <p>Withdrawal deadlines:</p> <p>Round 1 - To arrive by 5pm at the latest on Thursday 5th February 2026 Round 2 - To arrive by 5pm at the latest on Thursday 5th March 2026</p> <p>NB: All details must be included on e-mail withdrawals i.e. Name, Event No, Stroke, Comp No etc. Telephone and WhatsApp withdrawals will not be accepted.</p>
Withdrawals at the Event	<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 1 hour prior to the start of the appropriate session. See North District Rule SW5.1(b)</p>
Qualifying for Finals	<p>There will be heats and finals for all 50m, 100m events and for 200m Individual Medley with the finals age-grouped as 11–13 years, 14/15 years, 16/17 years and 18 years and over.</p>
Withdrawals from Finals	<p>Withdrawals from finals must be communicated to the recorder using the Final withdrawal form no later than 30 minutes after finalists lists have been published or announced. This will ensure that a reserve can be given the opportunity to compete, and the final seeded accordingly. North District Rule SW 5.1 refers.</p> <p>Withdrawals from finals or in the case of illness should be completed on withdrawal forms available from the recorders.</p> <p>Any swimmer withdrawing from a final in such a manner as to prevent a reserve taking part (except in the case of proven illness or emergency) shall be suspended immediately from all further events at the Meet. Where a reserve is brought in at short notice, the reserve shall occupy the vacant lane; there will be no re-seeding.</p>
Medals	<p>Medals will be awarded for 1st, 2nd and 3rd places achieved by swimmers in all events according to age groupings 11–13 years, 14/15 years, 16/17 years and 18 years and over. Medals will not be presented but can be collected from the Medal Desk outside the Timing Room on the pool deck.</p>

Awards	<p>The Grampian Rosebowl, Sam Muir Quaich, Jean Muir Memorial Trophies and Welsh Trophies will be awarded according to North District rule SW12.3. using World Aquatics points as the scoring method.</p> <p>The North District Open 1500m Trophies will be awarded to the fastest swimmer in each eligibility category, in the Open and Junior categories, at the conclusion of the relevant event.</p> <p>The Roy Wilson Trophy will be awarded to the Best Club using points scored 10–1 over all events. Points will be scored from Finals and Timed Finals only. Awards will be presented at the end of Round 2.</p>
Marshalling	<p>There will be marshalling for all heats, all finals and for relays. All Swimmers must present themselves to the marshal before their events and are advised to attend in good time. The start of a race will not be delayed for absent competitors.</p> <p>Swimmers may report to marshalling for more than one event where it is deemed that there will be insufficient time between races to marshal in good time for their next event. It is for the swimmer to inform the marshal if they are reporting for more than one event.</p> <p>Swimmers who have not presented themselves to the marshals prior to their heat entering the final marshalling area will not be permitted to swim, will be treated as a late withdrawal and may be fined accordingly.</p>
Reserves	<p>Reserves must present themselves to the marshal unless they have withdrawn.</p>

SECTION 2 - General Information

Event Passes	<p>1. For Team Staff (Coaches & Team Managers)</p> <p>All team staff must have a valid event pass for 2026 to enable access onto poolside at this meet. Team Staff applying for a pass must have valid SASA membership, a current CWPS certificate and a valid PVG check through Scottish Swimming. Team Staff can either have an annual (2026) Scottish Swimming Team Staff pass or a SASA North District Team Staff pass. The following link is for the SASA North District Team Staff pass application:</p> <p>SASA North District Team Staff Pass Application Link</p> <p>Passes must be worn and clearly visible at all times as the SASA North District meet team will be carrying out poolside checks. Anyone not displaying and wearing a valid pass may be asked to leave the poolside/athlete areas until a pass can be produced.</p> <p>2. For Event Staff (Technical Officials and Event Staff in a regulated role)</p> <p>All Technical Officials and Event Staff who are in a regulated role must have a valid Scottish Swimming Event Staff event pass for 2026 to enable access onto poolside at this meet. Event Staff applying for a pass must have valid SASA membership, a current CWPS certificate and a valid PVG check through Scottish Swimming. The following link is for the Scottish Swimming Annual Event Staff pass:</p> <p>2025-2026 Annual Event Volunteer Pass (Swimming)</p> <p>Passes must be worn and clearly visible at all times as the SASA North District meet team will be carrying out poolside checks. Technical Officials are not required to wear their pass when actively carrying out their role but require to wear it at all other times. Anyone not displaying and wearing a valid pass may be asked to leave the poolside/athlete areas until a pass can be produced.</p> <p>3. For Event Staff (Technical Officials and Event Staff who are not in a regulated role)</p> <p>For those Technical Officials and Event Staff who are not in a regulated role, an event specific pass will be issued by the organising team to them on the day of the event. This pass must be worn when on poolside or in athlete areas.</p>
Competition Disclaimer	<p>No guarantee can be given by SASA North District that these Championships will take place at the time and dates. SASA North District 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, e.g. venue/facility failure or adverse weather.</p> <p>In the event of postponement, cancellation or abandonment of the Championships, refunds, if any, will be made at the absolute discretion of SASA North District, 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.</p>

