



## 2026 LONG COURSE MEET

### MEET INFORMATION

*Dyce (ASV) ASC invites you to their 2026 Long Course Meet*

<b>Licence Number</b>	Licence No: <b>L2/ND/006/MAY26</b>
<b>Venue</b>	Aquatics Centre, Aberdeen Sports Village, Regent Walk, Aberdeen, AB24 1SX
<b>Pool</b>	50 metres, 10 lanes, 2 metres deep, deck level, full electronic timing, backstroke ledges. There will be no swim down facility available.
<b>Date</b>	<b>Sunday 24<sup>th</sup> May 2026</b>
<b>Accreditation</b>	A licence has been granted and accreditation will be applied for to SASA North District on conclusion of the meet.
<b>Sessions</b>	Session 1: Warm up: 0845 – 0945    Start: 0950    Finish: 1250 (Approx) Session 2: Warm up: 1330 – 1430    Start: 1440    Finish: 1740 (Approx) (Subject to change if necessary)
<b>Events</b>	<b>Age Graded (HDW)</b> 100m Backstroke, Butterfly, Breaststroke & Freestyle <b>Open (HDW)</b> 50m Backstroke, Butterfly, Breaststroke & Freestyle <b>Team (HDW)</b> 4 x 50m Freestyle and 4 x 50m Medley
<b>Ages</b>	<b>All Events will be swum as Age at 24<sup>th</sup> May 2026</b>  <b>Age Graded Events:</b> 9-11 years, 12 years, 13 years, 14 years and 15-18 years. Age groups may be swum together, seeding will be based on time.  <b>Open Events:</b> 12 years & Over.  <b>Team Relays:</b> 13 years & Under and 14 years & Over.  It is permissible to swim up an age group. Maximum of 2 teams per club/team per event, however in the event where individual events are oversubscribed, relay entries may be scratched.
<b>Competition Categories</b>	Events will be swum separately in the following competition categories: Female and 'Male & Open'
<b>Graded Times</b>	There are Graded times for the 100m individual events, these can be found listed later in this document. To qualify to swim in these events swimmers must be slower than the appropriate time listed for the event.  <b>Swimmers <u>may not enter in both Graded and Open events for the same stroke.</u></b>  Times must be submitted on entry for seeding purposes. These should be real times but do not need to be accredited. Please note that NT entries will be rejected.



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<b>Entries</b>	<p>All entries must be on Hy-Tek Team Manager entry file.</p> <p>Entry files may be obtained by:          Downloading from North District Website (<a href="http://www.sasanorth.org.uk">www.sasanorth.org.uk</a>)          Downloading from Swim Scotland Website (<a href="http://www.swimscotland.co.uk">www.swimscotland.co.uk</a>)          By emailing entries secretary Sandra Middleton <a href="mailto:entries.dycemeet@hotmail.com">entries.dycemeet@hotmail.com</a></p> <p>Please email completed entry files and summary sheet to:          Sandra Middleton <a href="mailto:entries.dycemeet@hotmail.com">entries.dycemeet@hotmail.com</a></p> <p><b>CLOSING DATE FOR ENTRIES IS</b> Friday 24<sup>th</sup> April 2026.</p> <p>Please note summary sheet and payment must be received by this date.</p> <p>If the meet is over-subscribed, entries will be accepted fastest first across age groups as evenly as is practical. If an event or an age group is undersubscribed, any time made available will be allocated to other events or age groups in that session.</p> <p>A draft programme and a list of rejected swimmers, if applicable, will be emailed to each club for checking within 7 days of the closing date.</p>
<b>Entry Fees</b>	<p>Individual events: £ 7.50 per entry          Relay events: £10.00 per entry</p> <p><b>Entry Fees must be received on or before the closing date</b> and will only be accepted by Direct Bank Transfer using the bank details below.</p> <p><b>Account No:</b> 15040860, <b>Sort Code:</b> 80-22-60, Please use Reference: <b>DYCELC26</b></p>
<b>Event Disclaimer</b>	<p>No guarantee can be given by Dyce (ASV) ASC that the event will take place at a particular time, or any particular date and Dyce (ASV) ASC reserves the right to reschedule the event without notice and without liability for doing so. It is expected that this would only happen because of unforeseen circumstances, e.g. venue/facility failure or adverse weather.</p> <p>In the event of postponement, cancellation, or abandonment of the event refunds, if any, will be made at the absolute discretion of Dyce (ASV) ASC and there will be 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>Rules &amp; Eligibility to Enter</b>	<p>The Meet will be held under World Aquatics rules and SASA regulations.</p> <p>Entries will be considered from competitors registered as members of Scottish Swimming or equivalent governing body. Entries from composite teams will not be accepted at this meet.</p> <p>All participants are required to adhere to the Scottish Swimming Code of Ethics, and relevant codes of conduct.</p>



