

SECTION 1 – Specific Competition Information

Date	5th and 6th December 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. 4 lanes of 25m warm up and swim down pool			
Promoter	SASA North District Swimming Committee			
Meet Convenor	Nikki Drever – uoameetdirector@gmail.com			
Meet Licence	L2/189/SS/DEC26			
Rules	Competition will be held under World Aquatics Technical Rules and Scottish Swimming Regulations.			
Session Times	Saturday S 1	Warm up – 0900	Session start – 1005	Session finish – 1300
	Saturday S 2	Warm up – 1330	Session start – 1435	Session finish – 1730
	Sunday S 3	Warm up – 0800	Session start – 0905	Session finish – 1200
	Sunday S 4	Warm up – 1230	Session start – 1335	Session finish – 1630
(Subject to change if necessary once entries have been processed)				
Meet Purpose	This meet is an opportunity for North District Swimmers to race at an end of short course season and to gain accredited times for entry into the North District Age Group Championships.			
Eligibility to Enter	This competition is open to swimmers who are members of SASA North District affiliated Clubs only. There are 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 groups recognised for individual events: 10/11 years, 12/13 years and 14/15 years Events will be swum with age groups and eligibility categories combined according to the programme of events. Age at 6th December 2026.			
Events	100m Butterfly, Backstroke, Breaststroke and Freestyle 200m Butterfly, Backstroke, Breaststroke, Freestyle and Individual Medley 400m Freestyle and Individual Medley All events will be heat declared winner and swum with age groups combined.			
Para Swimming Entries	North District swimmers between the ages of 10 and 15 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 seeded by absolute time. On application to the Swimming Convenor (jenn.dav31@gmail.com), 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. Please ensure that any MC swimmers are identified as such with their classification at the point of entry. Refer to the Supplementary Para Swimming Conditions for more information.			

Consideration Times	Submitted entry times for all swimmers must be slower than the consideration times for the 2026 Scottish National Short Course Swimming Championships. There are also faster than consideration times for Male & Open, and Female ages 10/11, 12, 13, 14 and 15 years. Consideration times are on page 4. Times do not require to be accredited but should be real times achieved at non-accredited meets or club time trials 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.
Entry Process	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. Please email completed entry files and summary sheet to the District Entries Secretary (Lesley Gatton) at entries@sasanorth.org.uk
Entry Deadline	CLOSING DATE FOR ELECTRONIC ENTRIES: Friday 6th November 2026 No late entries will be accepted with the following exception. Where a swimmer has not entered an event at the SASA North District Age Group Meet because they are too fast for entry, AND they have entered the Scottish Short Course Swimming Championship (SNSC); if they are rejected from SNSC due to an event being oversubscribed, they may be allowed to enter and their entry will be accepted IF their subsequent entry is made before 5.00pm on Friday 20 November 2026. Any late entry accepted in these circumstances will be for exhibition only.
Entry Fees & Payment	£7.50 per individual swim The fee for entries received which are out with the consideration times or conditions for this competition shall not be refunded under any circumstances. Payment is preferred by BACS. Reference should be AGEMEET26 followed by the round and your club code e.g. AGE26NANX. Bank details for payments: Sort Code: 80-05-16 A/C No 00882011 Payment, including cheques, 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.
Early Withdrawals	The deadline for early withdrawals for this competition is: 5pm at the latest on Thursday 3rd December 2026 Withdrawals prior to the competition may be sent or e-mailed to the Entries Secretary (Lesley Gatton) at entries@sasanorth.org.uk 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. For further information see Section 2 – General Information.
Technical Officials	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. 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: Friday 20th November 2026 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.
Awards	Medals will be awarded for 1st, 2nd and 3rd places achieved by swimmers according by eligibility category and by age group. Medals will not be presented but can be collected from the Medal Desk adjacent to the timing suite.

Programme of Events

Session 1 – Saturday Morning			
Event 101	Female	10-15	200m Backstroke
Event 102	Male & Open	10-15	200m Freestyle
Event 103	Female	10-15	100m Butterfly
Event 104	Male & Open	10-15	100m Backstroke
Event 105	Female	10-15	400m Individual Medley
Event 106	Male & Open	10-15	200m Butterfly

Session 2 – Saturday Afternoon			
Event 201	Female	10-15	100m Freestyle
Event 202	Male & Open	10-15	400m Freestyle
Event 203	Female	10-15	200m Breaststroke
Event 204	Male & Open	10-15	100m Breaststroke
Event 205	Female	10-15	200m Individual Medley

Session 3 – Sunday Morning			
Event 301	Male & Open	10-15	200m Backstroke
Event 302	Female	10-15	200m Freestyle
Event 303	Male & Open	10-15	100m Butterfly
Event 304	Female	10-15	100m Backstroke
Event 305	Male & Open	10-15	400m Individual Medley
Event 306	Female	10-15	200m Butterfly

