



# **SASA Midland District Open LC Meet 2026**

**(Under World Aquatics Rules /Scottish Swimming Regulations)**

**Olympia Leisure Centre  
17<sup>th</sup> – 18<sup>th</sup> January 2026**

**Licence No: L1/800/SS/JAN26**

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## **VENUE DETAILS, SESSION TIMES, EVENTS & ELIGIBILITY INFORMATION**

**Dates:** 17<sup>th</sup> – 18<sup>th</sup> January 2026  
**Venue:** Olympia Leisure Centre, 3 East Whale Lane, Dundee  
**Pool:** 6 lane x 50m (Full electronic timing)  
**Promoters:** SASA Midland District Swimming Committee

### **Events**

50m, 100m	Backstroke, Breaststroke, Butterfly & Freestyle	Heats and A & Junior Finals
200m	Backstroke, Breaststroke, Butterfly, Freestyle & IM	Heats and A & Junior Finals
400m	Individual Medley & Freestyle	Heat Declared Winner
4 x 100m	Mixed Medley & Mixed Freestyle	Heat Declared Winner

Junior is Age 16 & Under

Relays shall be restricted to an A, B & 2 Junior Teams for each club.

Age is at 31<sup>st</sup> December 2026

### **SASA Midland District Contact**

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### **Promoter**

SASA Midland District Swimming Committee

### **Entry Process**

Entries will be by Computer File Only, files can be obtained by emailing [midlandsmeetentries@gmail.com](mailto:midlandsmeetentries@gmail.com) or by visiting the SASA Midland District [website](#)

## **Consideration times**

Competitors must enter times achieved in accredited competitions from 1<sup>st</sup> August 2024 and either be 50 metre pool times or conversions to 50 metre pool times (Official conversion tables: Hy-tec standard conversion or Swim England conversion tables may be used).

A proof of entry times report is required in line with SW2.1.2.5. Random checks on entry times will be carried out prior to and during the event. Any athletes submitting an unaccredited entry time will automatically be withdrawn from all entered events and will forfeit all entry fees.

The organisers reserve the right to restrict entries to ensure a good standard of competition. If it is necessary to reject entries, this will be done based on entry time, slowest to fastest.

## **Entry Deadline**

5pm Sunday 28<sup>th</sup> December 2025

## **Session Times**

<b>Date:</b>	<b>Session:</b>	<b>Warm Up:</b>	<b>Start:</b>	<b>Start times may be adjusted once entries have been received. This will be intimated on the Draft Programme.</b>
<b>Saturday 17<sup>th</sup> January</b>	Session 1	08:15	09:10	
	Session 2	12:15	13:20	
	Session 3	16:30	17:15	
<b>Sunday 18<sup>th</sup> January</b>	Session 4	08:15	09:10	
	Session 5	12:15	13:20	
	Session 6	16:30	17:15	

## **Spectating**

There is limited seating available for spectators in the balcony. An entry fee of £3 per session. Spectators wishing to take photographs or videos at the event must complete the application form via the QR Code displayed at the venue and agree to the photography policy.

## **Health & Safety**

We want to ensure the competition, as far as possible for everyone attending, is a safe and healthy environment that will be enjoyable and successful.

All competition in Scotland will be operated in line with Scottish Government and Public Health Scotland and Scottish Swimming Guidance, current at the time of the competition taking place. Full details will be issued nearer the date of the competition.

All competitors and other attendees are required to adhere to the conditions of the competition to ensure that we stay compliant and safe. Anyone failing to follow the conditions will be refused access or removed from the venue and no refund will be offered.

Mobile phones and devices that can take images are not permitted to be used in the changing village.

## **Competition Disclaimer**

In the event of cancellation or abandonment of the event, refunds, if any, will be made at the absolute discretion of SASA Midland District. SASA Midland 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.

## **Eligibility**

The meet will be open to all competitors provided they are registered with their relevant governing body.

