SASA EAST DISTRICT OPEN

Meet Information

15 & 16th November 2025

L1/805/SS/NOV25

Date	15 & 16 November 2025
Venue	Michael Woods Centre, Glenrothes
Pool	8 Lane, 25m competition pool with full electronic timing Separate swim down pool
Licence	Level 1 Licence: L1/805/SS/NOV25
Age Groups	Male & Open and Female
Events	**Open Individual Events** 50m all strokes — Heats, Junior Final and Open A Final 100m all strokes — Heats, Junior Final and Open A Final 100m, Individual Medley — Heats, Junior Final and Open A Final 200m all strokes — Heat Declared Winner 200m Individual Medley — Heat Declared Winner **Open Relays** 4 x 50m mixed Freestyle Relay — Heat Declared Winner 4 x 50m mixed Medley Relay — Heat Declared Winner The fastest heats of events with finals will be swum in the morning sessions with the remaining heats swum in the afternoon session – see Event Programme in Appendix 1. 50's – Fastest 6 heats 100's & 200's Fastest 5 heats Confirmed finalists will not be announced until the last heat of the afternoon event has been completed. Provisional finalists will be announced based on the morning session. The fastest 8 athletes will qualify for the Open A final, the next fastest 8 Juniors will qualify for the Junior final. Two Reserves will be nominated. The slower of the relays may, at the discretion of the meet organiser, be swum in the afternoon session with the fastest two heats swum in the evening session. Teams will be advised on the draft programme. *As Scottish Swimming definition of 'Junior': An athlete who is under 17 at 31 December 2025. Entries will be sorted solely on entry time with no differentiation between Open and Junior entries. Age as at 31st December 2025
Session Timings	

Saturday 15th November			Sunday 16th November		
Session	**Warm Up**	**Start**	**Session**	**Warm Up**	**Start**
1	09:00	10:00	4	09:00	10:00
2	13:15	14:00	5	13:15	14:00
3	16:45	17:30	6	16:45	17:30

NOTE: Session times are indicative and may be adjusted when all entries have been processed. Any new session times will be notified when the draft programme is issued.

East District Contact	Colin Matthews, East District Championship Manager Email: sasaeastdistricteventplanning@gmail.com
Entry deadline	**Closing dates** for entries are: **Noon Thursday 23rd October 2025**
Eligibility	**All athletes must be** registered members of their National Federation to be eligible to compete.

	Athletes can only compete for one club/team during the meet and must be eligible to swim for that club / team in accordance with R5.1.4. To compete for a Scottish Club / Team at this event the athlete must have paid their current registration fee and be registered with SASA. Athlete numbers for events will be agreed by the Swim Committee and the facility after entries are received. If it is necessary to reject entries, this will be done at the discretion of the Swim Committee. Qualification times and consideration times are outlined in Appendix 2.
Entry Guide	This information regarding entry is a guide and is subject to change. Entry into the competition will be made by clubs on official hytek entry files supplied if you experience ay issues with this option please contact sasaeastdistrictentries@gmail.com It is likely that the competition as a whole will be oversubscribed and clubs should only enter athletes with coach approval. Athletes not accepted to the event will have their entry fee will be refunded in full. Once the draft programme is issued **no refunds** will be given. The East District Swim Committee reserve the right to make decisions on oversubscriptions in any way that is necessary to meet the conditions for the competition. Facility policies may restrict the numbers of athletes for the time available. This means that any athlete accepted into the meet, **may not** be able to swim all events they enter, to make best use of the time available. Times must be submitted for all events entered. Times submitted must be achieved on or after 1st June 2024**.** Only Hy-Tek conversions for 50m times may be used. The following types of events will be accepted: SASA accredited meets and time trials (L1 & L2) Equivalent (L1 and L2) meets organised by ASA affiliated counties or clubs or other World Aquatics affiliated organisations. **Proof of time MUST BE SUBMITTED for the meet; random checks will be undertaken, and clubs may be asked pre and post event to provide additional information. If no proof of time is submitted, then all entries will be rejected.** **ENTRY FEES:** Individual events £10.00 Team events £13.00 per team **Relays Entry** • No limit to number of teams entered. • Licenced times should be submitted for each team member and reserves. • The submitted relay entry time should be the sum of the licenced times for each provisional team member. **Relay Team Lines and Changes**

