



LICENCE: L2/ND/010/MAY26

# Orkney Meet 2026

## Saturday 9<sup>th</sup> May - Sunday 10<sup>th</sup> May 2026

### Stromness Swimming Pool

<b>Pool</b>	25 metres, 4 lanes, Anti-turbulence ropes, Electronic timing equipment
<b>Sessions</b>	<p>Session 1 : Warm up 09:15 Start 10:15</p> <p>Session 2 : Warm up 14:00 Start 15:00</p> <p>Session 3 : Warm up 08:15 Start 09:15</p> <p>Session 4: Warm up 12:45 Start 13:45</p> <p><i>Subject to change if necessary</i></p>
<b>Events</b>	<p>Individual: 50m/100m/200m all strokes, 800m and 1500m free, 200m IM. 800m and 1500m events will be restricted to 2 heats. (8 entries this year)</p> <p>Mixed Relays: Medley and Freestyle, must be 2 Male or Open/2 Female with 1 swimmer from each 10/11 years, 12/13 years, 14/15 years and 16+ years (Age up will be permitted).</p>
<b>Age Groups</b>	<p>Age as on last day of meet (10 May 2026) for all events.</p> <p>9 &amp; under, 10/11 years, 12/13 years, 14/15 years, 16+ years</p>
<b>Consideration Times</b>	No consideration time standards have been set. However if over subscribed there may be scratches.
<b>Start Rule</b>	<p>One start will be implemented throughout the competition.</p> <p>Over the top starts will be used where practicable.</p>
<b>Entries</b>	<p>All swimmers entered must be registered with SASA and have paid their SASA membership fee for the current year. Registration numbers must be included in entry file.</p> <p>Times do not require to be accredited but should be real times achieved at accredited or non-accredited meets or club time trials. An entry time must be submitted for each entry.</p> <p>Orkney 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 reserves the right to fill any empty lanes with Orkney ASC swimmers.</p> <p>All entries must be on Hy-tek Team Manager entry file. Entry file may be obtained by contacting Pauline Duncan <a href="mailto:paulineduncan724@gmail.com">paulineduncan724@gmail.com</a></p> <p>Please e-mail entry files to <a href="mailto:paulineduncan724@gmail.com">paulineduncan724@gmail.com</a> and post summary sheet and entry fees to: Pauline Duncan, 7 Garrioch Street, Kirkwall, Orkney, KW15 1PL; Tel. 01856 876435 / 07748581212</p> <p><b>CLOSING DATE FOR ENTRY FILES IS Sunday 26th April 2026.</b></p> <p>All paperwork and fees to be received by Friday 1st May 2026</p>
<b>Entry Fees</b>	<p>£8.00 per Individual event. £10:00 per Relay</p> <p>Cheques should be made payable to Orkney Amateur Swimming Club (in full)</p> <p><b>Online payments to Orkney ASC, sort code 80-08-66, account no. 00609522</b></p> <p><b>Ref. ORKMEET26</b></p> <p>Entries may have to be limited dependent upon numbers received.</p>
<b>Awards</b>	Medals will be awarded for 1st, 2nd and 3rd places
<b>Technical Officials</b>	We would be very grateful for help from your officials. Please send your officials sheet to Derek Allan at <a href="mailto:sto@orkneyswimming.co.uk">sto@orkneyswimming.co.uk</a> by Sunday 26th April 2026 to ensure the meet can go ahead as planned
<b>Withdrawals</b>	Withdrawals prior to the competition should be e-mailed to Pauline Duncan <a href="mailto:paulineduncan724@gmail.com">paulineduncan724@gmail.com</a>