Safeguarding	<p>The primary safeguarding point of contact for the competition in relation to wellbeing and protection matters or accidents is the meet director. A Wellbeing & Protection Officer will be appointed and will be the secondary point of contact. Further details will be in the Participant Information document prior to the event.</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>
Technical Officials	<p>Clubs must submit lists of Swimming Technical Officials to the Meet Officials Convenor (Colin Oswald) in accordance with North District Regulations using the Swimming Technical Officials workbook available on North District website North District Meet Officials Pro-Forma. Please complete one sheet for each session of the meet.</p> <p>Lists for all sessions for each round must be emailed (not posted) to the Meet Officials Convenor, Colin Oswald at theoswalds2@icloud.com no later than 14 days before the first day of the meet:</p> <p>Round 1 – Friday 23rd January 2026 Round 2 – Friday 20th February 2026</p> <p>Failing to submit the form in accordance with these conditions will be considered a failure to submit the form. North District rules SW 6.2 and SW4.1 refer.</p>
Technical Swimsuits	<p>Swimmers 13 years and younger can not now compete wearing technical suits in Scottish Swimming licensed or registered events. For further information and FAQ's see Swimsuits Scottish Swimming</p>
Transgender & Non-Binary	<p>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.</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>
Data Protection	<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"> • Scottish Swimming for the purpose of maintaining the National Database which is used for Squad Selection and • Swim England for inclusion on Rankings • SASA North District/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.
Clean Sport	<p>Please note that anti-doping may be in operation at any level 1 licensed event. All swimmers registered with Scottish Swimming will have signed a clean sport agreement at point of membership registration/renewal.</p>

Photos & Videos	<p>The use of mobile phones or other devices capable of photography 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.</p> <p>Please note that for this meet the North District will not require anyone wishing to use photographic equipment, including video cameras, to register. No professional photography will take place at this meet, and the use of flash photography is not permitted.</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. Photographs / videos taken must not be used for illicit purposes and pictures / videos produced must not be altered in any way, or uploaded onto the web without the consent in writing of the person(s) photographed / filmed.</p>
Media & Photography	<p>Throughout this event SASA North District may have authorised media partners or facility 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 uploaded to our website and our social network sites.</p> <p>Should anyone wish not to be photographed a Media/Photography Refusal of Consent Form should be completed, which is available on the SASA North District website. If at any time a swimmer (or their guardian if under 18) wishes a static image to be removed from the SASA North District website or social media, 7 days' notice must be given to SASA North District (by emailing the Meet Director) after which the data will be removed.</p>
Conduct	<p>All swimmers, team staff, technical officials and spectators should adhere to the Scottish Swimming Code of Ethics, and relevant codes of conduct.</p>
Competition Management	<p>Different persons have authority and overall responsibility for the running of the Competition at different stages. A list will be included in the participant information which will be issued prior to the competition detailing whom you should approach with any queries, concerns or complaints during the various stages of the competition.</p>

Programme of Events – Round 1

Session 1 - Saturday Morning Weekend 1			
Event No	Age Group	Distance	Stroke
101	Male & Open 16+	200m	Freestyle
102	Female 16+	100m	Backstroke
103	Male & Open 16+	100m	Butterfly
104	Female 11+	800m	Freestyle
105	Male & Open 11+	400m	Individual Medley
106	Female 16+	50m	Freestyle
107	Male & Open 16+	50m	Backstroke
108	Female 16+	200m	Butterfly
109	Male & Open 16+	200m	Breaststroke

