

EAST DISTRICT 15th OPEN MASTERS CHAMPIONSHIPS



Mercat Gait Leisure Centre
Prestonpans

EAST DISTRICT
OPEN MASTERS
CHAMPIONSHIPS

SATURDAY 29
NOVEMBER 2025

MERCAT GAIT LEISURE
CENTRE

ONLINE ENTRIES ONLY

PROGRAMME OF EVENTS

Session 1

Warm up 9am

Start time 9:45am (subject to change)

Event Number	Distance	Stroke
101	25 metres (not a splash but a dash)	Backstroke
102	100 metres	Freestyle
103	50 metres	Breaststroke
104	100 metres	Backstroke
105	50 metres	Butterfly
106	100 metres	Individual Medley
107	200 metres	Freestyle
108	25 metres (not a splash but a dash)	Breaststroke
109	4 x 50 metres	Mixed Medley Relay

Session 2

Warm up 1:00pm (subject to change)

Start Time 1:45m (subject to changea)

Event Number	Distance	Stroke
201	400 Metre	East District Special Event
202	25 metres (not a splash but a dash)	Butterfly
203	25 metres (not a splash but a dash)	Freestyle
204	100 metres	Breaststroke
205	50 metres	Backstroke
206	200 metres	Individual Medley
207	50 metres	Freestyle
208	100 metres	Butterfly
209	4 x 50 metres	Mixed Freestyle Relay

ENTRIES WILL BE ONLINE ONLY AND PAYMENT WILL BE BY PAYPAL

The organisers reserve the right to

- Introduce over the top starts where required
- Adjust the warm up/ start times of any of the sessions
- Limit the event entries to comply with license rules

MEET INFORMATION

EVENTS

Individual	50 & 100 metre events in all strokes 100 & 200 metre Individual Medley, 200 Freestyle.
Relays	Mixed 4 x 50 metre Medley and Freestyle Relays
Special Event	East District 400 metre (This allows entrants to swim any stroke including an individual Medley. This event is open to A – O age categories) Stroke must be declared in advance of the swim taking place. <u>NOT A SPLASH BUT A DASH</u> 25 metre events in all strokes – swimmers will start in the water at the shallow end.

ENTRY FEES

Individual events	£6.00 per individual event for the 50, 100 & 200 events.
No Splash but dash	£4.00 per 25 metre event
East District 400	£6.50 per entry (this is a stand-alone event and not included in points toward awards)
Relays	£6.00 – All clubs guaranteed 1 relay per age group per event but can request additional entries which may be accepted dependent on time availability and will be at the sole discretion of the Meet Organisers.
Awards	Medals can be collected from the medals table situated in the foyer Age Group awards will be intimated and can be collected from the Medals table The table will be available for collections for 15 minutes after each session only
Age Groups	Age groups as per published and taken as age at 31 st December 2025
Eligibility	Open to all nationalities. Entrants must be registered with a WA affiliated National Swimming body. Non GB swimmers must have authority from their governing body to swim in the event.
Closing date	Closing for online entries noon 1 st November 2025

Please ensure you enter in time as there will be no late entries as the online link will be live from October 2025

TEMPORARY MEMBERSHIPS are available

Please email susan.liddle@googlemail.com for additional information on applications. Any application for temporary membership should be requested by 27 October at the latest as the process can take up to 10 days to be completed.

AGE GROUPS

INDIVIDUAL EVENTS

A	25 – 29 year	H	60 - 64 year	Special Categories	
B	30 – 34 year	I	65 – 69 year		
C	35 – 39 year	J	70 – 74 year		Y 16 – 17 year
D	40 – 44 year	K	75 – 79 year		X 18 – 24 year
E	45 – 49 year	L	80 – 84 year		
F	50 – 54 year	M	85 + years		
G	55 – 59 year				

RELAYS (combined age groups)

- 72 – 99 years
- 100 - 119 years
- 120 – 159 years
- 160 – 199 years
- 200 – 239 years
- 240 – 279 years

COMPETITORS SAFETY CODE

- It is important that all Competitors read the 'Competitors Safety Code' entering the competition.
- By submitting and paying for entries online the competitors confirms that they have understood and agree to abide by this code.
- I am aware of the need to seek appropriate medical advice if I have any concerns as to the state of my health. I have not been informed by any medical practitioner and I do not have any knowledge of any medical condition which would make it inadvisable for me to participate in the Masters Swimming event or any other associated activities.
- Accordingly, I hereby certify that I am physically fit and well to participate in the East District Open Masters Championships.
- I am aware of and appreciate the inherent risks involved in such a competition including the possibilities of injury and accident. I undertake to always conduct myself in a responsible and professional manner.
- I undertake at all times to use my best endeavours and compete in a safe and proper manner and not to do anything which would expose myself or fellow swimmers to unnecessary risk or injury.
- I further undertake at all times to take all reasonable safety measures for the protection of myself and fellow swimmers and to inform the Referee of any concerns I may have as regards safety.
- I acknowledge that the organisers of the east District Open Masters Championships cannot be held responsible for any loss or damage to personal belongings and that I must take all reasonable steps against any such loss or damage.
- I hereby agree to abide by and be governed by the rules of the Meet information, Scottish Swimming and all other laws and restrictions applicable.

For further information on the meet please contact: Susan Liddle - susan.liddle@googlemail.com

AWARDS AND PRESENTATIONS

- Age groups** Best Male&Open and Female in each age group
- Top Club** The trophy will be awarded to the Club to gains the most overall points throughout the competition as follows

Individual and Relay Event Points system

	1 st Place	2 nd Place	3 rd Place	4 th Place	5 th Place	6 th Place
Individual	8	6	4	3	2	1
Relays	12	10	8	6	4	2

In the event of a tie for any award placing within swum events will be used to determine the outcome.

- Sprints** Trophy for Top Male and Female World Aquatics points scorer in any one of the 50 metre events (age converted.)
- 400metre** Award to the male and female (25+) closest to or exceeding, in percentage terms, the Australian Masters national record for her/ her age group and chosen stroke.
- 25 metre events** Fastest Male & Female, age converted swim in each event will receive an award.

No Medals will be presented for these events.

- Top Junior Team** Trophy for Top Team in the 16 -17 year category. Points will be awarded for the individual events.

PLEASE NOTE Whilst the 16 -17 year old individual swims have their own Team Trophy, points gained in any relay team which includes this age group will count in the overall Top Team Trophy.

Online Entries

Online entries only using the links provided below:

Individual & Relay entries:

This link will be available from:

<http://www.swimmingresults.org/events/eastdistrictmasters25/cib.php>

entries live from October 2025

If you are experiencing difficulties with the above, please contact susan.liddle@googlemail.com

CLOSING DATE FOR INDIVIDUAL ENTRIES:	Noon on the 01 November 2025
CLOSING DATE FOR RELAY ENTRIES:	Noon on the 01 November 2025