<b>Notes</b>	<ol style="list-style-type: none"> <li>1 Registration must be shown on entry files. A license has been granted for this competition and accreditation will be applied for to SASA North District</li> <li>2 All swimmers will be required to marshal prior to their event</li> <li>3 Warm ups must be supervised</li> <li>4 Food must not be eaten poolside. No glassware should be taken into the changing rooms or poolside.</li> <li>5 Shoes, t-shirts and shorts must be worn by swimmers in spectator gallery.</li> <li>6 Technical officials and coaches will be provided with tea/coffee and a buffet lunch between sessions 1 and 2, and between sessions 3 and 4</li> <li>7 All participants must adhere to SASA's Acceptable use of mobile phone policy. The following areas are mobile phone free &amp; there is a zero-tolerance policy with regards to use of mobile phones by any individual in these areas <ul style="list-style-type: none"> <li>- Changing rooms</li> <li>- Toilets</li> <li>- Showers</li> </ul> </li> </ol>
<b>Transgender and Non-Binary Inclusion</b>	<p>As of the 1st January 2024 the Scottish Swimming Transgender &amp; Non-Binary Competition Policy was implemented nationally across all aquatics sports.</p> <p>The policy and FAQs can be found: <a href="https://www.scottishswimming.com/about-us/equality">https://www.scottishswimming.com/about-us/equality</a></p> <p>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.</p> <p>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.</p>
<b>Photography</b>	<p>Photography Notice</p> <p>By attending the event either as a participant, volunteer, team staff or spectator, you accept that any photographs / videos taken will not be used for illicit purposes or that pictures / films produced will not be altered in any way or uploaded onto the web without the consent in writing of the person(s) photographed / filmed. The use of mobile phones or other electronic devices capable of photography are not permitted to be used at any time in the changing village, toilets or shower areas.</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.</p>
<b>Risk Assessment</b>	<p>A risk assessment covering the health and safety considerations is in place for this event.</p>
<b>Meet Convenor</b>	<p>Pauline Duncan: 07748581212. <a href="mailto:paulineduncan724@gmail.com">paulineduncan724@gmail.com</a></p>

## Events

### Session 1 – Saturday Morning

- 101 Male & Open 1500m freestyle
- 102 Female 50m butterfly
- 103 Male & Open 50m butterfly
- 104 Female 200m backstroke
- 105 Male & Open 200m backstroke
- 106 Female 100m breaststroke
- 107 Male & Open 100m breaststroke
- 108 Female 200m IM

### Session 2 – Saturday afternoon

- 201 Female 1500m freestyle
- 202 Male & Open 50m breaststroke
- 203 Female 50m breaststroke
- 204 Male & Open 200m freestyle
- 205 Female 200m freestyle
- 206 Male & Open 100m backstroke
- 207 Female 100m backstroke
- 208 Mixed 4x50 medley relay

### Session 3 – Sunday morning

- 301 Female 800m freestyle
- 302 Male & Open 50m freestyle
- 303 Female 50m freestyle
- 304 Male & Open 200m breaststroke
- 305 Female 200m breaststroke
- 306 Male & Open 100m butterfly
- 307 Female 100m butterfly
- 308 Male & Open 200m IM

### Session 4 – Sunday afternoon

- 401 Male & Open 800m freestyle
- 402 Female 50m backstroke
- 403 Male & Open 50m backstroke
- 404 Female 200m butterfly
- 405 Male & Open 200m butterfly
- 406 Female 100m freestyle
- 407 Male & Open 100m freestyle
- 408 Mixed 4x50 freestyle relay

These sessions are subject to change and there may be an extra session added due to the change of pool

All events will be swum with age groups combined but medals will be awarded to each age group (9 and under, 10/11 years, 12/13 years, 14/15 years, 16+ years). All heat declared winners.

### COMPETITION DISCLAIMER

In the event of cancellation or abandonment of the event, refunds, if any, will be made at the absolute discretion of Orkney ASC. Orkney 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, catering and accommodation.





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**Orkney Meet 2026**  
**Saturday 9<sup>th</sup> May - Sunday 10<sup>th</sup> May 2026**  
**Pickaquoy Centre Pool, Kirkwall**

**Summary sheet**

**Contact Details**

Club: \_\_\_\_\_

Meet Secretary: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Tel. No.: \_\_\_\_\_

Email address: \_\_\_\_\_

**Declaration**

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

Signed: \_\_\_\_\_

Position in club: \_\_\_\_\_

Date: \_\_\_\_\_

**Entry summary**

Individual entries \_\_\_\_\_ @ £8.00 = £ \_\_\_\_\_

Relay entries \_\_\_\_\_ @ £10:00 = £ \_\_\_\_\_

TOTAL = £ \_\_\_\_\_

**CLOSING DATE: Sunday 26<sup>th</sup> April 2026 5pm**

Cheques payable to Orkney Amateur Swimming Club or send confirmation of online payment - CLUB BANK A/C – SORT CODE 80-08-66, ACCOUNT NO 00609522, Ref: ORKMEET 26