Session 4 - Sunday Morning Weekend 1			
Event No	Age Group	Distance	Stroke
201	Male & Open 16+	200m	Backstroke
202	Female 16+	50m	Butterfly
203	Male & Open 16+	50m	Breaststroke
204	Female 16+	200m	Individual Medley
205	Male & Open 11+	1500m	Freestyle
206	Female 11+	400m	Freestyle
207	Male & Open 16+	100m	Freestyle
208	Female 16+	100m	Breaststroke

Session 2 - Saturday Afternoon Weekend 1			
Event No	Age Group	Distance	Stroke
121	Male & Open 11-15	200m	Freestyle
122	Female 11-15	100m	Backstroke
123	Male & Open 11-15	100m	Butterfly
124	Female 11-15	50m	Freestyle
125	Male & Open 11-15	50m	Backstroke
126	Female 11-15	200m	Butterfly
127	Male & Open 11-15	200m	Breaststroke

Session 5 - Sunday Afternoon Weekend 1			
Event No	Age Group	Distance	Stroke
221	Male & Open 11-15	200m	Backstroke
222	Female 11-15	50m	Butterfly
223	Male & Open 11-15	50m	Breaststroke
224	Female 11-15	200m	Individual Medley
225	Male & Open 11-15	100m	Freestyle
226	Female 11-15	100m	Breaststroke

Session 3 - Saturday Finals			
Event No	Age Group	Distance	Stroke
122A	Female 11-13	100m	Backstroke
122B	Female 14/15	100m	Backstroke
102A	Female 16/17	100m	Backstroke
102B	Female 18+	100m	Backstroke
123A	Male & Open 11-13	100m	Butterfly
123B	Male & Open 14/15	100m	Butterfly
103A	Male & Open 16/17	100m	Butterfly
103B	Male & Open 18+	100m	Butterfly
124A	Female 11-13	50m	Freestyle
124B	Female 14/15	50m	Freestyle
106A	Female 16/17	50m	Freestyle
106B	Female 18+	50m	Freestyle
125A	Male & Open 11-13	50m	Backstroke
125B	Male & Open 14/15	50m	Backstroke
107A	Male & Open 16/17	50m	Backstroke
107B	Male & Open 18+	50m	Backstroke
151	Female 11-14	4 x 100m	Freestyle Relay
152	Female 15+	4 x 100m	Freestyle Relay
153	Male & Open 11-14	4 x 50m	Medley Relay
154	Male & Open 15+	4 x 50m	Medley Relay

Session 6 - Sunday Finals			
Event No	Age Group	Distance	Stroke
222A	Female 11-13	50m	Butterfly
222B	Female 14/15	50m	Butterfly
202A	Female 16/17	50m	Butterfly
202B	Female 18+	50m	Butterfly
223A	Male & Open 11-13	50m	Breaststroke
223B	Male & Open 14/15	50m	Breaststroke
203A	Male & Open 16/17	50m	Breaststroke
203B	Male & Open 18+	50m	Breaststroke
224A	Female 11-13	200m	Individual Medley
224B	Female 14/15	200m	Individual Medley
204A	Female 16/17	200m	Individual Medley
204B	Female 18+	200m	Individual Medley
225A	Male & Open 11-13	100m	Freestyle
225B	Male & Open 14/15	100m	Freestyle
207A	Male & Open 16/17	100m	Freestyle
207B	Male & Open 18+	100m	Freestyle
226A	Female 11-13	100m	Breaststroke
226B	Female 14/15	100m	Breaststroke
208A	Female 16/17	100m	Breaststroke
208B	Female 18+	100m	Breaststroke
251	Male & Open 11-14	4 x 100m	Medley Relay
252	Male & Open 15+	4 x 100m	Medley Relay
253	Female 11-14	4 x 50m	Freestyle Relay
254	Female 15+	4 x 50m	Freestyle Relay

Programme of Events – Round 2

Session 1 - Saturday Morning			
Event No	Age Group	Distance	Stroke
301	Female 16+	200m	Freestyle
302	Male & Open 16+	100m	Backstroke
303	Female 16+	100m	Butterfly
304	Male & Open 11+	800m	Freestyle
305	Female 11+	400m	Individual Medley
306	Male & Open 16+	50m	Freestyle
307	Female 16+	50m	Backstroke
308	Male & Open 16+	200m	Butterfly
309	Female 16+	200m	Breaststroke

