



# Garioch Amateur Swimming Club

## Pre-Snags Meet

(UNDER WORLD AQUATIC AND SASA RULES)



**Saturday 14th March 2026**

**Sunday 15th March 2026**

### MEET INFORMATION

<b>Pool</b>	Aberdeen Aquatics Centre, Aberdeen Sports Village, Regent Walk, Aberdeen AB24 1SX  25 metres, 10 lanes, 2m deep, deck level, full electronic timing, Omega blocks with backplates and backstroke starting devices. There will be no swim down facility available.
<b>Sessions</b>	<b>Session One (Saturday 14th March):</b> Warm Up 08:00, Start 09:05, End 12:05 <b>Session Two (Saturday 14th March):</b> Warm Up 13:00, Start 14:05, End 17:05 <b>Session Three (Sunday 15th March):</b> Warm Up 08:00, Start 09:05, End 12:05 <b>Session Four (Sunday 15th March):</b> Warm Up 13:00, Start 14:05, End 17:05 <i>(Subject to change if necessary once all entries have been received and processed. Any new session times will be notified with confirmation of acceptances)</i>  The programme of events is displayed in Appendix 1.  Lists of accepted participating swimmers and a draft programme will be emailed to each club.
<b>License</b>	<b>L2/ND/018/MAR26</b>
<b>Swimsuit Regulations</b>	Please note that as of 1st September 2022, new regulations came into force regarding technical swimsuits. From this date, all swimmers aged 13 years and younger cannot compete wearing technical suits in Scottish Swimming licenced or registered events. For further information and FAQs please see link below:  <a href="https://scottishswimming.com/news/technical-swimsuit-policy-update/">https://scottishswimming.com/news/technical-swimsuit-policy-update/</a>
<b>Age</b>	<b>11/13Yrs, 14Yrs, 15Yrs, 16Yrs, 17/18Yrs (Males &amp; Open and Females)</b>  As at 31st December 2026.  The minimum age for entries is 11 years as at 31st December 2026.
<b>Events</b>	<b>Individual Events</b>  All Heat declared. 50m Freestyle (age 14+), 50m Backstroke, Breaststroke, Butterfly (age 15+) 100m Freestyle, Backstroke, Breaststroke, Butterfly 200m Freestyle, Backstroke, Breaststroke, Butterfly, I.M. 400m Freestyle, I.M. 800m Freestyle 1500m Freestyle  <b>Heats will be mixed ages.</b>
<b>Awards and Presentation</b>	No medals/prizes will be awarded. The meet is intended as a performance focused opportunity for swimmers targeting SNAGS 2026 qualifying and consideration times



