

Heart of Midlothian

Amateur Swimming Club



SNAGs

LAST CHANCE

MEET

**Michael Woods Centre,
Glenrothes**

Saturday 28th February
Sunday 1st March 2026

L2/ED/027/FEB26

www.swimhearts.com

Heart of Midlothian

Amateur Swimming Club

invite you to their

SNAGs LAST CHANCE MEET

(Under S.A.S.A. Laws and Licence Number L2/ED/027/FEB26)

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#### General Information

**Date:** Saturday 28<sup>th</sup> February & Sunday 1<sup>st</sup> March 2026

**Venue:** Michael Woods Centre, Glenrothes, KY6 2RD

**Pool:** 8 lane 25 metre; full electronic timing with 8 lane display scoreboard; anti-wave lane ropes; spectator area; cafeteria.

| <b>Time:</b>  | <b>Warm-up</b> | <b>Start</b> | <b>Finish</b> |
|---------------|----------------|--------------|---------------|
| Session 1 & 3 | 08:30- 09:25   | 09:30        | 12:30         |
| Session 2 & 4 | 13:00 - 13:55  | 14:00        | 17:00         |

**Ages:** As at 1<sup>st</sup> March 2026

**Age groups:** 10-12 years, 13 years, 14 years, 15/16 years, 17 years & over

**Events:** 50m all, 100m all strokes, 200m all strokes, 200m & 400 IM, 400 Free (HDW)

**Entry Fees:** £7.00 per 50m & 100m event  
£8.00 per 200m event  
£9.00 per 400m event

**Awards:** As this competition is primarily serving as a chance to post consideration / qualification times for the Scottish National Age Group Champs there will be no awards.

**Officials:** Any Swimming Technical Officials travelling with clubs are asked to make themselves available for assistance on the day. It would be appreciated if each club attending could provide a minimum of two STOs per session. Please contact [sto@swimhearts.com](mailto:sto@swimhearts.com) if you can assist.

**Closing date for entries:** 12:00 (noon) Wednesday 11<sup>th</sup> February 2026

*Hy-Tek entry files can be obtained from:*  
**Susan Liddle**

**e-mail:** [susan.liddle@googlemail.com](mailto:susan.liddle@googlemail.com)  
**website:** [www.swimscotland.co.uk](http://www.swimscotland.co.uk)

## Specific Information

### Meet Rules

- The meet shall be held under S.A.S.A. Rules.
- Ages as at 1<sup>st</sup> March 2026.
- All swimmers of Scottish clubs / teams must have a current S.A.S.A. registration number.
- All swimmers of non-Scottish clubs / teams 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 of electronic timing failure, the 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. There will be no diving at the shallow end of the pool.
- Swimmers must act on the instructions given by meet officials and behave in a reasonable manner at all times. It is the responsibility of each club / team to ensure that their swimmers are aware of the meet rules and guidelines.
- All coaches / team staff attending the meet should be in possession of an East District or Scottish Swimming Coach Pass.

### Entries and Events

- Closing date for entries is **12:00 (noon) Wednesday 11<sup>th</sup> February 2026**. Late entries will not be accepted.
- All entries must be made by Hy-Tek entry files and these can be downloaded from [www.swimscotland.co.uk](http://www.swimscotland.co.uk) or requested via e-mail.
- Start sheets will be issued in advance.
- Withdrawals should be made using the link that will be provided by 18:00 26<sup>th</sup> February 2026.
- The promoters reserve the right to restrict entries in order to facilitate the smooth running of the meet. Entries will be accepted on time basis. Clubs / teams should ensure entry times are accurate. Rejected entries will be refunded in full.
- Over the top starts may be used at the discretion of the promoters in order to facilitate the smooth running of the meet.
- All events are Heat Declared Winner with seeding based on entry times, results will be separated out for each of the five age groups (10-12, 13, 14, 15/16, 17 & over)
- Swimmers must report to the competitor stewards in the designated marshalling area.
- Swimmers should only enter one of the Mixed 200m IM events (Events 108 / 208 / 308 / 408). We are providing increased opportunity to swim this event with a particular focus on the younger age group (10-12 years) posting times for Scottish Swimming's Junior Academy programme.

### Warm-up and Session Times

|                          | <b>Warm-up</b> | <b>Start</b> | <b>Finish</b> |
|--------------------------|----------------|--------------|---------------|
| <i>Session 1 &amp; 3</i> | 08:30- 09:25   | 09:30        | 12:30         |
| <i>Session 2 &amp; 4</i> | 13:00 -13:55   | 14:00        | 17:00         |

- The warm-ups may only commence when advised to do so by the warm-up marshals.
- There will be no diving allowed during warm-ups other than those in allocated, controlled sprint / pace lanes.
- Swimmers must keep moving during warm-ups and avoid congestion in any part of the pool.
- Sprint / pace lanes will be made available during the final ten minutes of each warm-up period. Stewards may control these as necessary to avoid congestion and diving in on push-start swimmers.
- Lanes 1, 3, 5 & 7 are to be swum in a clockwise direction and Lanes 2, 4, 6 & 8 swum in an anti-clockwise direction.