Session 4 - Sunday Morning			
Event No	Age Group	Distance	Stroke
401	Female 16+	200m	Backstroke
402	Male & Open 16+	50m	Butterfly
403	Female 16+	50m	Breaststroke
404	Male & Open 16+	200m	Individual Medley
405	Female 11+	1500m	Freestyle
406	Male & Open 11+	400m	Freestyle
407	Female 16+	100m	Freestyle
408	Male & Open 16+	100m	Breaststroke

Session 2 - Saturday Afternoon			
Event No	Age Group	Distance	Stroke
321	Female 11-15	200m	Freestyle
322	Male & Open 11-15	100m	Backstroke
323	Female 11-15	100m	Butterfly
324	Male & Open 11-15	50m	Freestyle
325	Female 11-15	50m	Backstroke
326	Male & Open 11-15	200m	Butterfly
327	Female 11-15	200m	Breaststroke

Session 5 - Sunday Afternoon			
Event No	Age Group	Distance	Stroke
421	Female 11-15	200m	Backstroke
422	Male & Open 11-15	50m	Butterfly
423	Female 11-15	50m	Breaststroke
424	Male & Open 11-15	200m	Individual Medley
425	Female 11-15	100m	Freestyle
426	Male & Open 11-15	100m	Breaststroke

Session 3 - Saturday Finals			
Event No	Age Group	Distance	Stroke
322A	Male & Open 11-13	100m	Backstroke
322B	Male & Open 14/15	100m	Backstroke
302A	Male & Open 16/17	100m	Backstroke
302B	Male & Open 18+	100m	Backstroke
323A	Female 11-13	100m	Butterfly
323B	Female 14/15	100m	Butterfly
303A	Female 16/17	100m	Butterfly
303B	Female 18+	100m	Butterfly
324A	Male & Open 11-13	50m	Freestyle
324B	Male & Open 14/15	50m	Freestyle
306A	Male & Open 16/17	50m	Freestyle
306B	Male & Open 18+	50m	Freestyle
325A	Female 11-13	50m	Backstroke
325B	Female 14/15	50m	Backstroke
307A	Female 16/17	50m	Backstroke
307B	Female 18+	50m	Backstroke
351	Male & Open 11-14	4 x 100m	Freestyle Relay
352	Male & Open 15+	4 x 100m	Freestyle Relay
353	Female 11-14	4 x 50m	Medley Relay
354	Female 15+	4 x 50m	Medley Relay

Session 6 - Sunday Finals			
Event No	Age Group	Distance	Stroke
422A	Male & Open 11-13	50m	Butterfly
422B	Male & Open 14/15	50m	Butterfly
402A	Male & Open 16/17	50m	Butterfly
402B	Male & Open 18+	50m	Butterfly
423A	Female 11-13	50m	Breaststroke
423B	Female 14/15	50m	Breaststroke
403A	Female 16/17	50m	Breaststroke
403B	Female 18+	50m	Breaststroke
424A	Male & Open 11-13	200m	Individual Medley
424B	Male & Open 14/15	200m	Individual Medley
404A	Male & Open 16/17	200m	Individual Medley
404B	Male & Open 18+	200m	Individual Medley
425A	Female 11-13	100m	Freestyle
425B	Female 14/15	100m	Freestyle
407A	Female 16/17	100m	Freestyle
407B	Female 18+	100m	Freestyle
426A	Male & Open 11-13	100m	Breaststroke
426B	Male & Open 14/15	100m	Breaststroke
408A	Male & Open 16/17	100m	Breaststroke
408B	Male & Open 18+	100m	Breaststroke
451	Female 11-14	4 x 100m	Medley Relay
452	Female 15+	4 x 100m	Medley Relay
453	Male & Open 11-14	4 x 50m	Freestyle Relay
454	Male & Open 15+	4 x 50m	Freestyle Relay

Consideration Times

- Accredited Times swum at meets (licensed at level 1 or level 2 or a foreign equivalent) are required for Age Group Championships events.
- These times must have been achieved since 1 January 2025 for both rounds.
- You must send a proof of time report with your entries.
- Times which cannot be verified as accredited will automatically be rejected.

Times below are long course times. Times converted from short course accredited competitions will also be accepted.