A Swimmer can only compete for one Club/Team during the meet and must be eligible to swim for their Club/Team in accordance with Company Rule 5.1

At the discretion of the SASA Midland District Swimming Committee and under exceptional circumstances, on application a swimmer who does not meet the eligibility criteria may be allowed to compete in the meet.

Applications should be emailed directly to [swimming.sasamidland@outlook.com](mailto:swimming.sasamidland@outlook.com) at least 1 week prior to the closing date of the meet.

## **Para Swimmers**

Para Swimmers who do not meet the consideration times will be permitted to enter the meet providing they have a current para-swimming classification held on the Aquatics GB database at the time of entry. Para-Swimmers will be included in the heats seeded by absolute time. There are no para specific events or finals however para-swimmers can progress to Junior and A finals where eligible.

Midland District will be seeking to register the meet with World Para Swimming for ranking purposes.

## Consideration Times

Male & Open	11/12 Years	13/14 Years	15/16 Years	17 +
	CT	CT	CT	CT
50m Freestyle	00:33.89	00:29.37	00:26.95	00:26.02
100m Freestyle	01:13.83	01:03.99	00:58.80	00:58.72
200m Freestyle	02:44.28	02:22.79	02:10.43	02:07.64
400m Freestyle	06:34.61	05:16.22	04:52.58	04:20.42
50m Backstroke	00:39.84	00:35.42	00:32.22	00:30.39
100m Backstroke	01:27.24	01:14.89	01:09.20	01:06.43
200m Backstroke	03:17.12	02:40.47	02:32.24	02:24.72
50m Butterfly	00:40.46	00:32.89	00:29.44	00:27.59
100m Butterfly	01:38.86	01:15.98	01:07.77	01:01.84
200m Butterfly	03:49.64	03:07.13	03:05.49	03:00.00
50m Breaststroke	00:46.67	00:39.77	00:35.26	00:32.89
100m Breaststroke	01:41.08	01:26.63	01:19.23	01:13.50
200m Breaststroke	03:43.56	03:08.42	02:56.83	02:46.25
200m IM	03:08.35	02:41.59	02:29.62	02:24.27
400IM	06:31.72	06:01.41	05:25.54	05:17.14

Female	11/12 Years	13/14 Years	15/16 Years	17 +
	CT	CT	CT	CT
50m Freestyle	00:33.49	00:30.75	00:29.97	00:29.31
100m Freestyle	01:15.72	01:07.32	01:05.01	01:03.21
200m Freestyle	02:47.37	02:29.21	02:23.57	02:22.10
400m Freestyle	06:01.62	05:15.82	05:03.70	04:53.40
50m Backstroke	00:39.76	00:36.51	00:35.40	00:33.76
100m Backstroke	01:26.03	01:17.91	01:16.15	01:12.21
200m Backstroke	03:06.13	02:49.12	02:45.94	02:37.71
50m Butterfly	00:37.94	00:34.57	00:32.87	00:31.58
100m Butterfly	01:30.44	01:20.52	01:17.15	01:11.79
200m Butterfly	04:10.65	03:30.79	03:16.57	02:53.32
50m Breaststroke	00:45.71	00:41.46	00:40.23	00:38.67
100m Breaststroke	01:39:01	01:30.30	01:29.28	01:27.87
200m Breaststroke	03:36.96	03:14.91	03:11.06	03:02.39
200m IM	03:06.60	02:50.34	02:44.33	02:38.14
400m IM	07:01.45	06:33.52	06:19.77	06:02.81