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<b>Entries</b>	<p>Please return entries and summary sheet within Appendix 2 by email:</p> <p>Murray Gow - <a href="mailto:meetsec@gasc.co.uk">meetsec@gasc.co.uk</a></p> <p>Please note the entry file and summary sheet must be received by email by the closing date - <b>12 noon Friday 20<sup>th</sup> February 2026</b>. Late entries will be accepted on a case by case basis depending upon numbers.</p> <p>All entries must be on Hy-tek Team Manager entry file.</p> <p>Entry files may be obtained by contacting Murray Gow at <a href="mailto:meetsec@gasc.co.uk">meetsec@gasc.co.uk</a>.</p> <p>Where possible the accepted entries for each age group will be equal, but if an age group is under-subscribed, the organising committee reserves the right to include additional entries in other age groups. Entries may have to be limited dependent upon numbers received. In the event the meet is under subscribed late entries will be accepted on a case by case basis.</p> <p>Garioch ASC reserves the right to amend the programme at any time and to include additional Garioch swimmers in certain races to fill unused lanes/heats if entry numbers allow.</p> <p>Lists of accepted participating swimmers and a draft programme will be emailed to each club.</p> <p>Times must be submitted on entry for seeding purposes. These should be real times, that may come from a Club's own time trials, but do not need to be accredited. Please note that NT times will NOT be accepted.</p> <p>In the event that the meet is oversubscribed and cuts have to be made in order to meet the conditions of the license, swimmers will be accepted on a fastest first basis across the events and age groups in so far as this is practical. If the meet is oversubscribed and cuts have to be made in order to meet the capacity of the building, swimmers with the fewest swims in a session will be rejected first, regardless of where they lie in the seeding. If cuts need to be made for both reasons a combination of the two methods will be used.</p> <p>In order to provide more opportunities for swimmers who have not currently achieved the SNAGs Individual Consideration Times (CT) and/or Individual Qualifying Times (QT), the following entry times have been set.</p> <p>Submitted times to be SC times and LC converted to SC.</p>
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<b>Entry Fees</b>	<p>£7.50 per individual event (50m, 100m, 200m and 400m) £10 per individual event (800m and 1500m)</p> <p>Entry Fees should be paid by bank transfer to GASC</p> <p>Account Number: 30246563, Sort Code: 82-65-21</p> <p>Please use Club Name/PreSnagsMeet reference e.g. "GASC/PreSnagsMeet"</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 and any other relevant information.</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 meals (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>Withdrawals</b>	<p>Withdrawals prior to the meet should be emailed to <a href="mailto:meetsec@gasc.co.uk">meetsec@gasc.co.uk</a> to arrive no later than <b>12 noon on Thursday 12<sup>th</sup> March 2026</b>.</p> <p>All details must be included on e-mail withdrawals i.e. Name, Event No, Stroke, SASA No. etc. Telephone withdrawals will not be accepted under any circumstances.</p> <p>Withdrawals on the day should be submitted on the withdrawal forms made available and should be presented to the Recorders table at least 1 hour prior to the start of the appropriate session.</p> <p>Please note that 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 7 days following the meet and should be dated no earlier than the closing date or later than 3 days from the date of the competition.</p>
<b>Technical Officials</b>	<p>We would be very grateful for a list of Officials willing to help on the day. A completed technical officials sheet should be sent to our STO Co-ordinator by email to arrive <b>before 12 noon Monday 23<sup>rd</sup> February 2026</b> as per Appendix 3.</p> <p><a href="mailto:officials@gasc.co.uk">officials@gasc.co.uk</a></p> <p>Judges and Timekeepers in training, who are requiring specific signatures, should make this clear in their request. Requests will be accommodated only if the Referee considers it practical. Mentoring opportunities will be offered if agreed by the Referee.</p> <p>Lunch and refreshments will be provided for technical officials.</p> <p>Please bring your own water bottle(s) in order to reduce single use plastic waste which can be refilled at the water fountain if required.</p>



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<b>Starts</b>	As per World Aquatics rules. Over the top starts will be used where practicable.
<b>Marshalling</b>	There will be marshalling for all heats. All swimmers must attend marshalling before their events and are advised to attend in good time. The start of the race will not be delayed for absent competitors. Swimmers who have not presented themselves to the marshals prior to their heat leaving the final marshalling area will not be permitted to swim (note: for all events this is expected to be the stairwell to poolside next to the timing suite). Reserves must marshal unless they have withdrawn.
<b>Photography</b> <b>Mobile Phones</b>	Please note that anyone wishing to use photographic equipment, including video cameras, must register with the Meet Convener on the appropriate form. Garioch ASC may take photographs for use with club publicity. The Garioch WPO will approve all such photographs. Please contact the Meet Convener should you not wish for your swimmer's photograph to be taken. <b>Mobile phones must not be used in the changing rooms.</b>
<b>Transgender &amp; Non-Binary Competition Policy</b>	As of the 1st January 2024 the Scottish Swimming Transgender and Non-Binary Competition Policy was implemented nationally across all aquatics sports. The policy and FAQs can be found at <a href="https://www.scottishswimming.com/about-us/equality">https://www.scottishswimming.com/about-us/equality</a> . 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.  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.
<b>Meet Regulations</b>	No guarantee can be given by GASC that the event will take place at a particular time or any particular date and GASC reserves the right to reschedule or cancel the event without notice and liability for doing so. It is expected that this would only happen as a result of unforeseen circumstances e.g. COVID-19 outbreak, events of national importance, venue/facility failure or adverse weather. Garioch ASC will have no legal liability to make any refund or to pay any form of consequential or indirect damage such as loss of enjoyment, travel and accommodation costs should the meet be required to be cancelled or changed.  This event is run in accordance with Scottish Swimming Competition Management Guidance and codes of conduct prevailing at the time of the event; requirements for the meet may need to be changed in accordance with any change in regulations/legislation. A risk assessment has been carried out and takes into consideration the information contained within this document.