Times must be equal to or faster than:

Female						2026 Times	Male & Open					
≤2009	2010	2011	2012	2013	2014/15	Event	2014/15	2013	2012	2011	2010	≤2009
00:32.90	00:33.00	00:34.30	00:35.40	00:36.50	00:39.50	50m Freestyle	00:39.50	00:36.00	00:33.50	00:31.50	00:30.60	00:29.40
01:10.20	01:12.30	01:13.50	01:17.00	01:19.50	01:29.50	100m Freestyle	01:32.50	01:23.40	01:17.30	01:11.70	01:06.10	01:03.30
02:39.10	02:42.60	02:43.50	02:49.50	02:51.50	03:13.50	200m Freestyle	03:19.90	03:04.80	02:49.80	02:45.40	02:28.90	02:24.70
05:02.00	05:23.30	05:26.00	05:33.50	05:51.00	06:33.00	400m Freestyle	06:35.00	06:05.30	05:25.00	05:12.00	05:03.00	04:47.00
11:03.10	11:19.40	11:24.70	11:35.00	12:20.40**	12:20.40**	800m Freestyle	12:20.40**	12:20.40**	12:01.90	11:29.50	10:52.30	10:36.10
21:05.70	21:36.20	22:12.90	22:56.10	23:30.70**	23:30.70**	1500m Freestyle	23:30.70**	23:30.70**	22:56.10	21:55.40	20:55.50	19:30.00
00:37.20	00:38.30	00:38.50	00:40.50	00:42.00	00:45.00	50m Backstroke	00:47.30	00:43.70	00:40.10	00:38.10	00:36.20	00:34.00
01:20.50	01:21.80	01:22.60	01:28.50	01:32.50	01:41.50	100m Backstroke	01:47.50	01:34.00	01:26.50	01:21.00	01:17.80	01:14.80
02:55.50	03:00.10	03:01.50	03:11.5	03:15.50	03:32.50	200m Backstroke	03:36.10	03:21.70	03:10.30	02:55.90	02:53.80	02:47.40
00:43.10	00:43.70	00:44.50	00:46.00	00:48.00	00:52.50	50m Breaststroke	00:55.10	00:50.10	00:45.20	00:42.70	00:40.60	00:38.10
01:35.40	01:36.80	01:38.80	01:42.40	01:47.80	01:59.30	100m Breaststroke	02:05.00	01:49.00	01:40.00	01:33.50	01:32.10	01:27.70
03:24.00	03:24.10	03:33.00	03:42.00	03:55.00	04:20.00	200m Breaststroke	04:24.60	04:00.40	03:48.50	03:31.00	03:18.50	03:10.20
00:35.30	00:36.60	00:38.30	00:39.60	00:43.10	00:48.30	50m Butterfly	00:48.30	00:43.10	00:38.60	00:36.20	00:32.50	00:30.50
01:20.60	01:23.60	01:26.70	01:32.00	01:40.40	01:57.10	100m Butterfly	01:57.10	01:40.40	01:30.70	01:22.40	01:15.60	01:11.60
03:02.30	03:08.80	03:17.80	03:33.40	03:41.70	04:06.00	200m Butterfly	04:06.00	03:41.70	03:33.00	03:12.80	03:00.00	02:50.50
03:00.10	03:00.20	03:04.80	03:07.00	03:28.30	03:41.00	200m I.M.	03:48.80	03:29.00	03:17.60	02:56.40	02:48.60	02:46.70
06:11.80	06:19.60	06:25.60	06:35.30	07:12.80	07:54.10	400m I.M.	07:54.10	07:12.80	06:26.00	06:09.00	05:53.60	05:48.50

**Please note that in recognition of the limited opportunities for swimmers in the younger age groups to compete in 800m and 1500m events, entries will be accepted for these events only with times that are within the time standard and that are real but have not been performed at accredited meets. Entries that are made in this way will only be accepted only if all other entries into the events have been accepted and there is still capacity.

Supplementary Para Swimming Conditions

These are to be adhered to in conjunction with the general meet conditions detailed above. The following events will be integrated into the heats according to eligibility criteria:

Event	Male and Female
50m Freestyle	S1 – S14
100m Freestyle	S1 – S14
200m Freestyle	S1 – S5 and S14
400m Freestyle	S6 – S13
50m Backstroke	S1 – S5
100m Backstroke	S6 – S14
50m Breaststroke	SB1 – SB3
100m Breaststroke	SB4 – SB9, SB11 – SB14
50m Butterfly	S1 – S7
100m Butterfly	S8 – S14
200m IM	SM5 – SM14

Eligibility

All Competitors must be registered as members of a swimming club affiliated to the SASA North District or SASA Midland District at the time of entry. **Entry standards are as attached and these are open age group standards.**

Competitors in WPS Classification S1 - S13 must have an authorised British Swimming or WPS classification, which is held on the Scottish Swimming Membership database at the time of entry.