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<b>Meet Specific Rules</b>	<p>Any swimmer who achieves an accredited time faster than the graded 'qualifying time' <u>at any time prior to the entry closing date</u> must be withdrawn from the qualifying event. A full refund will be given for these withdrawals if evidence (published result) is provided within 7 days of the closing date. Entries proved to be incorrect after this time, will have their entry fee forfeited and will be withdrawn before or during the event.</p> <p>Any Swimmer entered for both an Age Graded and Open Sprint event for the same stroke will have their Open Sprint event entry automatically rejected and will be considered only for their Age Graded event entry. There will be no guarantee given that the Age Graded entry will be accepted and if the Age Graded entry is subsequently rejected a reinstatement of the Open Sprint event entry will not be considered.</p>
<b>Relay Team Lines</b>	<p>Relay team information should be detailed on the relay teams line sheets at the meet. The cut off for submitting relay team lines will be the appropriate session start time.</p>
<b>Reserve Swims</b>	<p>Reserves for heats must marshal unless they have been withdrawn. Refunds will be issued for reserve swims that are not offered at the meet. Reserves that withdraw will not be offered a refund.</p>
<b>Marshalling</b>	<p>There will be marshalling for individual events only. All swimmers must attend marshalling before their events and are advised to attend in good time.</p> <p>The start of a race will not be delayed for absent competitors. Swimmers who have not presented themselves to the marshals prior to their heat leaving the <u>final</u> marshalling area will not be permitted to swim (note: for 100m events this is expected to be the stairwell to poolside next to the timing suite and for 50m events this will be adjacent to the starting blocks at the turn end)</p> <p>Reserves must marshal unless they have withdrawn. Please note there is no marshalling for relays.</p>
<b>Withdrawals prior to the meet</b>	<p>These should be e-mailed to <a href="mailto:entries.dycemeet@hotmail.com">entries.dycemeet@hotmail.com</a> to arrive by 5.00 pm at the latest on <u>Friday 22 May 2026</u>. No telephone withdrawals will be accepted. NB: All details must be included on e-mail withdrawals i.e. Name, Event No, Stroke, Comp No etc.</p> <p>Only withdrawals received prior to the closing date will be refunded in full.</p>
<b>Withdrawals at the meet</b>	<p>These should be notified on the relevant withdrawal form. The sheets should be handed in to the recorders at least 60 minutes prior to the start of each session.</p> <p>Where a reserve is brought in at short notice, the reserve shall occupy the vacant lane; there will be no re-seeding.</p>
<b>Medical Withdrawal</b>	<p>For anyone withdrawing on medical grounds, refunds will only be granted on production of a letter from a suitably qualified professional confirming withdrawal is recommended. The letter must be received within 14 days following the meet and should be dated not earlier than the closing date or later than 10 days from the date of the competition.</p>