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<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, gender, 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 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 <input type="checkbox"/></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>
<b>Meet Convener</b>	Gill Smith – <a href="mailto:gascmeetconvener@gmail.com">gascmeetconvener@gmail.com</a>
<b>Notes</b>	<p>All swimmers, poolside helpers and coaches taking part should have a current SASA membership. Registration numbers must be shown on entry files. A license has been applied for and accreditation will be applied for with SASA.</p> <p>Poolside access will be limited to one Coach per 10 swimmers, with a maximum of 3 Coaches at any one time.</p> <p>Meal tickets for lunch are available for coaches at £8 per person per day – please include within the summary sheet provided.</p> <p>Outdoor shoes will need to be removed before entering the changing rooms and there are shoe racks at the entrance to the changing village to allow this. Belongings should be placed in the lockers provided within the changing village. No large bags are allowed on poolside due to minimal space. Each competitor should bring (as a minimum):</p> <ul style="list-style-type: none"><li>• Sufficient water in a <b>plastic</b> water bottle(s) – water can be refilled at the water fountain if required;</li><li>• Shorts &amp; t-shirt to wear over the swimsuit/swim shorts at all times when not swimming;</li><li>• Poolside shoes (e.g. crocs/clean trainers/flip flops) – these should be changed into prior to entering the changing village.</li></ul> <p>The meet organisers and the facility management cannot be held responsible for items lost or damaged during the course of the event.</p> <p>Seating areas will be allocated to each team. Teams are responsible for clearing their seating area of belongings, litter etc. before leaving at the end of the competition day.</p> <p>We are also delighted to announce that we are able to bring back our chocolate tombola and lucky square game along with some other exciting raffles! Please bring along your pocket money to spend!</p>



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**Pre-Snags Meet**  
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**2026 Pre SNAG Meet – Consideration Times**

To be SC times or LC converted to SC

Must be equal to or slower than:

Female					Events	Male & Open				
17-18	16	15	14	11-13		11-13	14	15	16	17-18
00:27.19	00:28.09	00:28.59	00:28.89		50m Freestyle		00:26.79	00:25.99	00:25.19	00:24.00
00:59.99	01:01.29	01:02.19	01:02.89	01:05.89	100m Freestyle	01:04.99	01:00.30	00:57.09	00:55.49	00:53.39
02:10.69	02:14.59	02:15.29	02:18.49	02:24.39	200m Freestyle	02:23.99	02:13.99	02:08.39	02:03.20	01:59.19
04:35.49	04:38.49	04:46.39	04:52.09	04:57.19	400m Freestyle	04:58.39	04:35.89	04:26.60	04:21.80	04:12.49
09:21.59	09:38.99	09:41.19	10:00.19	10:17.49	800m Freestyle	10:16.59	09:30.29	09:11.00	08:54.90	08:36.49
18:07.59	18:18.39	18:23.99	19:08.29	19:41.79	1500m Freestyle	19:33.20	18:28.89	17:41.90	17:22.99	16:46.89
00:30.99	00:32.19	00:32.89			50m Backstroke			00:30.89	00:29.79	00:28.29
01:06.89	01:09.79	01:10.79	01:11.99	01:14.39	100m Backstroke	01:14.19	01:09.29	01:05.90	01:04.39	01:01.39
02:25.79	02:30.99	02:33.89	02:34.60	02:42.59	200m Backstroke	02:41.19	02:32.19	02:23.19	02:20.39	02:14.39
00:34.69	00:36.29	00:36.79			50m Breaststroke			00:33.99	00:32.99	00:30.99
01:16.59	01:20.69	01:22.09	01:23.29	01:26.10	100m Breaststroke	01:25.89	01:18.79	01:15.29	01:11.89	01:09.19
02:48.89	02:54.39	02:56.09	02:59.09	03:06.99	200m Breaststroke	03:07.49	02:50.59	02:43.00	02:40.69	02:33.79
00:29.29	00:30.29	00:30.99			50m Butterfly			00:28.60	00:27.49	00:26.19
01:06.69	01:10.09	01:10.49	01:13.40	01:16.30	100m Butterfly	01:16.29	01:10.89	01:05.30	01:02.79	00:58.99
02:29.89	02:36.39	02:39.19	02:43.99	02:50.59	200m Butterfly	02:55.59	02:40.69	02:29.69	02:23.49	02:15.49
02:28.89	02:31.19	02:34.19	02:38.79	02:43.79	200 I.M.	02:41.79	02:31.19	02:23.60	02:22.29	02:15.99
05:15.79	05:24.79	05:24.19	05:33.59	05:44.59	400 I.M.	05:41.89	05:19.89	05:09.49	05:01.59	04:46.99



