

SECTION 1 – Specific Competition Information

Dates	20th & 21st June 2026			
Venue	Inverness Leisure, Bught Lane, Inverness, IV3 5SS			
Pool & Equipment	8 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	Trish Sheldon - iasconvenor@gmail.com			
Meet Licence	L2/187/ND/JUN26			
Rules	Competition will be held under World Aquatics Technical Rules and Scottish Swimming Regulations			
Session Times (Both Rounds)	Session 1	Warm up – 0930	Session start – 1035	Session finish – 1330
	Session 2	Warm up – 1400	Session start – 1505	Session finish – 1800
	Session 3	Warm up – 0830	Session start – 0935	Session finish – 1230
	Session 4	Warm up – 1300	Session start – 1405	Session finish – 1700
	(Subject to change if necessary once entries have been processed)			
Meet Purpose	This meet is a development opportunity for North District Swimmers. It is also an opportunity to achieve times for entry into the Scottish Swimming Junior & Youth Academy. In recognition of the impact on opportunity caused by relative age effect, age is at 30 June 2026.			
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 30 th June 2026. Age groups for individual events: 11-12 years, 13 years, 14 years and 15 years and over Events will be swum with age groups combined according to the programme of events			
Events	All events are timed finals events (Heat Declared Winners) 200m Butterfly, Backstroke, Breaststroke, Freestyle and Individual Medley 400m Freestyle and Individual Medley			
Entry Process	For information about Events Files see Section 2 – General Information. Completed entry files and Entries Summary Sheet (page 7) must be sent to the District Entries Secretary Lesley Gatton on (entries@sasanorth.org.uk) 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.			

Consideration Times	There are no consideration times, or slower than times, for this meet, but all entries must have an entry time. 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 and 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).
Entry Deadline	CLOSING DATE FOR ELECTRONIC ENTRIES IS: Friday 22nd May 2026
Entry Fees & Payment	<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>£7.50 per individual swim</p> <p>Payment is preferred by BACS. Reference should be DEV26 followed by the round and your club code e.g. DEV26NUAX. 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 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>The deadline for early withdrawals for this competition is: 5pm at the latest on Thursday 18th June 2026</p> <p>Withdrawals prior to the competition may be sent or e-mailed to the Entries Secretary Lesley Gatton 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 about withdrawals see Section 2 – General Information.</p>
Reserves	<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 for the 11-12 age group will be based on consolidated age group. For example, if a 11-year-old withdraws the fastest 11-12 reserve is allocated the vacant space in the heat. 2. Allocation for the 13, 14 and 15 & Over will be based on event age. For example, if a 13-year-old withdraws the fastest 13 reserve is allocated the vacant space in the heat. <p>Where there is no-one from the corresponding age group remaining as a reserve, the fastest overall remaining reserve is allocated a space regardless of age.</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 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 Convenor, Colin Oswald at theoswalds2@icloud.com no later than 14 days before the first day of the meet: Friday 5th June 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>
Medals	<p>Medals will be awarded for 1st, 2nd and 3rd places achieved by swimmers in all events according to age groupings 11-12 years, 13 years, 14 years and 15 years and over.</p> <p>Medals will not be presented but can be collected from the Medal Desk.</p>

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:</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>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>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.</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 first 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:</p> <p>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>

Withdrawals at the Event	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)
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: <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	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>	<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>

Programme of Events

Session 1

Event 101	Female	11/12, 13 years	200m	Individual Medley
Event 102	Male & Open	11/12, 13 years	400m	Freestyle
Event 103	Female	14, 15+ years	200m	Butterfly
Event 104	Male & Open	14, 15+ years	400m	Individual Medley
Event 105	Female	11/12, 13 years	200m	Freestyle
Event 106	Male & Open	11/12, 13 years	200m	Breaststroke
Event 107	Female	14, 15+ years	200m	Backstroke

Session 2

Event 201	Male & Open	14, 15+ years	200m	Individual Medley
Event 202	Female	14, 15+ years	400m	Freestyle
Event 203	Male & Open	11/12, 13 years	200m	Butterfly
Event 204	Female	11/12, 13 years	400m	Individual Medley
Event 205	Male & Open	14, 15+ years	200m	Freestyle
Event 206	Female	14, 15+ years	200m	Breaststroke
Event 207	Male & Open	11/12, 13 years	200m	Backstroke

Session 3

Event 301	Male & Open	11/12, 13 years	200m	Individual Medley
Event 302	Female	11/12, 13 years	400m	Freestyle
Event 303	Male & Open	14, 15+ years	200m	Butterfly
Event 304	Female	14, 15+ years	400m	Individual Medley
Event 305	Male & Open	11/12, 13 years	200m	Freestyle
Event 306	Female	11/12, 13 years	200m	Breaststroke
Event 307	Male & Open	14, 15+ years	200m	Backstroke

Session 4

Event 401	Female	14, 15+ years	200m	Individual Medley
Event 402	Male & Open	14, 15+ years	400m	Freestyle
Event 403	Female	11/12, 13 years	200m	Butterfly
Event 404	Male & Open	11/12, 13 years	400m	Individual Medley
Event 405	Female	14, 15+ years	200m	Freestyle
Event 406	Male & Open	14, 15+ years	200m	Breaststroke
Event 407	Female	11/12, 13 years	200m	Backstroke

Entries Summary Sheet

SASA North District Development Meet 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)		@ £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:

Friday 22nd May 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 DEV26 followed by Club Code eg DEV26NUAX

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
------------------------	--------------------------------	-------------------------------

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 5th June 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.