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<b>Transgender Competition Policy</b>	<p>As of the 1<sup>st</sup> January 2024 the Scottish Swimming Transgender &amp; Non-Binary Competition Policy was implemented nationally across all aquatics sports. The policy and FAQs can be found <a href="#">HERE</a>. Any policy related matters that arise during the event should be reported to and will be recorded by the Meet Director 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>Technical Swimsuits</b>	<p>Swimmers aged 13 years and under <b>cannot</b> now compete wearing technical suits in Scottish Swimming licenced or registered events.</p> <p>For further information and FAQ's please see link below</p> <p><a href="https://scottishswimming.com/news/technical-swimsuit-policy-update/">https://scottishswimming.com/news/technical-swimsuit-policy-update/</a></p>
<b>Coaches Information</b>	<p>A Coaches' pack will be available for coaches or team managers to collect from the recorders' desk outside the timing room on the pool deck. This will include withdrawal sheets, relay team lines and purchased meal tickets along with any other relevant information.</p> <p>A copy of the participant and warm up information sheets will be distributed electronically in advance of the event.</p> <p>Start sheets for heat sessions will be distributed in advance of the meet.</p> <p>Poolside access should be limited to club coaches and team managers, with up to a maximum of one coach/chaperone per 10 swimmers, with a maximum of 3 coaches/team managers at any one time.</p> <p>Coaches and Team Managers can request lunch at a cost of £8 per head. Requests should be submitted with the summary sheet and payment must be made along with the entry fees.</p>
<b>Awards</b>	<p>Medals will be awarded for 1<sup>st</sup> (3pts), 2<sup>nd</sup> (2pts) &amp; 3<sup>rd</sup> (1pt).</p> <p>The Hunting Trophy will be awarded annually to the Top Club.</p> <p>In the event of a points tie, consideration will be given the most Gold medals accumulated and then Silver medals.</p> <p>The Garry Fraser Memorial Trophy will be awarded annually to the Top Dyce ASC swimmer.</p>
<b>Medal Presentations</b>	<p>There will be <b>NO</b> medal presentations. Instead, medals can be collected from the designated medal desk by the swimmer or their team manager/coach.</p>



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<b>Additional Coaches Notes</b>	<ol style="list-style-type: none"><li>1. Swimmers must follow the instructions given to them by the meet officials and/or pool staff and behave in a reasonable manner at all times.</li><li>2. Warm-up Supervisors are appointed at this meet to ensure safe conduct during the warm-up and that swimmers enter and exit the warm up at the allotted times. Swimmers must not enter the pool until their warm-up start is announced and must follow any instruction of the Warm-up Supervisors. Swimmers must leave the pool when the end of their warm up is announced. No fins, paddles or snorkels will be permitted in the main pool warm up sessions. No diving into the pool during warm-up except in the designated lanes during the one-way sprints. Full warm up details will be issued prior to the meet. A maximum of 18 swimmers per lane will be strictly adhered to.</li><li>3. To comply with child Wellbeing &amp; Protection policies please ensure that swimmers wear clothing and pool shoes when leaving poolside. No poolside changing will be permitted.</li><li>4. Clubs are responsible for clearing their seating area of belongings, litter, etc. before leaving at the end of the competition day.</li><li>5. Lockers provided in the changing rooms should be used for clothes and other belongings at all times, to keep cubicles free for other swimmers. The meet organisers and facility management cannot be held responsible for items lost during the course of the meet. Pool staff will remove any items left in cubicles and place them in lost property.</li><li>6. No hot drinks or glass items should be taken onto poolside or into the changing area.</li><li>7. Vuvuzelas and air horns are not permitted at this meet.</li><li>8. Please note that there will be no access to poolside for spectators. Spectator access will be limited to the spectator gallery.</li><li>9. Relevant Results will be posted at the pool during each session and will be distributed to the clubs immediately following the meet. Results will also be available on Meet Mobile.</li><li>10. Over the top starts may be used, except in backstroke events. Relay exchanges may be judged electronically.</li></ol> <p>Different persons have authority and overall responsibility for the running of the meet at different stages. A list will be issued prior to the competition detailing whom you should approach with any queries, concerns or complaints during the various stages of the meet.</p>
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<p><b>Photos/Videos</b></p>	<p>Please note that anyone wishing to use photographic equipment, including video cameras must register with the Meet Director (QR Codes will be available at the venue and in the participant information).</p> <p><b>In line with Child Wellbeing &amp; Protection guidelines, the use of mobile phones is STRICTLY FORBIDDEN in the toilets, shower areas and in the changing areas in order to prevent any misuse of mobiles with integrated digital camera/video equipment.</b></p> <p>Videos and photographs should only be posted on secure social media pages &amp; club websites and must not contain photos or footage within restricted areas. We would be grateful if you could ensure that all members of your club are aware of this requirement.</p>
<p><b>Media &amp; Photography</b></p>	<p>Throughout this event Dyce (ASV) ASC may have authorised media partners taking static photographs and video footage. These images are intended solely for the purposes of promotion and celebration of the activities. Images may be uploaded to our website and our social network sites.</p> <p>Should any competitor wish not to be photographed please complete the Media/Photography Refusal of Consent Form which is available on request to the Meet Director.</p> <p>If at any time a competitor wishes a static image to be removed from our website, 7 days' notice must be given to Dyce (ASV) ASC after which the data will be removed.</p>
<p><b>Data Protection</b></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, gender, 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 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> </ul> <p>Names, gender and age (but not date of birth) will be retained and will be shared with attending clubs and may be published for the purpose of reporting and keeping records.</p>



