

## SECTION 1 – Specific Competition Information

<b>Dates</b>	<b>6<sup>th</sup> and 7<sup>th</sup> December 2025</b>			
<b>Venue</b>	Inverness Leisure, Bught Lane, Inverness, IV3 5SS			
<b>Pool &amp; Equipment Details</b>	8 lane 25m competition pool, 2m deep, anti-turbulence ropes, full Omega Electronic Timing system, scoreboard and Starting blocks with back plates, backstroke ledges.			
<b>Promoter</b>	SASA North District Swimming Committee			
<b>Meet Convenor</b>	Trish Sheldon <a href="mailto:iascconvenor@gmail.com">iascconvenor@gmail.com</a>			
<b>Meet Licence</b>	L2/168/SS/DEC25			
<b>Rules</b>	Competition will be held under World Aquatics Technical Rules and Scottish Swimming Regulations			
<b>Session Times</b>	<b>Session 1</b>	Warm up – 0930	Session start – 1035	Session finish – 1330
	<b>Session 2</b>	Warm up – 1400	Session start – 1505	Session finish – 1800
	<b>Session 3</b>	Warm up – 0830	Session start – 0935	Session finish – 1230
	<b>Session 4</b>	Warm up – 1300	Session start – 1405	Session finish – 1700
(Subject to change if necessary once entries have been processed)				
<b>Eligibility to Enter</b>	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.			
<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 to the SASA.			
<b>Age Groups</b>	Age is at 7 <sup>th</sup> December 2025. Age groups for individual events – 10-12 years, 13/14 years Individual events will be swum with age groups combined according to the programme of events.			
<b>Events</b>	100m Butterfly, Backstroke, Breaststroke and Freestyle 200m Butterfly, Backstroke, Breaststroke, Freestyle and Individual Medley 400m Freestyle and Individual Medley All events will be swum with age groups combined. All events will be heat declared winner.			

<b>Consideration Times</b>	<p>There are separate consideration times for Male &amp; Open, and Female ages 10-12 years, 13 years and 14 years, to maximise opportunity.</p> <p>Consideration times are with the attached Programme of Events. Times do not require to be accredited but should be <b>real</b> times achieved at non-accredited meets or Club Time Trials</p> <p>The fee for entries received which are out with the consideration times for any of the District Competitions shall not be refunded under any circumstances.</p>
<b>Para Swimming Entries</b>	<p>North District swimmers between the ages of 10 and 14 who have a recognised classification (WPS, BS, BBS, UKSA or INAS-FID) will be eligible to compete. Para-swimmers 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. <b>Please ensure that any MC swimmers are identified as such with their classification at the point of entry.</b></p>
<b>Entry Process</b>	<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 (<a href="http://www.sasanorth.org.uk">www.sasanorth.org.uk</a>), or by contacting the District Entries Secretary on <a href="mailto:entries@sasanorth.org.uk">entries@sasanorth.org.uk</a>.</p> <p>Please email (<a href="mailto:entries@sasanorth.org.uk">entries@sasanorth.org.uk</a>) completed entry files and summary sheet to the District Entries Secretary: Lesley Gatton</p> <p>Entries may have to be limited dependent upon numbers received. In the event that there is an oversubscription, entries will be accepted as evenly across the programme as is practical.</p>
<b>Entry Deadline</b>	<p>Closing date for electronic entries is:</p> <p><b>Friday 7<sup>th</sup> November 2025</b></p>
<b>Entry Fees &amp; Payment</b>	<p>£7.50 per individual swim</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 AGE25 followed by the round and your club code e.g. AGE25NANX. Bank details for payments: <b>Sort Code: 80-05-16 A/C No 00882011</b></p> <p>Cheques can be accepted and <b>MUST</b> be received within 3 postal days of the closing date. Cheques should be posted to the relevant District Entries Secretary (email <a href="mailto:entries@sasanorth.org.uk">entries@sasanorth.org.uk</a> for a postal address) and should be made payable to SASA North District</p>
<b>Early Withdrawals</b>	<p>Withdrawals prior to the event may be sent or e-mailed to:</p> <p>The Entries Secretary (Lesley Gatton) at <a href="mailto:entries@sasanorth.org.uk">entries@sasanorth.org.uk</a></p> <p>Withdrawal deadlines - to arrive by 5pm at the latest on <b>Thursday 4<sup>th</sup> December 2025</b></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>