Competitors in Classification S14 must have an authorised WPS, INAS-FID or UKSAPLD classification which is held on the Scottish Swimming Membership database at the time of entry.

Para swimmers must be identified as such with their classification at the point of entry.

General

- A copy of information held on the Scottish Swimming Membership database must be submitted to the Recording desk prior to the start of the session with the swimmers first event. No further submission is required following this. Any concerns regarding this, please contact the Meet Director.
- All eligible swimmers will be integrated into the event seeded by absolute time.
- Where relevant, the competition shall take place under the relevant WP Swimming, Technical Rules.
- Personal care assistants will only be permitted for swimmers in the following classes: S1, S2, S3, S4 and S11. A swimmer in any of the classes as specified above may have both a coach and personal care assistant(s) present.

Medals

There will be no medals for Para swimming events.

Supplementary Para Swimming Entry Standards

50m FREESTYLE	Female	Male	100m BUTTERFLY	Female	Male
S1	01:27.26	01:48.46	S8	01:58.78	01:45.45
S2	01:31.70	01:26.11	S9	01:53.13	01:39.03
S3	01:08.54	01:15.92	S10	01:51.32	01:32.05
S4	01:02.76	01:01.62	S11	02:07.79	01:43.12
S5	00:57.87	00:50.63	S12	01:47.29	01:36.56
S6	00:55.33	00:48.57	S13	01:46.44	01:31.46
S7	00:53.79	00:46.55	S14	01:47.66	01:32.11
S8	00:50.85	00:43.04	200m FREESTYLE	Female	Male
S9	00:46.44	00:40.73	S1	06:46.33	07:54.83
S10	00:46.61	00:39.46	S2	07:58.48	06:46.40
S11	00:49.64	00:44.01	S3	05:32.32	05:39.03
S12	00:45.31	00:39.08	S4	04:51.60	04:40.23
S13	00:45.15	00:39.46	S5	04:44.09	04:09.49
S14	00:44.64	00:39.25	S14	03:30.31	03:11.08
50m BACKSTROKE	Female	Male	50m BREASTSTROKE	Female	Male
S1	01:53.10	01:46.73	SB1	02:17.87	02:13.31
S2	01:40.95	01:30.51	SB2	01:49.36	01:35.06
S3	01:27.28	01:16.09	SB3	01:33.92	01:19.03
S4	01:21.57	01:09.68	200m IM	Female	Male
S5	01:03.07	00:53.41	SM5	05:32.98	04:43.14
50m BUTTERFLY	Female	Male	SM6	05:00.36	04:27.80
S1	01:26.92	03:20.84	SM7	04:56.22	04:11.92
S2	01:39.06	01:30.03	SM8	04:34.53	03:58.97
S3	01:18.32	01:19.88	SM9	04:19.64	03:44.50
S4	01:08.37	01:08.82	SM10	04:06.24	03:33.66
S5	01:05.91	00:52.05	SM11	04:29.33	03:54.87
S6	00:58.73	00:51.87	SM12	04:05.75	03:42.48
S7	00:56.08	00:49.16	SM13	04:00.45	03:28.59
100m FREESTYLE	Female	Male	SM14	03:59.68	03:36.75
S1	03:07.82	03:50.91	400m FREESTYLE	Female	Male
S2	03:18.07	03:01.27	S6	08:37.77	08:17.11
S3	02:28.95	02:37.57	S7	08:20.28	07:48.45
S4	02:14.78	02:14.20	S8	08:01.80	07:30.77
S5	02:14.78	01:53.93	S9	07:50.36	07:06.33
S6	02:00.46	01:47.07	S10	07:28.94	06:44.11
S7	01:57.66	01:42.15	S11	08:20.63	07:36.40
S8	01:48.22	01:38.07	S12	07:25.98	06:58.11
S9	01:42.34	01:28.79	S13	07:28.66	06:44.91
S10	01:38.84	01:26.09	S14	07:34.04	06:57.30
S11	01:51.77	01:35.45	100m BREASTSTROKE	Female	Male
S12	01:39.98	01:29.57	SB4	02:57.50	02:36.33
S13	01:37.48	01:26.11	SB5	02:51.00	02:24.72
S14	01:36.19	01:27.18	SB6	02:35.28	02:12.87
100m BACKSTROKE	Female	Male	SB7	02:35.45	01:59.54
S1	04:07.57	03:45.76	SB8	02:15.88	01:54.31
S2	03:46.24	03:16.08	SB9	02:00.68	01:51.09
S6	02:15.27	02:03.62	SB11	02:15.63	01:59.53
S7	02:15.10	01:55.84	SB12	02:04.32	01:48.92
S8	02:02.59	01:46.33	SB13	02:05.97	01:47.05
S9	01:56.86	01:41.52	SB14	02:02.43	01:46.67
S10	01:53.39	01:37.22			
S11	02:04.88	01:52.22			
S12	01:56.35	01:42.02			
S13	01:49.89	01:35.81			
S14	01:51.86	01:36.70			

