

SECTION 1 – Specific Competition Information

Dates	5th September 2026			
Venue	Aberdeen Aquatics Centre, Regent Walk, Aberdeen, AB24 1SX			
Pool & Equipment	10 lane 25m 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 Convenor	Russell Halkett – galaconvenors.adsc@gmail.com			
Meet Licence	L1/816/SS/SEP26			
Rules	Competition will be held under World Aquatics Technical Rules and Scottish Swimming Regulations			
Session Times	Session 1	Warm up – 0800	Session start – 0905	Session finish – 1130
	Session 2	Warm up – 1200	Session start – 1305	Session finish – 1530
	Session 3	Warm up – 1600	Session start – 1705	Session finish – 1920
	(Subject to change if necessary once entries have been processed)			
Meet Purpose	This meet is a sprint and Championships opportunity for North District swimmers.			
Eligibility to Enter	This meet 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	<p>Individual Events</p> <ul style="list-style-type: none"> • 11/12 years, 13/14 years, 15/16 years and 17 years & over <p>Team Events</p> <ul style="list-style-type: none"> • 11 – 14 years and 15 & over years <p>Age is at 31st December 2026 with age groups combined according to the programme of events.</p>			
Events	<p>Individual Events</p> <ul style="list-style-type: none"> • 50m Butterfly, Backstroke, Breaststroke, Freestyle and Individual Medley – heats and finals • 100m Individual Medley – heat declared winner • SKINS with qualifiers determined from 100m Individual Medley – 15 & over years only <p>Team Events</p> <ul style="list-style-type: none"> • 4 x 50m Freestyle and Medley Relays – heat declared winner 			
Entry Process	<p>For information about Events Files see Section 2 – General Information.</p> <p>Completed entry files and Entries Summary Sheet (page 9), as well as proof of times report must be sent to the District Entries Secretary Joanne Forbes (entries@sasanorth.org.uk)</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>Consideration Times</p>	<p>Consideration times can be found on page 4.</p> <p>For swimmers aged 14 & over entry times must be accredited and swum since 1st August 2025. Swimmers aged 13 & under do not need accredited times but times should be real times achieved at accredited meets, non-accredited meets or club time trials. No time entries will not be accepted.</p> <p>The fee for entries received which are outwith the consideration times for any of the District Competitions shall not be refunded under any circumstances. (District Rule SW 4.6 refers).</p>
<p>Entry Deadline</p>	<p>CLOSING DATE FOR ELECTRONIC ENTRIES: Friday 7th August 2026</p>
<p>Entry Fees & Payment</p>	<p>Payment must be received within 3 banking days of the 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 style="text-align: center;">£8.50 per individual swim £11.00 per team event</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 SPRINT26 followed by the round and your club code e.g. SPRINT26NUAX. Bank details for payments:</p> <p style="text-align: center;">Sort Code: 80-05-16 A/C No 00882011</p> <p>Cheques MUST be received within 3 banking days of the closing date. Cheques should be posted to the Entries Secretary (email entries@sasanorth.org.uk for a postal address) and should be made payable to SASA North District.</p>
<p>Early Withdrawals</p>	<p>The deadline for early withdrawals for this competition is:</p> <p style="text-align: center;">5pm at the latest on Thursday 3rd September 2026</p> <p>Withdrawals prior to the competition may be sent or e-mailed to the Entries Secretary Joanne Forbes at entries@sasanorth.org.uk</p> <p>All details must be included on e-mail withdrawals ie Name, Event No, Stroke, Comp No etc. Telephone and WhatsApp withdrawals will not be accepted.</p> <p>For further information see Section 2 – General Information.</p>
<p>Reserves</p>	<p>Reserves must present themselves to the marshal unless they have withdrawn.</p> <p>Allocation of reserves in marshalling will be processed on the following basis:</p> <ol style="list-style-type: none"> 1. Allocation will be based on consolidated age groups rather than qualification ages. For example, if a 11-year-old withdraws the fastest 11-12 reserve is allocated the vacant space in the heat. 2. Where there is no-one from the corresponding consolidated age group remaining as a reserve, the fastest overall remaining reserve is allocated a space regardless of age.
<p>Qualifying for Finals</p>	<p>Finals will be seeded directly from the results of the heats. The fastest ten swimmers shall qualify for Finals. Two reserves shall be nominated.</p>
<p>Technical Officials</p>	<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 section for each session of the meet.</p> <p>Lists for all sessions for each round must be emailed (not posted) to the Meet Officials Manager for the meet Stephen Jupp at sasanorthsto@gmail.com, no later than 14 days before the first day of the meet: Friday 21st August 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>