<b>Withdrawals at the Event</b>	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)
<b>Medical Withdrawals</b>	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 <a href="mailto:entries@sasanorth.org.uk">entries@sasanorth.org.uk</a> 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.
<b>Medals</b>	Medals will be awarded for 1st, 2nd and 3rd places achieved by swimmers in all events according to age groupings 10-12 years, 13 years and 14 years. Medals will not be presented but can be collected from the Medal Desk on the upper deck beside the spectator area entrance.
<b>Marshalling</b>	<p><b>There will be marshalling for all heats.</b> 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 first marshalling area will not be permitted to swim, will be treated as a late withdrawal and may be fined accordingly.</p>
<b>Reserves</b>	Reserves must present themselves to the marshal unless they have withdrawn.

## SECTION 2 - General Information

<b>Competition Disclaimer</b>	<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>
<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 director.</p> <p>A Wellbeing &amp; 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>
<b>Technical Officials</b>	<p>Clubs must submit lists of Swimming Technical Officials to the Meet Officials Convenor (Colin Oswald) in accordance with North District Regulations using the <a href="#">Swimming Technical Officials workbook</a> available on North District website. 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 <a href="mailto:theoswalds2@icloud.com">theoswalds2@icloud.com</a> no later than 14 days before the first day of the meet:</p> <p><b>Friday 21<sup>st</sup> November 2025</b></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>
<b>Technical Swimsuits</b>	<p>Swimmers 13 years and younger can <b>not</b> compete wearing technical suits in Scottish Swimming licensed or registered events. For further information and FAQ's see <a href="#">Swimsuits   Scottish Swimming</a></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>• 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.</li> </ul>

<b>Transgender &amp; Non-Binary</b>	<p>The Scottish Swimming Transgender &amp; Non-Binary Competition <a href="#">Policy</a> 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. <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>Clean Sport</b>	<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>
<b>Photos &amp; Videos</b>	<p><b>The use of mobile phones or other devices capable of taking photographs or videos is strictly forbidden in the changing village, shower areas, toilets and first aid rooms.</b> At no point should photographs or videos, including as part of an App such as TikTok or Snapchat, be taken or uploaded in these areas. Anyone choosing to use their device in these sensitive areas will be subject to disciplinary measures.</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. The use of professional camera equipment and flash photography is prohibited at the Event.</p>
<b>Conduct</b>	<p>All swimmers, team staff, technical officials and spectators should adhere to the Scottish Swimming Code of Ethics, and relevant codes of conduct.</p>
<b>Competition Management</b>	<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

Session 1 – Saturday Morning			
Event 101	Female	10-14	200m Backstroke
Event 102	Male & Open	10-14	200m Freestyle
Event 103	Female	10-14	100m Butterfly
Event 104	Male & Open	10-14	100m Backstroke
Event 105	Female	10-14	400m Individual Medley
Event 106	Male & Open	10-14	200m Butterfly

Session 2 – Saturday Afternoon			
Event 201	Female	10-14	100m Freestyle
Event 202	Male & Open	10-14	400m Freestyle
Event 203	Female	10-14	200m Breaststroke
Event 204	Male & Open	10-14	100m Breaststroke
Event 205	Female	10-14	200m Individual Medley

Session 3 – Sunday Morning			
Event 301	Male & Open	10-14	200m Backstroke
Event 302	Female	10-14	200m Freestyle
Event 303	Male & Open	10-14	100m Butterfly
Event 304	Female	10-14	100m Backstroke
Event 305	Male & Open	10-14	400m Individual Medley
Event 306	Female	10-14	200m Butterfly