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## APPENDIX 1

### MEET INFORMATION

### PROGRAMME OF EVENTS

#### Session One – Saturday 14<sup>th</sup> March 2026

Warm Up Commences 08:00, Start 09:05, End 12:05

Event 101	15-17/18 years	Female	50 Backstroke
Event 102	11-17/18 years	Male & Open	1500 Freestyle
Event 103	15-17/18 years	Female	50 Breaststroke
Event 104	11-17/18 years	Male & Open	100 Butterfly
Event 105	11-17/18 years	Female	100 Freestyle
Event 106	11-17/18 years	Male & Open	200 Backstroke
Event 107	11-17/18 years	Female	200I.M.
Event 108	11-17/18 years	Male & Open	400I.M.
Event 109	15-17/18 years	Female	50 Butterfly

#### Session Two – Saturday 14<sup>th</sup> March 2026

Warm Up Commences 13:00, Start 14:05, End 17:05

Event 201	11-17/18 years	Male & Open	200 Breaststroke
Event 202	11-17/18 years	Female	800 Freestyle
Event 203	11-17/18 years	Male & Open	100 Backstroke
Event 204	11-17/18 years	Female	100 Breaststroke
Event 205	11-17/18 years	Male & Open	400 Freestyle
Event 206	11-17/18 years	Female	200 Butterfly
Event 207	14-17/18 years	Male & Open	50 Freestyle
Event 208	11-17/18 years	Female	200 Freestyle



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**Session Three – Sunday 15<sup>th</sup> March 2026**  
**Warm Up Commences 08:00, Start 09:05, End 12:05**

Event 301	15-17/18 years	Male & Open	50 Backstroke
Event 302	11-17/18 years	Female	1500 Freestyle
Event 303	15-17/18 years	Male & Open	50 Breaststroke
Event 304	11-17/18 years	Female	100 Butterfly
Event 305	11-17/18 years	Male & Open	100 Freestyle
Event 306	11-17/18 years	Female	200 Backstroke
Event 307	11-17/18 years	Male & Open	200 I.M.
Event 308	11-17/18 years	Female	400 I.M.
Event 309	15-17/18 years	Male & Open	50 Butterfly

**Session Four – Sunday 15<sup>th</sup> March 2026**  
**Warm Up Commences 13:00, Start 14:05, End 17:05**

Event 401	11-17/18 years	Female	200 Breaststroke
Event 402	11-17/18 years	Male & Open	800 Freestyle
Event 403	11-17/18 years	Female	100 Backstroke
Event 404	11-17/18 years	Male & Open	100 Breaststroke
Event 405	11-17/18 years	Female	400 Freestyle
Event 406	11-17/18 years	Male & Open	200 Butterfly
Event 407	14-17/18 years	Female	50 Freestyle
Event 408	11-17/18 years	Male & Open	200 Freestyle



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**APPENDIX 2**  
**Summary Sheet**

Club	
Contact Name	
Address	
Post Code	
Tel. No	
E-mail	

(Must be reliable for distribution of returns and all future information)

	Number of Entries	Total Cost
Male & Open Entries @ £7.50 (50m, 100m, 200m and 400m)		
Female Entries @ £7.50 (50m, 100m, 200m and 400m)		
Male & Open Entries @ £10 (800m and 1500m)		
Female Entries @ £10 (800m and 1500m)		
Coaches Meal Tickets @ £8		
<b>TOTAL</b>		

**In Case of Refunds – please supply the following information:**

Bank Account Number: .....

Sort Code: .....

Bank Account Name: .....

**DECLARATION:** I confirm that all swimmers entered have paid their current SASA membership fee.

Signed: .....

Position in Club: ..... Date: .....

Form to be returned with entries file to: Meet Secretary at [meetsec@gasc.co.uk](mailto:meetsec@gasc.co.uk)

**CLOSING DATE FOR ENTRIES, SUMMARY SHEET AND FEES**

**12noon Friday 20<sup>th</sup> February 2026**



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**APPENDIX 3**  
**Officials Sheet**

Please complete the ND Meet Officials Proforma in Excel

which can be found on the ND website <https://www.sasanorth.org.uk/sto.html> at [SASA ND Handbook 2024 \(k\) Meet Officials Pro Forma 2024-25.xls](#)

and return to the STO Co-ordinator, at [officials@gasc.co.uk](mailto:officials@gasc.co.uk)