## SCHEDULE OF EVENTS

<b>Saturday 17<sup>th</sup> January 2026</b>	<b>Sunday 18<sup>th</sup> January 2026</b>
<b>Session 1 – 09:10</b>	<b>Session 4 – 09:10</b>
Male & Open 400m IM	Female 400m IM
Female 200m Freestyle	Male & Open 200m Freestyle
Male & Open 200m Breaststroke	Female 200m Breaststroke
Female 100m Butterfly	Male & Open 100m Butterfly
Male & Open 100m Backstroke	Female 100m Backstroke
Female 50m Freestyle	Male & Open 50m Freestyle
Male & Open 50m Butterfly	Female 50m Butterfly
<b>Session 2 – 13:20</b>	<b>Session 5 – 13:20</b>
Male & Open 400m Freestyle	Female 400m Freestyle
Female 200m IM	Male & Open 200m IM
Male & Open 200m Backstroke	Female 200m Backstroke
Female 200m Butterfly	Male & Open 200m Butterfly
Male & Open 100m Freestyle	Female 100m Freestyle
Female 100m Breaststroke	Male & Open 100m Breaststroke
Male & Open 50m Breaststroke	Female 50m Breaststroke
Female 50m Backstroke	Male & Open 50m Backstroke
<b>Session 3 – 17:15 Finals</b>	<b>Session 6 – 17:15 Finals</b>
Female 200m Freestyle J & A Finals	Male & Open 200m Freestyle J & A Finals
Male & Open 200m Breaststroke J & A Finals	Female 200m Breaststroke J & A Finals
Female 100m Butterfly J & A Finals	Male & Open 100m Butterfly J & A Finals
Male & Open 100m Backstroke J & A Finals	Female 100m Backstroke J & A Finals
Female 50m Freestyle J & A Finals	Male & Open 50m Freestyle J & A Finals
Male & Open 50m Butterfly J & A Finals	Female 50m Butterfly J & A Finals
Female 200m IM J & A Finals	Male & Open 200m IM J & A Finals
Male & Open 200m Backstroke J & A Finals	Female 200m Backstroke J & A Finals
Female 200m Butterfly J & A Finals	Male & Open 200m Butterfly J & A Finals
Male & Open 100m Freestyle J & A Finals	Female 100m Freestyle J & A Finals
Female 100m Breaststroke J & A Finals	Male & Open 100m Breaststroke J & A Finals
Male & Open 50m Breaststroke J & A Finals	Female 50m Breaststroke J & A Finals
Female 50m Backstroke J & A Finals	Male & Open 50m Backstroke J & A Finals
Mixed 4 x 100m Medley Relay	Mixed 4 x 50m Freestyle Relay

**Subject to Change**



## **ENTRY INFORMATION**

### **Entry Guide**

Entries will be by electronic file only

- The completed entry file must be emailed to: [midlandsmeetentries@gmail.com](mailto:midlandsmeetentries@gmail.com)
- The subject line **MUST** be **Club Code – MDO26**
- A proof of time report is required on entry and there will be random checks on times. Clubs may be asked for additional information about the times entered.
- Once the computer entry file has been submitted, the Entry Secretary must complete the [Online Application Entries Summary](#)

**In the event that a session or an event within this meet is oversubscribed, entries will be accepted fastest to slowest per age group. Some of the events may have limited heats.**

**The details of the summary sheet should be passed onto the relevant person in your club who has responsibility for making payments.**

BACS: Please use Ref: MDO26\_Club Code  
The Royal Bank of Scotland,  
Sort Code: 83-50-00, Account No: 00760821

**Entry fee(s):            £8.50 Individual entry            £10.00 Team Entry**

**Entries will not be accepted without the correct fee, or with the Entry Files incorrectly completed.**

**No refunds will be given after the draft programme has been finalised.**

### **Acceptance of Entries**

- As soon as possible after closing date, the Final Programme shall be issued.
- Please make sure that we hold a current contact email address for your Meet Secretary.

## **WITHDRAWALS/POOLSIDE PASSES/GENERAL INFORMATION**

### **Withdrawals**

**Refunds will only be issued on Medical Grounds if a Medical Certificate is presented. Refunds will not be issued after the Meet Programme has been finalised in any other circumstances.**

**Please note: Any late withdrawals from Heats on medical grounds should be discussed with the Meet Director prior to being submitted to the Recorders.**

Please see withdrawal details below

### **Heats**

Any withdrawals (including reserves) prior to the first day of the Meet should be notified using the online form below.