Session 4 – Sunday Afternoon			
Event 401	Male & Open	10-14	100m Freestyle
Event 402	Female	10-14	400m Freestyle
Event 403	Male & Open	10-14	200m Breaststroke
Event 404	Female	10-14	100m Breaststroke
Event 405	Male & Open	10-14	200m Individual Medley

## Consideration Times

Times must be equal to or faster than:

Female				Male & Open		
10-12 Years	13 Years	14 Years		14 Years	13 Years	10-12 Years
01:28.00	01:19.00	01:16.60	100 Freestyle	01:16.20	01:22.20	01:31.20
03:17.10	02:56.40	02:48.40	200 Freestyle	02:47.40	03:02.20	03:17.10
06:42.40	06:12.90	05:42.70	400 Freestyle	05:55.50	06:12.90	06:42.40
01:40.70	01:34.50	01:28.00	100 Backstroke	01:26.00	01:34.70	01:46.80
03:33.00	03:18.80	03:12.80	200 Backstroke	03:07.50	03:18.80	03:33.00
01:57.60	01:46.30	01:40.90	100 Breaststroke	01:43.30	01:52.70	02:05.00
04:20.80	03:57.00	03:45.20	200 Breaststroke	03:45.20	03:57.00	04:20.80
01:55.40	01:39.90	01:30.70	100 Butterfly	01:29.40	01:38.90	01:55.40
04:02.50	03:38.50	03:30.30	200 Butterfly	03:30.00	03:38.50	04:02.50
03:37.90	03:25.30	03:04.30	200 Individual Medley	03:14.80	03:26.00	03:45.50
07:58.70	07:17.00	06:39.20	400 Individual Medley	06:29.80	07:17.00	07:58.70

## Supplementary Para Swimming Conditions

These are to be adhered to in conjunction with the general conditions for the Age Group Meet.

The following events will be integrated into the heats according to eligibility criteria:

Event	Male & Open	Female
100m Freestyle	S1 – S14	S1 – S14
200m Freestyle	S1 – S5 & S14	S1 – S5 & S14
400m Freestyle	S6 – S13	S6 – S13
100m Backstroke	S6 – S14	S6 – S14
100m Breaststroke	SB4 – SB9, SB11 – SB14	SB4 – SB9, SB11 – SB14
100m Butterfly	S8 – S14	S8 – S14
200m IM	SM3 – SM14	SM3 – SM14

### Eligibility

All Competitors must be registered as members of a swimming club affiliated to the SASA North District at the time of entry. **There are no entry standards.**

**Competitors in WPS Classification S1 - S13** must have an authorised GB Aquatics 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.

### **MC swimmers must be identified as such with their classification at the point of entry.**

Meet entry secretaries MUST notify the North District that a swimmer is an MC swimmer and what classification they have 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 athlete's first event. No further submission is required following this. Any concerns about this, please speak to the Meet Convenor.
- 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, Swimming Rules.
- Personal care attendants 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 a personal care attendant present. If 2 attendants are required by a swimmer in S11 class, this too will be permitted.



## Entries Summary Sheet

### SASA North District Age Group Meet 2025

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

Detail	Number	Cost	Total Cost
Individual Male & Open Entries		@ £7.50	£
Individual Female Entries		@ £7.50	£
Coach Meal Pass (1 Day – Saturday)		@ £10.00	£
Coach Meal Pass (1 Day – Sunday)		@ £10.00	£
Coach Meal Pass (Full Meet – 2 Days)		@ £20.00	£
		<b>Total</b>	<b>£</b>

**Closing date for electronic entries:**

**7<sup>th</sup> November 2025**

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 AGE25 followed by Club Code eg AGE25NANX

**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
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<b>Declaration</b>	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](mailto: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.

**Friday 21<sup>st</sup> November 2025**

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.