	• Team lines for morning relays should be submitted no later than one hour prior to the start of the session the relay is to be swum in – relay teams may be withdrawn from the event if team lines are not posted on time. • Relay lines should include any potential reserves. • Team staff should confirm Junior teams on the relay lines. • Changes can be made up to 1 hour prior to the start of the appropriate session using the relay team line form at the recorder desk.
Withdrawals	**Heats** • Withdrawals including reserves prior to the first day of the Meet should be notified via the electronic withdrawal supplied. • Withdrawals, including reserves, for session 1 must be notified no later than 1800 on Friday 14th November via the electronic withdrawal form. • Withdrawals, including reserves, for Session 4 must be notified to the recorders desk no later than 1800 on Saturday 15th November. • Withdrawals, including reserves, for the afternoon sessions ,must be notified to the recorders desk no later than 1000 on the day of the event. **Finals** • Withdrawals, including reserves, from finals must be notified to the recorders desk within 30 minutes of the finalist's lists being published or announced. • Any finalists withdrawing from a final in a way as to prevent a reserve taking part shall be suspended from all further events at the Open meet unless in the case of a genuine illness or emergency. **NOTE:** withdrawals from heats or finals on medical grounds during the event should be discussed with the Meet Organiser in the first instance
Entry Process	Entries will be by Hytek files supplied only, which will be downloadable from www.swimscotland.co.uk any issues please contact sasaeastdistrictentries@gmail.com • Entries should be sent by email to: sasaeastdistrictentries@gmail.com • The subject line **MUST be Club Code/EDOPEN** • • Please ensure that you request a read receipt if you wish confirmation of entries being received. **Please complete the Electronic Summary Sheet by 12 noon Thursday 23rd October 2025** • Link to Hy-Tek website for Team Manager Lite, should you not have a copy of Team Manager https://hytek.active.com/downloads.html Select Team Manager, then **Lite** **The closing dates for entries is 12 noon Thursday 23rd October 2025**
Payment	Payment can be made by bank transfer as follows: Account name: SASA East District Bank Bank of Scotland Branch Musselburgh Account No 06001834 Sort Code 80-17-68 Your reference – please quote: Club Code/EDOPEN

	ENTRY FEES: Individual events **£10.00** Team events **£13.00 per team** **No entries will be accepted without the correct fee, Summary Sheet or with the Entry Files incorrectly completed.**
Draft Programmes	• Any queries with regards to entries should be directed to sasaeastdistrictentries@gmail.com with a closing date for queries. • No refunds will be given once the draft programme has been issued. • Any withdrawals or amendments should be notified on the electronic withdrawal form **prior to 12 noon Wednesday 12th November 2025** • Start sheets will be issued via broadcast by **12 noon Friday 14th November 2025, NO** further start sheets will be available on the day, coaches and team staff should ensure the District mobile is added as a contact to receive these**.**
Event Regulations	Entry and Entries to all events is expressly subject to the SASA regulations in place at the time of the meet. **SASA East District reserves absolutely the right to eject from events any person failing to comply with each and all the Event Regulations. It is the club's responsibility to ensure all attendees are aware of any special requirements as documented in the event management plan – details to follow.**
Accreditation Passes	There will be no athlete accreditation passes provided. **All Coaches and Team Managers must hold the relevant qualification/certification for their role and have a valid annual (2025) Scottish Swimming District or National Pass for the club they are representing at the meet.** Access to the event will be refused where no pass is provided. All annual Scottish Swimming District and National passes are available to order via JustGo. Team Staff from non-Scottish clubs should contact sasaeastdistrictswimming@gmail.com for accreditation by **7th November 2025**. Accreditation will not be issued to any Team Staff unless a person has a valid Disclosure Certificate/PVG/CRB through Scottish Swimming/Swim England/Swim Wales. All Coaches and Team staff **MUST** enter **via the front door** and have their passes verified before proceeding to poolside. No entry to poolside will be allowed without a valid pass. **Passes must be worn and clearly visible at all times. Anyone not displaying and wearing their Pass will be asked to leave the poolside or athlete area immediately.** The numbers of qualified coach and poolside personnel allowed on poolside with each club will be restricted to a maximum of two persons for up to the first 10 athletes per session, thereafter a ratio of 1:10 should be applied. **Names of all Team staff attending the event must be provided to** sasaeastdistrictswimming@gmail.com **at least 3 days prior to the event.** **A WhatsApp broadcast** will be used for Meet information and start sheets in the run up to and during the event. The broadcast code will be issued to entry secretaries and will be