### **Online Withdrawal Form**

**Deadline – 2pm Friday 16<sup>th</sup> January 2026**

Withdrawals will be accepted on the day at the recorders desk before the start of the warm-up for the session the athlete is being withdrawn from.

Athletes failing to comply with the above (except in the case of a genuine illness or proven emergency) will be liable to a £10 fine for each late or undeclared withdrawal

### **Finals**

Competitors wishing to withdraw from a Final (including reserves) must inform the Recorders in writing on the form provided within 30 minutes of Finalists Lists having been published or announced. Any competitor withdrawing from a final in such a manner as to prevent a reserve taking part (except in the case of a genuine illness or proven emergency) shall be suspended from all further events at the meet. Athletes failing to comply with the above (except in the case of a genuine illness or proven emergency) will be liable to a £20 fine for each late or undeclared withdrawal.

Please note: Any late withdrawals from Heats or Finals on medical grounds during the event should be discussed with the Meet Director prior to being submitted to the Recorders.

### **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, 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 (DOB) will only be shared with:

- Scottish Swimming for the purpose of maintaining the National Database which is used for Squad Selection and
- Swim England for inclusion on Rankings

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.

## **Event Regulations**

Entry and Entries to all events is expressly subject to the Event Regulations on our website which can be found [here](#) and may, where appropriate, also require compliance with the facility provider's regulations.

SASA Midland District reserves absolutely the right to eject from events any person failing to comply with each and all of the Event Regulations.

## **Transgender and Non-Binary Competition Policy**

As of the 1st January 2024 the Scottish Swimming Transgender & Non-Binary Competition Policy will be implemented nationally across all aquatics sports. 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.

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.

## **Marshalling**

Swimmers must report to marshalling for heats & Finals at least 5 races prior to their race. If a swimmer has not reported to marshalling by the time their race is in the final call room, they will not be permitted to swim and a reserve, if available, shall swim in their place.

The final call room shall be the last row of seats in marshalling prior to moving to the blocks

## **Swimwear**

Aquatics GB and Scottish Swimming advise that World Aquatics BL 8.1 only applies to Olympic Games and WORLD AQUATICS events. A suit check will only be made if a World or European record is being claimed. There is not a requirement for officials to check that costumes are on the approved World Aquatics list. Bylaws BL 8.2 and BL 8.3 cover our requirements for design and material.

### **SW8.0 Scottish Swimming Rules**

### **SW8.8 Swimwear Policy**

SW 8.8.1 For events held under the direct jurisdiction and control of Scottish Swimming the Scottish Swimming "Swimwear Policy" shall also apply. This policy is included in full in Appendix 1 of these regulations.

**Swimmers 13 years and younger cannot now compete wearing technical suits in Scottish Swimming licensed or registered events. For further information and FAQ's please see [Swimwear | Scottish Swimming](#)**

## **Media & Photography Information**

Throughout this event SASA Midland District will may have a number of authorised media 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 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 this form**. If at any time a competitor wishes a static image to be removed from our website, 7 days' notice must be given to SASA Midland District.

## **Team Staff – Scottish Clubs**

All Team Staff must have a VALID District Poolside Pass or Scottish National Events Pass.

Without a valid pass the member of staff will NOT be permitted entry to the event.

**All passes must be printed and worn by all team personnel and always made visible.**

**Teams will be limited to 2 members of staff for the first 20 swimmers and 1 member of staff for each 10 swimmers thereafter.**

## **Applying for a Pass – Closes Friday 9<sup>th</sup> January 2026**

**Applicants:-** The following criteria needs to be met to allow you to apply for a pass:-

<b>Scottish Swimming Members</b>	<b>Non-Scottish Swimming Members</b>
be a current member of Scottish Swimming	be a current member of your Governing Body
have a current PVG with your Scottish Swimming affiliated club	be CRB/DBS checked through either: Swim England/Swim Wales
must hold a valid Child Wellbeing and Protection in Sport (CWPS) certificate or CWPS Renewal Award	must hold a valid Safeguarding certificate with your Governing Body
have a photograph on your Just Go Membership profile (Photographs should be taken under the same rules as passport photographs)	

**District Annual Poolside Passes cannot be used at National Events, a separate pass should be purchased from Scottish Swimming.**

Go to the Scottish Swimming Login page:- **click here**

Once logged into Just Go, you can use the links below, which will take you directly to the pass application. If you are not logged in the links will just take you to the log in page.