<p>SKINS Event</p>	<p>The fastest 10 swimmers from the 100m Individual Medley heats (combined results from 15/16 and 17 & over age groups) will be invited to take part. A reserve will not be brought in if any swimmer declines to take part. Elimination will be as follows:</p> <p>Round 1 – 3 swimmers eliminated, down to 7 swimmers Round 2 – 3 swimmers eliminated, down to 4 swimmers Round 3 – 2 swimmers eliminated, down to 2 swimmers Round 4 – 1 swimmer eliminated and winner declared</p> <p>The first start will be a normal start and thereafter, each round will start with a 10 second warning (whistle), then the starting signal. Starting before the signal will result in disqualification.</p> <p>The turnaround time will be 2 minutes. The stroke for each round of the skins will be decided by draw. If Freestyle is drawn, this means any stroke apart from Breaststroke, Butterfly or Backstroke, as per World Aquatics rules for Medley swimming. Each stroke will be drawn once only.</p>
<p>Awards</p>	<p>Medals will be awarded for 1st, 2nd and 3rd places achieved by swimmers in all events. Medals will not be presented but can be collected from the Medal Desk adjacent to the timing suite.</p> <p>A cash award of £100 will be made to the winners of the SKINS events.</p>

Consideration Times

Times considered for entry for swimmers aged 14 & over must be accredited and have been swum since 1st August 2025.

You must submit a proof of times report with your entries. Should you receive any additional request to verify a time or times, you will also be advised of the deadline for verification. Where no satisfactory proof can be provided the competitor shall withdraw, forfeit their entry fee and pay without any excuse such sum as is agreed by the AGM for late withdrawals. Swimming Rule SW 2.2

Swimmers aged 13 & under do not need accredited times but times should be real times achieved at accredited meets, non-accredited meets or club time trials. No time entries will not be accepted.

Times below are short course times

Times converted from long course competitions using Hy-Tek factors or Swim England tables will also be accepted.

Times must be faster than or equal to the following:

Male & Open				EVENT	Female			
17+	15/16	13/14	11/12		11/12	13/14	15/16	17+
00:26.20	00:29.00	00:32.60	00:41.90	50m Freestyle	00:38.20	00:33.40	00:31.20	00:30.70
00:30.90	00:35.10	00:38.90	00:48.50	50m Backstroke	00:44.50	00:39.40	00:36.60	00:36.20
00:34.50	00:39.10	00:43.60	00:55.50	50m Breaststroke	00:51.60	00:44.50	00:41.70	00:41.20
00:28.80	00:33.10	00:37.10	00:53.90	50m Butterfly	00:47.50	00:37.50	00:34.80	00:33.60
01:07.50	01:16.10	01:24.40	01:50.00	100m Individual Medley	01:37.50	01:24.30	01:20.20	01:18.80

Programme of Events

Session 1 – Heats		
Event 101	15/16 and 17+ Male & Open	100m Individual Medley (HDW)
Event 102	11/12 and 13/14 Female	50m Freestyle
Event 103	11/12 and 13/14 Male & Open	50m Breaststroke
Event 104	15/16 and 17+ Female	50m Backstroke
Event 105	15/16 and 17+ Male & Open	50m Butterfly
Event 106	11/12 and 13/14 Female	50m Breaststroke
Event 107	11/12 and 13/14 Male & Open	50m Freestyle
Event 108	15/16 and 17+ Female	50m Butterfly
Event 109	15/16 and 17+ Male & Open	50m Backstroke
Event 110	11/12 and 13/14 Female	100m Individual Medley (HDW)
Event 111	15+ Male & Open	SKINS (from 100 IM)

Session 2 – Heats		
Event 201	15/16 and 17+ Female	100m Individual Medley (HDW)
Event 202	11/12 and 13/14 Male & Open	50m Butterfly
Event 203	11/12 and 13/14 Female	50m Backstroke
Event 204	15/16 and 17+ Male & Open	50m Freestyle
Event 205	15/16 and 17+ Female	50m Breaststroke
Event 206	11/12 and 13/14 Male & Open	50m Backstroke
Event 207	11/12 and 13/14 Female	50m Butterfly
Event 208	15/16 and 17+ Male & Open	50m Breaststroke
Event 209	15/16 and 17+ Female	50m Freestyle
Event 210	11/12 and 13/14 B Male & Open	100m Individual Medley (HDW)
Event 211	15+ Female	SKINS (from 100 IM)

