

**SWIM-IT**

**Mini Meet**

**MICHAEL WOOD LEISURE CENTRE, GLENROTHES**

**Saturday 11th October 2025**

SESSION 1: Warm-up 09.00 Start 09:30

SESSION 2: Warm 12.:30 Start 13:00

Licence number :

L3/ED/062/OCT25

**SWIM-IT Mini Meet**

Please join us for our Mini meet at the Michael Wood Leisure Centre in Glenrothes.

Date: Saturday 11th October 2025

Pool: 8 lane 25 metre; full electronic timing with 8 lane display scoreboard;

anti-wave lane ropes; spectator area; cafeteria.

Time: **Session** **Warm-up** **Start**

1 09.00-09:25 09:30

2 12.30-12.55 13:00

Clubs will be allocated a warm up time for each session. Clubs from further afield should indicate if they prefer a later warm up time.

Warm up times subject to change after entries received.

Ages: As at 11th October 2025

Age groups: Morning - 8 years and under, 9 years, 10 years, 11 years, 12 years.

For the 100 metre event 8-9 years, 10-11 years and 12 years.

Afternoon – 7-9 years, 10-11 years, 12 years.

For the 100 metre events 8-12 years.

Events: **Morning**

25m Front crawl Kick, 25m Backstroke Kick, 25m Breaststroke kick, ,

25m Freestyle, 25m Backstroke, 25m Breaststroke, 25m Butterfly

4 x 25m Freestyle Relay (mixed)

**Afternoon**

50 metre Butterfly, 50 metre Backstroke, 50 metre Breaststroke, 50 metre Butterfly, 100 metre Freestyle, 100 metre Individual Medley, 4x25m Freestyle Relay.

There are no consideration times.

The Kick events: Front crawl and breaststroke is with a kickboard, backstroke is in streamline

**The Meet has a level 3 licence**

Entry fees: £5.00 per individual event. Relays £7.50 per team.

Poolside pass: £2.00 per person includes start sheets. **\*All poolside personnel must purchase and wear a poolside pass. The passes are person specific, not club specific\***

Coaches meal: £6.00 per meal.

Awards: Awards will be presented to 1st-3rd in each event. Medals will be issued for all events based on male/open and female categories. These can be collected from the medal table

Officials: To help with the smooth running of the meet, clubs are respectfully asked to provide 2 technical officials per session where possible.

**Closing date for entries:** **noon 10 September 2025**

**Return to: Susan Liddle**

**E-mail:** [susan.liddle@googlemail.com](mailto:susan.liddle@googlemail.com)

**Meet Rules**

* The meet will be held under S.A.S.A. rules.
* Age as at the 11th October 2025.
* All swimmers of Scottish clubs must have a current S.A.S.A. registration number.
* All swimmers of non-Scottish clubs must be registered with their governing body.
* The pool is 25 metres long with 8 lanes separated by anti-wave lane ropes.
* Electronic timing will be in operation. In the event this fails, back-up manual timing will be used.
* Swimmers, coaches and team managers must ensure that all their swimmers can safely dive into deep or shallow water as prescribed by current/planned legislation.
* It is the responsibility of clubs to ensure their swimmers are aware of the meet rules.

**Entries**

* Closing date for entries noon 10 September 2025.
* **All entries will be made via Hytek Event Files only, a copy of which can be downloaded from Swim Scotland**
* The promoter reserves the right to restrict entries to facilitate the smooth running of the meet. In the event the meet is oversubscribed, it would be the intention to have a medal table and also scratch the fastest swimmers first.
* **There are no entry time limits, however, should events be oversubscribed, priority will be given to those swimming in other events on the programme.**
* There are no refunds for entries withdrawn after the draft programme is prepared.
* Entries from composite teams will not be accepted.

**Events**

* Over the top starts may be used at the discretion of the promoters.
* Swimmers must report to the competitor stewards in the designated marshalling area at least FIVE heats in advance as appropriate or as advised by the promoters.
* There will be a maximum of three reserves per event and age group.
* All events will be swum as heat declared winners.
* Relay teams consist of 2 males/open and 2 females from the relevant age group.

**Miscellaneous**

* The centre has a cafeteria. There may be a raffle or other fundraising activities.
* The promoters reserve the right to exclude or refuse admission to any competitor, spectator or team official.
* Swimmers and coaches must not take glassware into the showers or on to poolside and are liable for expulsion from the meet if found to do so.
* Neither Swim-IT Swimming Club nor Michael Woods Leisure Centre can be held responsible for loss or damage to swimmer's, team staff or spectator's property. Swimmers are strongly advised to secure property in the lockers in the changing rooms and not to leave belongings lying around unattended.
* Swimmers out with the poolside must wear dry clothing and footwear at all times.
* Anything not covered above or printed in the event programme is at the promoter's discretion.
* Swim-IT Swimming Club will have a medal table, where medals can be collected.
* Medals will be issued for all events based on male/open and female categories.
* Swim-IT Swimming Club reserves the right to vary the above conditions as necessary.
* No guarantee can be given by Swim-IT Swimming Club that the event will take place at a particular time, place or date and reserve the right to reschedule the event without notice and without liability for doing so. It is expected that this would only be as a result of unforeseen circumstances, e.g. venue / facility failure or adverse weather. In the event of postponement, cancellation or abandonment of the event, refunds if any, will be made at the absolute discretion of Swim-IT Swimming Club. Swim-IT Swimming Club 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 or accommodation costs.