	available to confirmed coaches and entry secretaries only**. Coaches and team staff should ensure the District mobile number is added as a contact to receive these.** Please note coaches and entry secretaries **MUST** subscribe to the broadcast associated with the weekend by the following date - late subscriptions will not be accepted. **1800 Wednesday 12th November 2025.**
Spectating	Spectating will be available at the venues on a first come first served basis. This is subject to facility guidelines in place at the time of the event.
Individual Awards	Medals will be awarded as follows: East District Open Champion 1st, 2nd, and 3rd East District Champion 1st (where the winner is not also the Open Champion) Junior Champion 1st (aged under 17 as at 31st December 2025) The East District Champion and Junior Champion must be registered and be swimming under an East District Club as their first club. A Junior relay must consist of 4 athletes, all of whom must be aged under 17 years on the 31st December 2025 and should be identified as Junior on the relay team lines by Team staff. There will be no formal medal presentations, medals can be collected from the medal desk for both HDW and Finals on completion of the individual events.
Controlling the Use of Photographic Equipment	The meet organisers are well aware of the wide range of devices including mobile telephones which have photographic and filming capabilities. This enables the capture of both static and moving images. It should be acknowledged that the majority of images taken within Scottish Swimming licensed meets are appropriate and taken in good faith. However, images of children and adults can be misused, and sharing images widely without consent may betray a confidence or identity of a child or adult, which could present a risk of harm to that individual if common sense procedures are not followed. 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. The meet organisers are committed to ensuring that all children who participate in this meet are able to take part in an enjoyable, safe environment and be safeguarded form harm. If there are any child safeguarding concerns at the event, please contact the Events Convenor immediately to disclose your concerns. Please scan the QR code to read the Scottish Swimming wellbeing statement.

	Throughout the Open event the East District may have authorised personnel taking static photographs and video footage. These images are intended solely for the purpose of future promotion of the event and may include live streaming on the internet. Images will be made available to our media partners and uploaded to our website and our social network sites. Should any competitor wish not to be photographed please complete a form, available from the meet organiser. If at any time a competitor wishes an image to be removed from our website, 7 days' notice must be given to **sasaeastdistrictswimming@gmail.com** after which the image will be removed.
Competition Disclaimer **PLEASE NOTE:**	No guarantee can be given by SASA East District that the event will take place at a particular time, on any particular date or at any particular venue. SASA East District reserves the right to cancel the event without notice and without liability for doing so if required. The competition will not be rescheduled if it is unable to take place on the scheduled dates. In the event of cancellation or abandonment of the event, refunds if any, will be made at the absolute discretion of SASA East District. SASA East District 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, catering, and accommodation
Swimwear	Aquatics GB and Scottish Swimming advise that World Aquatics Regulations 7.1 only applies to Olympic Games and World Aquatics events. A suit check will only be made if a World or European record is claimed. There is no requirement for officials to check that costumes are on the approved World Aquatics list. WA Regulations 7.2 cover our requirement for design and material. • SW8.0 Scottish Swimming Rules • SW8.8 Swimwear Policies SW8.8.1. For events held under the direct jurisdiction and control of Scottish Swimming the Scottish Swimming "Swimwear Policies" shall also apply. The policies are included in full in the appendices of Scottish Swimming Regulations. These can be found here. **At this meet only the policy on Agreed Swimwear is relevant.**
Transgender & Non-Binary Competition	The Scottish Swimming Transgender & Non-Binary Competition Policy will be implemented as of 1st January 2024. The policy and FAQs can be found HERE. 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. By entering the Female category, athletes are therefore confirming their birth sex is female and are eligible to compete in the Female category.
Safeguarding	The primary safeguarding point of contact for the event in relation to wellbeing & protection matters or accidents is the Meet Organiser. The secondary point of contact is the Scottish Swimming Safeguarding Manager.