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<b>Technical officials</b>	<p>A completed technical officials sheet should be sent to the Meet Officials Coordinator by email <a href="mailto:dycestoconvenor@hotmail.com">dycestoconvenor@hotmail.com</a> arriving no later than Friday 8<sup>th</sup> May 2026.</p> <p>Any changes or queries regarding technical officials should also be directed to the Meet Official's Coordinator above.</p> <p>All clubs are respectfully requested to provide a minimum of 1 official per session when 6 or more swimmers are accepted. Clubs that have 10 swimmers or more accepted should provide a minimum of 2 officials per session, one of which should be a qualified Judge 1 or above. Without sufficient officials the meet will not be able to gain accreditation.</p> <p>Mentoring requests will be considered by the Session Referee. It may be more likely for officials mentoring requests to be honoured if the clubs attending the meet provide a supply of qualified officials (Judge 1 &amp; above), however we cannot guarantee all requests to be granted.</p> <p>Please note that probationary Judges and Timekeepers wishing specific signatures, i.e. Chief timekeeper or Chief Inspector of Turns, should make this request to the Meet Officials Convenor when names are submitted. For Trainee Judge 1 or Judge 2S, please see the Officials Sheet.</p> <p>Officials should take their own water bottles – igloos may be provided filled with water for use. The venue water fountains will also be in use.</p> <p>Technical officials working both sessions will be offered a lunch ticket.</p>
<b>Meet Director</b>	<p>Vicky Jolly                      Email: <a href="mailto:Vicky.jolly@btinternet.com">Vicky.jolly@btinternet.com</a></p>



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## MEET INFORMATION

### GRADED TIMES

Eligible Slower than times for the individual graded event are shown on the tables below.

**A Swimmer entering an Age Group Graded event may not enter the equivalent Open Sprint event for the same stroke**

100m GRADED EVENTS	FEMALE				
	9-11 Years	12 Years	13 Years	14 Years	15-18 Years
Butterfly	01:32.62	01:23.90	01:19.76	01:14.68	01:13.55
Backstroke	01:30.57	01:23.19	01:19.30	01:14.72	01:13.40
Breaststroke	01:44.26	01:35.12	01:30.50	01:25.78	01:24.35
Freestyle	01:20.32	01:13.89	01:10.86	01:07.02	01:05.92

100m GRADED EVENTS	MALE & OPEN				
	9-11 Years	12 Years	13 Years	14 Years	15-18 Years
Butterfly	01:32.97	01:23.25	01:16.45	01:10.70	01:07.54
Backstroke	01:31.57	01:23.02	01:17.19	01:11.13	01:08.68
Breaststroke	01:45.99	01:34.70	01:27.49	01:20.59	01:17.73
Freestyle	01:20.02	01:12.88	01:07.78	01:03.21	01:01.03

Entries should be submitted using Long Course times (short course conversions are acceptable).