**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 ad ult, which could present a risk of harm to that individual if common sense procedures are not followed.

Parents and carers of participants under the age of 18 who wish to take images are requested to focus on their own children as much as reasonably possible and to avoid including other children in images, particularly if those images are being shared with family and friends or through social media platforms.

Whilst it is acknowledged that parents/carers wish to celebrate the achievements of their own children when taking part in aquatic events, it should be recognised and respected that other parents/carers may not wish for their child’s images to be taken and shared in this way.

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

**Transgender & Non-Binary Competition**

The Scottish Swimming Transgender & Non-Binary Competition Policy was implemented on 1st January 2024. The policy and FAQs can be found [HERE](https://www.scottishswimming.com/about-us/equality). 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.

**Scottish Swimming Swimsuit Policy**

Please note that for swimmers aged 13 or younger, the Scottish Swimsuit Policy will be in place. Please make sure your swimmers/parents have read the policy and understand which suits can / cannot be worn ahead of the weekend. If they are wearing one of the suits which have been banned for this age group, they will not be allowed to compete. The link to the policy is here – [Swimwear Policies](https://www.scottishswimming.com/our%20sports/swimming/swimsuits)

There is also a visual guide here - [Technical-swimsuit-poster2022.pdf](https://ocs-sport.ams3.cdn.digitaloceanspaces.com/scotswim-full/2022/06/Technical-swimsuit-poster2022.pdf)

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| **Session 1 - Warm 9am : Start 9.30am (Subject to change after entries received)** | | | | | |
| Event |  | | | |  |
| 101 | 8 and under  9  10  11  12 | Mixed | 25m | Front crawl Kick |  |
| 102 | 8 and under  9  10  11  12 | Mixed | 25m | Backstroke Kick |  |
| 103 | 8 and under  9  10  11  12 | Mixed | 25m | Breaststroke kick |  |
| 104 | 8 and under  9  10  11  12 | Mixed | 25m | Freestyle |  |
| 105 | 8 and under  9  10  11  12 | Mixed | 25m | Backstroke |  |
| 106 | 8 and under  9  10  11  12 | Mixed | 25m | Breaststroke |  |
| 107 | 8 and under  9  10  11  12 | Mixed | 25m | Butterfly |  |
| 108 | 8-9  10-11  12 | Mixed | 4x25m Relay | Freestyle |  |

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| **Session 2 - Warm 12.30 : Start 13.00 (subject to change after entries received)** | | | | | |
| Event |  | | | |  |
| 201 | 7-9 years,  10-11years, 12 years | Female | 50 metre | Butterfly |  |
| 202 | 7-9 years, 10-11years, 12 years | Male & Open | 50 metre | Butterfly |  |
| 203 | 7-9 years, 10-11years, 12 years | Female | 50 metre | Backstroke |  |
| 204 | 7-9 years, 10-11years, 12 years | Male & Open | 50 metre | Backstroke |  |
| 205 | 7-9 years, 10-11years, 12 years | Female | 50 metre | Breaststroke |  |
| 206 | 7-9 years, 10-11years, 12 years | Male & Open | 50 metre | Breaststroke |  |
| 207 | 7-9 years, 10-11years, 12 years | Female | 50 metre | Butterfly |  |
| 208 | 7-9 years, 10-11years, 12 years | Male & Open | 50 metre | Butterfly |  |
| 209 | 8-12 years | Mixed | 100 metre | Freestyle |  |
| 210 | 8-12 years | Mixed | 100 metre | IM |  |
| 211 | 8-12 years | Mixed | 4x25m Relay | Freestyle |  |

**SWIM-IT MINI MEET**

**11th Oct 2025**

Please return this completed form via email to [entries@swim-it.co.uk](mailto:entries@swim-it.co.uk)

Please pay online to:

Bank of Scotland

Sort Code: 802260

Account Number: 12553061

Ref: MM/CLUB NAME

If online payment not possible, upon request please return this completed form (with a cheque made payable to ‘Swim-IT Swimming Club’) to Treasurer, Swim-IT Swimming Club, c/o Bents Cottage, Cannop Crescent, Bents EH47 8EH.

Club name …………………………………..........................

Contact Name …………………..…………………………..

Telephone No …………..………………………………….

Email address………………………………………..…….

Total number of individual entries……...@ £5.00 £……………

Total number of relay entries……..........@ £7.50 £……………

Poolside Passes ……………………….. @ £2.00 £……………

Coaches lunch ………..………………...@ £6:00 £……………

TOTAL ENTRY FEE £……………

**Officials and Timekeepers**

Please list below the names of STO’s, their level ( J1, J2 etc. ) and timekeepers. Please also identify any probationers ( P ).

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| **Preferred duty** | **S1 S2** | |
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| **Timekeepers** |  |  |
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