Appendix 1 - Schedule of Events

15th November			16th November		
Session 1 – morning session			**Session 4 – morning session**		
101	Male & Open	200m Individual Medley	201	Female	200m Individual Medley
102	Female	50m Breaststroke	202	Male & Open	50m Breaststroke
103	Male & Open	50m Backstroke	203	Female	50m Backstroke
104	Female	200m Freestyle	204	Male & Open	200m Freestyle
105	Male & Open	200m Butterfly	205	Female	200m Butterfly
106	Female	100m Butterfly	206	Male & Open	100m Butterfly
107	Male & Open	100m Freestyle	207	Female	100m Freestyle
108	Female	100m Backstroke	208	Male & Open	100m Backstroke
109	Male & Open	100m Breaststroke	209	Female	100m Breaststroke
110	Female	200m Breaststroke	210	Male & Open	200m Breaststroke
111	Male & Open	200m Backsdtroke	211	Female	200m Backsdtroke
112	Female	50m Freestyle	212	Male & Open	50m Freestyle
113	Male & Open	50m Butterfly	213	Female	50m Butterfly
114	Female	100m Individual Medley	214	Male & Open	100m Individual Medley
Session 2 – afternoon session			**Session 5 – afternoon session**		
Slower heats of events 101, 102, 103, 104, 105, 106, 107, 108, 109, 110, 111, 112, 113, 114			Slower heats of events 201, 202, 203, 204, 205, 206, 207, 208, 209, 210, 211, 212, 213, 214		
135	Mixed	4 x 50m Medley Relay Slower Heats	235	Mixed	4 x 50 Freestyle Relay Slower Heats
Session 3 – evening finals session			**Session 6 – evening finals session**		
102	Female	50m Breaststroke	202	Male & Open	50m Breaststroke
103	Male & Open	50m Backstroke	203	Female	50m Backstroke
106	Female	100m Butterfly	206	Male & Open	100m Butterfly
107	Male & Open	100m Freestyle	207	Female	100m Freestyle
108	Female	100m Backstroke	208	Male & Open	100m Backstroke
109	Male & Open	100m Breaststroke	209	Female	100m Breaststroke
112	Female	50m Freestyle	212	Male & Open	50m Freestyle
113	Male & Open	50m Butterfly	213	Female	50m Butterfly
114	Female	100m Individual Medley	214	Male & Open	100m Individual Medley
135	Mixed	4 x 50m Medley Relay Fastest 2 Heats	235	Mixed	4 x 50 Freestyle Relay Fastest 2 Heats

Appendix 2: CONSIDERATION TIMES

EAST DISTRICT OPEN 2025

Male & Open		Event	Female	
Junior	Open		Open	Junior
	00:26.50	50m Free	00:30.00	
01:00.00	00:58.60	100m Free	01:02.50	01:05.00
02:12.30	02:10.50	200m Free	02:18.50	02:24.50
	00:30.50	50m Back	00:34.00	
01:12.50	01:10.30	100m Back	01:10.50	01:15.00
02:38.20	02:28.10	200m Back	02:38.80	02:44.00
	00:28.70	50m Fly	00:32.40	
01:12.40	01:04.50	100m Fly	01:12.00	01:17.00
02:45.80	02:30.60	200m Fly	02:45.00	03:02.50
	00:34.90	50m Breast	00:39.30	
01:22.50	01:19.20	100m Breast	01:25.00	01:27.60
03:01.80	02:52.60	200m Breast	02:59.00	03:06.50
	01:06.00	100 IM	01:13.90	
02:38.90	02:29.80	200 IM	02:39.20	02:43.60

*As Scottish Swimming definition of 'Junior': An athlete who is under 17 at 31 December 2025. Only Junior athletes may enter this meet with times slower than the Open consideration times.

**Entries will be sorted proportionately across events in the session in both Open and Junior categories to ensure a balanced programme and the smooth running of the event.