### PROGRAMME OF EVENTS

Session 1 - Sunday Morning			
Event No	Age Group	Distance	Stroke
101	Female 9+	100m	Backstroke
102	Male & Open 9+	100m	Butterfly
103	Female 12+	50m	Backstroke
104	Male & Open 12+	50m	Butterfly
105	Female 9+	100m	Breaststroke
106	Male & Open 9+	100m	Freestyle
107	Female 12+	50m	Breaststroke
108	Male & Open 12+	50m	Freestyle
109	Female 13 & Under	4x50m	Medley Relay
110	Male & Open 13 & Under	4x50m	Medley Relay
111	Female 14+	4x50m	Medley Relay
112	Male & Open 14+	4x50m	Medley Relay

Session 2 - Sunday Afternoon			
Event No	Age Group	Distance	Stroke
201	Male & Open 9+	100m	Backstroke
202	Female 9+	100m	Butterfly
203	Male & Open 12+	50m	Backstroke
204	Female 12+	50m	Butterfly
205	Male & Open 9+	100m	Breaststroke
206	Female 9+	100m	Freestyle
207	Male & Open 12+	50m	Breaststroke
208	Female 12+	50m	Freestyle
209	Male & Open 13 & Under	4x50m	Freestyle Relay
210	Female 13 & Under	4x50m	Freestyle Relay
211	Male & Open 14+	4x50m	Freestyle Relay
212	Female 14+	4x50m	Freestyle Relay



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## MEET INFORMATION

### SUMMARY SHEET

Club Name/Abbr:			
Club Contact Name:			
Contact Number:			
Contact Email:			
Total Individual Entries	No. Male & Open =	@ £7.50 per event*	Total £
	No. Female =	@ £7.50 per event*	Total £
Total Relay Entries	No. Relays =	@ £10.00 per event	Total £
Coaches Meals	No. Passes =	@ £8.00 per head	Total £
			<b>Total £</b>

**Closing date for Entries: Friday 24<sup>th</sup> April 2026.** Entry files and summary sheet must be received by this date. Please return this summary sheet to Sandra Middleton [entries.dycemeet@hotmail.com](mailto:entries.dycemeet@hotmail.com)

Online payment should be made to: **Account Name:** Dyce (Aberdeen) ASC  
**Account No:** 15040860, **Sort Code:** 80-22-60, (Bank of Scotland) **Quote Reference:** DYCELC26

**In the event of Refunds please provide club bank details:**

<b>Account name:</b>	<b>Account Number:</b>	<b>Account Sort Code:</b>

<b>Declaration</b>	<i>I confirm that all swimmers entered in this competition have registered with their SASA, or relevant governing body, Membership for the current year and swimmers and parents have been made aware of photographic restrictions at the venue.</i>	
<b>Signature:</b>	<b>Position in Club:</b>	<b>Date:</b>

(This must be completed by all competing Clubs)



## 2026 LONG COURSE MEET OFFICIALS SHEET

<b>Club Name:</b>	<b>STO Contact Name:</b>
<b>Contact Email Address:</b>	<b>Contact Telephone Number:</b>

	Judges	Judge Level	Session(s)		Timekeepers	Session(s)		Judge Mentoring	Training Level	Session(s)
	Name				Name			Name		
1				1			1			
2				2			2			
3				3			3			
4				4			4			
5				5			5			
6				6			6			
7				7			7			
8				8			8			
9				9			9			
10				10			10			

\*Note: Please ensure that the Technical Officials Coordinator is updated if mentor signatures are no longer required. This will help the referees allocate mentor sessions more efficiently. Mentoring will be at the discretion of the referee(s).

Please return form to [dycestoconvenor@hotmail.com](mailto:dycestoconvenor@hotmail.com) by Friday 8<sup>th</sup> May 2026