Midland District Pass Link	TBC
East District Pass Link	TBC
North District Pass Link	TBC
West District Pass Link	TBC

Coaches who have a Scottish National Events Pass do not need to have a District Pass and can use their National Pass to access poolside.

## **Team Staff – Non Scottish Clubs**

Non Scottish Clubs should contact [swimming.midlandsasa@outlook.com](mailto:swimming.midlandsasa@outlook.com) by Friday 9<sup>th</sup> January to arrange a poolside pass.

## **Team Staff - Lunches**

Lunches may be purchased for Team Staff at a cost of £6.00 per day per person. Please notify the number of lunches required on the Online Application Entry Summary (link on Page 7)

## **Technical officials**

### **Sign Up**

Please can STO's complete the following forms to confirm availability.

[Online Sign Up](#) - by 9<sup>th</sup> January 2026

### **Midland District Clubs**

MSW6.2 Midland District Clubs and teams entering swimmers in any District Meet/Championships, with the exception of clubs entering teams that are wholly 1<sup>st</sup> claim athletes to a University club, must provide the names of technical officials attending each session of the Meet, to comply with the requirements of MSW6.3. This information must be received by the District STO Convenor no later than 7 days before the first day of the Meet on the appropriate form.

### **MSW6.3**

Total no. of Swimmers Entered	No. of officials per session
1 – 2	0 Officials Required
3 – 5	1 Official
6 – 8	2 Officials at least one of which must be Judge 1 or above
9 – 12	3 Officials at least one of which must be Judge 2 or above
13 – 16	4 Officials at least one of which must be a Judge 1 or above & one of which must be a Judge 2 or above
17 – 20	5 Officials at least one of which must be a Judge or above & one of which must be a Judge 2 or above
21+	6 Officials at least two of which must be a Judge 2 or above & one of which must be a Judge 2 or above

AOE Operator & Recorder count as a Judge 2 level

Appointed Announcers & Marshalls count as Judge 1 level

Any changes or additions to the submitted officials form on the day must be clearly indicated to the Meet Referee or District STO Covenor if present.

MSW6.4 For the purposes of determining how many swimmers a Club has entered into a Midland District Meet or championships, only swimmers entered into individual events shall be counted.

- MSW6.5 A Midland District club failing to provide Technical Officials in accordance with the criteria in SW6.3, will be subject to a fine as agreed at the AGM for each session in which the required officials are not present. The Midland District Swimming & Championship Convenor in conjunction with the Midland District STO Convenor may agree to wave fines for a meet providing sufficient technical officials are present for the duration of the meet.
- MSW6.6 Where the Meet or Session Referees agree that there are sufficient Swimming Technical Officials present to ensure adequate cover in any session, an official may be mentored at the next level for which they were training. All officials will count at their existing qualification level as per MSW6.3.

### **STO Poolside Uniform**

In accordance with the Aquatics GB and Scottish Swimming Rules, the poolside uniform for technical officials at Midland District Events is:

White top,  
Black trousers, dress or skirt and must be below the knees  
Black poolside shoes, Black socks and Black accessories

### **Catering & Refreshments**

All technical officials should bring their own water bottle. Water fountains will be available at the pool.

Officials who volunteer for both sessions on any given day will be provided with Lunch and refreshments.

## **AWARDS & PRESENTATIONS**

### **Medals**

Medals will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in the A & Junior Finals.

Medals will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in the Heat Declared Winner Events

Medals will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Junior Teams in the Relays

### **Presentations**

There shall be no formal medal presentations, medals can be collected at the medal table for both HDW and Final events following the events completion during the session. Uncollected medals will not be posted out to clubs.