



Tranent Amateur Swimming Club

invites you to the

XMAS GALA

Saturday 6th December 2025

Mercat Gait Centre, Prestonpans

Licence number: L3/ED/057/DEC25 (AM) + L2/ED/058/DEC25 (PM)

General Information

- Date:** Saturday 6th December 2025
- Venue:** Mercat Gait Centre, Prestonpans, East Lothian, EH32 9EN
- Pool:** 6 lane, 25 metre pool with anti-wave lane ropes; full electronic timing with 3 lane display board. The pool has a spectator area.
- Ages:** Age on day of meet.
- Age Groups:** Session 1: 9 years and under, 10-11 years
Session 2: 11-12 years, 13-14 years, 15+ years
- 11 year olds should enter only one of either the morning session or afternoon sessions.**
- Awards:** Medals for top 3 in each age group. There will be presentations in the AM session and a medal table for the PM session. Medals can be collected in the afternoon following the posting of results.
- Xmas spot prizes will be awarded to winners of randomly selected heats. These heats will be made known prior to the heat start.**
- Events:** All events are heat declared winners. All events will be swum as open and split for results into age groups.
- Sessions:** Session 1: 9am warm up for 9:45am session start.
Session 2: 1:30pm warm up for 2:15pm session start.
- WARM UP TIMES MAYBE SUBJECT TO CHANGE WHEN A DRAFT PROGRAMME IS PREPARED.
- Entry Fees:** £6.00 per 50m event
£7.00 per 100m event
£5.00 per relay event
- Entries:** Entries should be made on Hy-tek entry files no later than **midday on 11th November 2025**.
Entries should be sent to **Susan Liddle** by email at susan.liddle@googlemail.com
- Officials:** We ask that clubs entering please indicate officials willing to officiate at this event.
- Club staff:** We ask that clubs entering provide a list of names of those attending and that they have a district pass. Also please note the number of deck staff may be limited according to numbers of swimmers attending from their club.

Schedule of Events:

AM	PM
101 – Female 50m Butterfly	201 – Female 50m Butterfly
102 – Male/Open 50m Butterfly	202 – Male/Open 50m Butterfly
103 – Female 50m Backstroke	203 – Female 50m Backstroke
104 – Male/Open 50m Backstroke	204 – Male/Open 50m Backstroke
105 – Female 50m Breaststroke	205 – Female 50m Breaststroke
106 – Male/Open 50m Breaststroke	206 – Male/Open 50m Breaststroke
107 – Female 50m Freestyle	207 – Female 100m Freestyle
108 – Male/Open 50m Freestyle	208 – Male/Open 100m Freestyle
109 – Female 100m Individual Medley	209 – Female 100m Individual Medley
110 – Male/Open 100m Individual Medley	210 – Male/Open 100m Individual Medley
111 – Mixed 4x50m Free Relay	211 – Mixed 4x50m Free Relay

Relays must be made up of 2 girls and 2 boys.

Morning relays must consist of 2 swimmers aged 9+Under and 2 swimmers aged 10-11 years

Afternoon relays must consist of 2 swimmers aged 13+Under and 2 swimmers aged 14+Over

Rules

- The current World Aquatics and SASA rules of competitive swimming will apply.
- The meet shall be run in accordance with SASA's Transgender & Non-Binary Competition Policy.
- All events will be **Heat Declared Winners**.
- All swimmers must have a current SASA or equivalent registration number.
- Age is as on day of competition.
- Electronic timing will be in operation. In the event of electronic failure, back-up manual timing will be used.
- The organisers reserve the right to restrict entries to allow for the smooth running of the meet. Rejected entries will be refunded in full.
- Swimmers must act on the instructions given by the meet officials and behave in a reasonable manner at all times.
- It is the responsibility of each club to ensure that their swimmers are aware of the meet rules and guidelines.
- Swimmers must report to the designated marshalling area **a minimum of four heats in advance**. It is the responsibility of the clubs/coaches to ensure that their swimmers report to marshalling on time.
- Over the top starts may be used to help the smooth running of the event.
- **IN THE EVENT OF THE MEET BEING OVERSUBSCRIBED, ONLY 'A' TEAMS WILL BE ACCEPTED FOR RELAY EVENTS**

Warm Up

- Warm up may only commence when advised to do so.
- Diving only in sprint lanes when introduced.
- Meet stewards will determine sprint lanes.
- No congregating allowed at either end of the lanes.

Miscellaneous

- The use of mobile phones is prohibited in the changing rooms.
- The organisers reserve the right to exclude or refuse admission to any competitor, spectator, or team official.
- Neither Tranent ASC or the Mercat Gait Leisure Centre can be held responsible for loss or damage to any property. Swimmers should use the lockers provided and not leave belongings lying around unattended. Bags should be stored in lockers and not brought onto poolside.
- Any belongings left in unlocked lockers or changing rooms will be removed.
- Swimmers must act on the instructions of meet officials and behave in a responsible manner at all times.
- No glassware may be taken into showers or poolside. Anyone doing so will be liable to expulsion from the meet.
- Outdoor footwear must not be worn on the poolside area.
- Swimmers **MUST** wear dry clothing and footwear at all times when not on the poolside area.
- The Tranent ASC committee retains the right to amend any of the above conditions as necessary.
- Anything not covered in the above or in the event programme will be at the organisers' discretion.

Swimwear Policy

Swimwear Aquatics GB and Scottish Swimming advise that World Aquatics BL8.1 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. Bylaws BL 8.2 and BL 8.3 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](#).

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.

Health and Safety Announcement

PHOTOGRAPHY STATEMENT

Tranent ASC XMAS Gala:

By attending the event either as a participant, volunteer, team staff or spectator, you accept that any photographs / videos taken will not be used for illicit purposes or that pictures / films produced will not be altered in any way or uploaded onto the web without the consent in writing of the person(s) photographed / filmed. **The use of mobile phones or other electronic devices capable of photography are not permitted to be used at any time in the changing village, toilets or shower areas.**

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 use of professional camera equipment and flash photography is prohibited at the Event. Only accredited media can use this type of equipment. Media wishing to gain accreditation must put the request in writing to the event organiser prior to the start of the competition.

Please scan the QR code to read the East District & Scottish Swimming photography statement:



Tranent Amateur Swimming Club
Christmas Gala – Saturday 6th December 2025

Entry Form Summary

This summary sheet should be completed and returned with meet entries

Name of Club -

Club Code -

Contact Name -

Telephone -

Number of Male/Open entries	@ £6.00 each (50m) =	Total:
	@ £7.00 each (100m) =	Total:

Number of Female entries	@ £6.00 each (50m) =	Total:
	@ £7.00 each (100m) =	Total:

Number of relay entries	@ £5.00 each =	Total:
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Total Amount Enclosed:

Signed:

Position:

Please make payments by bank transfer to the following

Account Name	Tranent Amateur Swimming Club
Bank	Bank of Scotland
Branch	Haddington
Account	06002237
Sort Code	80-08-23
Reference (please quote)	Club Code/TASC Xmas

Payments may be made by cheque on request.