Entries Summary Sheet

SASA North District Age Group Championships 2026	Round 1	Round 2
Complete a separate form for each Round		

Club Name & Code:	
Club Meet Secretary Contact Name:	
Club Meet Secretary Contact Email & Contact Number:	

Detail	Number	Cost	Total Cost
Individual Male & Open Entries		@ £9.50	£
Individual Female Entries		@ £9.50	£
Team Entries		@ £13.00	£
Coach Meal Pass (1 Day – Saturday)		@ £12.00	£
Coach Meal Pass (1 Day – Sunday)		@ £12.00	£
Coach Meal Pass (Full Meet – 2 Days)		@ £24.00	£
		Total	£

Closing date for electronic entries:			
Round 1 – 9th January 2026		Round 2 – 6th February 2026	
Paperwork and payment to be received by the District Entries Secretary within 3 postal days of closing date			
Cheques should be made payable to: SASA NORTH DISTRICT			
BACS Payment Reference AGECE1 or AGECE2 followed by Club Code eg AGECE1NUAX Sort Code: 80-05-16 A/C No 00882011			
Have you enclosed or sent:			
Cheque or BACS payment	Hy-tek Team Manager Entry File	Declaration and Summary Sheet	Proof of Times Report

Declaration	I confirm that all swimmers entered in this competition have paid their current SASA membership fee.
	I confirm that all swimmers entered into the female category have a birth sex of female and are eligible to compete as a Female.
	I confirm that all coaches and/or team staff from our club who will be on poolside have a valid PVG disclosure check through Scottish Swimming and have completed a CWPS course within the last 3 years.

Signed	Position in Club	Date

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

Technical Official Submission Information

Officials Submissions

All Clubs submitting officials must use the Officials Sheet - [North District Meet Officials Pro-Forma](#).

Meet Officials Convenor: Colin Oswald

Tel: 07711 614512. Email: theoswalds2@icloud.com

All forms must be completed and emailed to the Meet Officials Convenor no later than 14 days before the first day of the meet.

Round 1 – Friday 23rd January 2026

Round 2 – Friday 20th February 2026

Each Club's submission for ALL sessions should comply with North District Swimming Regulation 6.3.1 as follows:

Total number of club swimmers at the competition	Number of officials per session
1 – 5	None
6 – 10	One official
11 – 20	Two officials at least one of which must be Judge 1 or Recorder
21 – 30	Three officials at least one of which must be Judge 1 or Recorder and another must be Judge 2 or above, or an AOE Operator
31 – 40	Four officials at least one of which must be Judge 1 or Recorder and one more must be Judge 2 or above, or an AOE Operator
41+	Five officials at least one of which must be Judge 1 or Recorder and another must be Judge 2 or above, or an AOE Operator

Please note that the number of swimmers is the number entered into the meet not the number in a session and that these are the minimum requirements, extra officials are always welcome.

For the purposes of Rule SW6.2 Trainee Judge 1 will count as Timekeeper, and Trainee Judge 2 & 2S count as Judge, however Trainees being mentored on the day will not count towards their club's provision of officials for the purposes of Rule SW6.5

SW6.6 Where the Referees in charge agree that there were sufficient Swimming Technical Officials present to ensure adequate cover in any session, an official might be mentored at the next level for which they were training without incurring a penalty for that session, even although this may technically leave their Club short of the numbers required to meet SW6.2.

For the purpose of determining how many swimmers a Club has entered into a North District Meet or Championships, only swimmers entered into individual events shall be counted in accordance with SW 6.4.