Session 3 – Finals & Relays		
Event 301	11-14 Female	4 x 50m Freestyle Relay (HDW)
Event 302	11-14 B Male & Open	4 x 50m Freestyle Relay (HDW)
Event 303	15+ Female	4 x 50m Freestyle Relay (HDW)
Event 304	15+ Male & Open	4 x 50m Freestyle Relay (HDW)
2 Finals for Event 102	11/12 Girls then 13/14 Female	50m Freestyle
2 Finals for Event 103	11/12 Boys then 13/14 Male & Open	50m Breaststroke
2 Finals for Event 104	15/16 Women then 17+ Female	50m Backstroke
2 Finals for Event 105	15/16 Men then 17+ Male & Open	50m Butterfly
2 Finals for Event 106	11/12 Girls then 13/14 Female	50m Breaststroke
2 Finals for Event 107	11/12 Boys then 13/14 Male & Open	50m Freestyle
2 Finals for Event 108	15/16 Women then 17+ Female	50m Butterfly
2 Finals for Event 109	15/16 Men then 17+ Male & Open	50m Backstroke
2 Finals for Event 203	11/12 Girls then 13/14 Female	50m Backstroke
2 Finals for Event 202	11/12 Boys then 13/14 Male & Open	50m Butterfly
2 Finals for Event 205	15/16 Women then 17+ Female	50m Breaststroke
2 Finals for Event 204	15/16 Men then 17+ Male & Open	50m Freestyle
2 Finals for Event 207	11/12 Girls then 13/14 Female	50m Butterfly
2 Finals for Event 206	11/12 Boys then 13/14 Male & Open	50m Backstroke
2 Finals for Event 209	15/16 Women then 17+ Female	50m Freestyle
2 Finals for Event 208	15/16 Men then 17+ Male & Open	50m Breaststroke
Event 305	11-14 Female	4 x 50m Medley Relay (HDW)
Event 306	11-14 Male & Open	4 x 50m Medley Relay (HDW)
Event 307	15+ Female	4 x 50m Medley Relay (HDW)
Event 308	15+ Male & Open	4 x 50m Medley Relay (HDW)

SECTION 2 - General Information

<p>Events Files</p>	<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>Event Passes</p>	<p>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: 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>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: 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>For Event Staff (STOs 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>
<p>Marshalling</p>	<p>There will be marshalling for all heats and all finals including relays.</p> <p>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 leaving the final marshalling area will not be permitted to swim, will be treated as a late withdrawal and may be fined accordingly.</p>
<p>Early Withdrawals</p>	<p>Withdrawals prior to the event may be sent or e-mailed to: The Entries Secretary at entries@sasanorth.org.uk</p> <p>Withdrawal deadline for this competition is in Section 1 – Specific Competition Information.</p> <p>NB: All details must be included on e-mail withdrawals ie Name, Event No, Stroke, Comp No etc. Telephone and WhatsApp withdrawals will not be accepted.</p>

<p>Withdrawals at the Event</p>	<p>From Heats 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> <p>From Finals Swimmers who wish to withdraw from a final must inform the recorder and complete the 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. Rule SW 5.1 refers. Withdrawals from finals or in the case of illness should be completed on the "Finals" withdrawal forms available from the recorders.</p> <p>Any competitor 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>
<p>Medical Withdrawals</p>	<p>In terms of SW4.7 entry fees will be refunded in the event of a swimmer being unable to take part due to illness or injury only in the following circumstances: The swimmer has been withdrawn in time according to the Meet Information. The swimmer can provide medical evidence confirming that they are unfit to swim to the District Entries Secretary at entries@sasanorth.org.uk within 14 days following the Meet. The letter should be dated not more than 4 weeks before the Meet and not more than 10 days following the last day of the meet.</p>
<p>Competition Disclaimer</p>	<p>No guarantee can be given by SASA North District that this meet 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 meet, 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>
<p>Safeguarding</p>	<p>The primary safeguarding point of contact for the competition in relation to wellbeing and protection matters or accidents is the Meet Convenor. 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>
<p>Technical Swimsuits</p>	<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>
<p>Transgender & Non-Binary</p>	<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 Convenor/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>

<p>Data Protection</p>	<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.
<p>Clean Sport</p>	<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 or membership registration/renewal.</p>
<p>Photos & Videos</p>	<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>
<p>Media & Photography</p>	<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>
<p>Conduct</p>	<p>All swimmers, team staff, technical officials and spectators should adhere to the Scottish Swimming Code of Ethics, and relevant codes of conduct.</p>
<p>Competition Management</p>	<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>

Entries Summary Sheet

SASA North District Sprint Championships 2026
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Club Name & Code:	
Club Meet Secretary Contact Name:	
Club Meet Secretary Contact Email & Contact Number:	

Detail	Number	Cost	Total Cost
Individual Male & Open Entries		@ £8.50	£
Individual Female Entries		@ £8.50	£
Team Male & Open Entries		@ £11.00	£
Team Female Entries		@ £11.00	£
Coach Meal Pass		@ £20.00	£
		Total	£

Closing date for electronic entries:

Friday 7th August 2026

Paperwork and payment to be received by the District Entries Secretary **within 3 banking days of closing date**

Cheques should be made payable to: **SASA NORTH DISTRICT**

BACS Payment Reference SPRINT26 followed by Club Code eg SPRINT26NUAX

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
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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 Manager: Stephen Jupp

Tel: 07960 905861. Email: sasanorthsto@gmail.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.

Friday 21st August 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 two 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 two 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.