Session 4 – Sunday Afternoon			
Event 401	Male & Open	10-15	100m Freestyle
Event 402	Female	10-15	400m Freestyle
Event 403	Male & Open	10-15	200m Breaststroke
Event 404	Female	10-15	100m Breaststroke
Event 405	Male & Open	10-15	200m Individual Medley

Consideration Times

Female						EVENT	Male & Open					
Faster than					Slower than		Slower than	Faster than				
10/11	12	13	14	15	All ages		All ages	15	14	13	12	10/11
01:30.10	01:20.80	01:14.00	01:11.90	01:09.50	01:00.80	100m Freestyle	00:54.51	01:06.60	01:11.60	01:15.60	01:24.70	01:31.30
03:17.10	02:55.40	02:42.30	02:39.20	02:33.20	02:13.86	200m Freestyle	02:01.05	02:27.70	02:37.00	02:41.00	02:59.10	03:17.10
06:37.50	06:07.40	05:43.30	05:38.30	05:21.60	04:42.31	400m Freestyle	04:22.56	05:18.70	05:34.50	05:49.00	06:16.40	06:37.50
01:43.80	01:32.30	01:25.40	01:22.50	01:16.70	01:08.77	100m Backstroke	01:02.16	01:23.40	01:24.50	01:28.50	01:35.40	01:46.80
03:33.00	03:18.50	03:04.30	02:54.30	02:46.00	02:29.24	200m Backstroke	02:17.01	02:46.80	02:57.30	03:10.10	03:28.00	03:33.00
01:55.40	01:45.10	01:38.90	01:36.30	01:32.00	01:19.33	100m Breaststroke	01:10.02	01:30.60	01:34.00	01:38.10	01:52.00	01:55.40
04:20.80	03:40.90	03:28.10	03:25.50	03:15.80	02:51.13	200m Breaststroke	02:37.95	03:15.00	03:19.10	03:39.40	04:05.10	04:20.80
01:57.90	01:51.40	01:34.50	01:29.60	01:22.10	01:08.25	100m Butterfly	01:00.57	01:25.60	01:28.10	01:38.80	01:55.40	01:59.70
04:02.50	04:02.50	03:38.50	03:30.00	03:10.00	02:36.49	200m Butterfly	02:24.92	03:10.00	03:30.00	03:38.50	04:02.50	04:02.50
03:32.80	03:12.50	03:02.10	02:58.10	02:45.40	02:31.70	200m Individual Medley	02:18.60	02:45.10	02:56.50	03:01.20	03:27.80	03:39.80
07:58.70	07:25.10	07:01.80	06:39.20	06:09.10	05:25.71	400m Individual Medley	04:59.63	06:05.20	06:32.70	06:54.60	07:27.00	07:58.70

Times do not require to be accredited but should be **real** times achieved at accredited meets, non-accredited meets or club time trials. No time entries will not be accepted. The times in the table are short course times. Long course conversions will also be accepted.

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.

SECTION 2 - General Information

Events Files	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 .
Event Passes	For Team Staff (Coaches & Team Managers) 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 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. For Event Staff (Technical Officials and Event Staff in a regulated role) 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) 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. For Event Staff (STOs and Event Staff who are not in a regulated role) 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.
Marshalling	There will be marshalling for all heats and all finals. 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. 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. 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.
Early Withdrawals	Withdrawals prior to the event may be sent or e-mailed to: The Entries Secretary at entries@sasanorth.org.uk Withdrawal deadline for this competition is in Section 1 – Specific Competition Information. 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.
Withdrawals at the Event	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)

Reserves	Reserves must present themselves to the marshal unless they have withdrawn. Allocation of reserves in marshalling will be processed on the following basis: 1. Allocation will be based on consolidated age groups rather than qualification ages. For example, if a 12-year-old withdraws the fastest 12/13 reserve is allocated the vacant space in the heat. 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.
Medical Withdrawals	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.
Competition Disclaimer	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. 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.
Safeguarding	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. 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.
Technical Swimsuits	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
Transgender & Non-Binary	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. By entering the Female category, swimmers are therefore confirming their birth sex is female and are eligible to compete in the Female category.
Data Protection	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. 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: • 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	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.
Photos & Videos	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. 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. 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.
Media & Photography	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. 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.
Conduct	All swimmers, team staff, technical officials and spectators should adhere to the Scottish Swimming Code of Ethics, and relevant codes of conduct.
Competition Management	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.

Entries Summary Sheet

SASA North District Age Group Meet 2026 - 5th & 6th December 2026

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	£
		Total	£

Closing date for electronic entries:

Friday 6th November 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 AGEMEET26 followed by Club Code eg AGE26NANX

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 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.

Friday 20th November 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.