### Miscellaneous

- This will be a Level 2 Licensed Meet: Licence Number L2/ED/027/FEB26. Accreditation will be applied for.
- 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 Heart of Midlothian ASC nor Michael Woods 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 provided in the changing rooms and not to leave belongings lying around unattended.
- Swimmers outwith the poolside must wear dry clothing and footwear at all times.
- Outdoor footwear must not be worn on the poolside area.
- Anything not covered above and not printed in the event programme will be at the promoter's discretion.
- Heart of Midlothian ASC reserve the right to vary the above conditions as necessary.

### **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.

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 from 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](#). 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 - <https://www.scottishswimming.com/our-sports/swimming/swimsuits> there is also a visual guide here - <https://ocs-sport.ams3.cdn.digitaloceanspaces.com/scotswim-full/2022/06/Technical-swimsuit-poster2022.pdf>

# Hearts SNAGs Last Chance Meet

## Saturday 28<sup>th</sup> February & Sunday 1<sup>st</sup> March 2026

### Programme of Events

| Session 1<br>Saturday 28 <sup>th</sup> February AM |                                    | Session 2<br>Saturday 28 <sup>th</sup> February PM |                                   |
|----------------------------------------------------|------------------------------------|----------------------------------------------------|-----------------------------------|
| #                                                  | EVENT                              | #                                                  | EVENT                             |
| 101                                                | Female 400 IM (HDW)                | 201                                                | Male 400 IM (HDW)                 |
| 102                                                | Male & Open 50 Freestyle (HDW)     | 202                                                | Female 50 Breaststroke (HDW)      |
| 103                                                | Female 50 Freestyle (HDW)          | 203                                                | Male & Open 50 Breaststroke (HDW) |
| 104                                                | Male & Open 200 Breaststroke (HDW) | 204                                                | Female 200 Freestyle (HDW)        |
| 105                                                | Female 200 Breaststroke (HDW)      | 205                                                | Male & Open 200 Freestyle (HDW)   |
| 106                                                | Male & Open 100 Backstroke (HDW)   | 206                                                | Female 100 Butterfly (HDW)        |
| 107                                                | Female 100 Backstroke (HDW)        | 207                                                | Male & Open 100 Butterfly (HDW)   |
| 108                                                | Mixed 200 IM (HDW)                 | 208                                                | Mixed 200 IM (HDW)                |

| Session 3<br>Sunday 1 <sup>st</sup> March AM |                                    | Session 4<br>Sunday 1 <sup>st</sup> March PM |                                  |
|----------------------------------------------|------------------------------------|----------------------------------------------|----------------------------------|
| #                                            | EVENT                              | #                                            | EVENT                            |
| 301                                          | Female 400 Freestyle (HDW)         | 401                                          | Male 400 Freestyle (HDW)         |
| 302                                          | Male & Open 50 Backstroke (HDW)    | 402                                          | Female 50 Butterfly (HDW)        |
| 303                                          | Female 50 Backstroke (HDW)         | 403                                          | Male & Open 50 Butterfly (HDW)   |
| 304                                          | Male & Open 200 Butterfly (HDW)    | 404                                          | Female 200 Backstroke (HDW)      |
| 305                                          | Female 200 Butterfly (HDW)         | 405                                          | Male & Open 200 Backstroke (HDW) |
| 306                                          | Male & Open 100 Breaststroke (HDW) | 406                                          | Female 100 Freestyle (HDW)       |
| 307                                          | Female 100 Breaststroke (HDW)      | 407                                          | Male & Open 100 Freestyle (HDW)  |
| 308                                          | Mixed 200 IM (HDW)                 | 408                                          | Mixed 200 IM (HDW)               |

# Heart of Midlothian

## Amateur Swimming Club

### SNAGs Last Chance Meet Saturday 28<sup>th</sup> February & Sunday 1<sup>st</sup> March 2026

#### Summary Entry Form

*## This form must be completed and returned with entries. ##*

Club Name: ..... Contact Name: .....

Club Code: ..... Address: .....

Telephone: .....

Total Female Entries (50/100): ..... @ £7.00 each: £.....

Total Male & Open Entries (50/100):.. @ £7.00 each: £.....

Total Female Entries (200): ..... @ £8.00 each: £.....

Total Male & Open Entries (200):..... @ £8.00 each: £.....

Total Female Entries (400): ..... @ £9.00 each: £.....

Total Male & Open Entries (400):..... @ £9.00 each: £.....

Total Amount Enclosed: £.....

Signed: .....

Position in club: .....

Please make cheques payable to: **HMASC**

Payment can be made by BACS: **Sort Code: 80 02 83**  
**Account: 00273523**

Return this form with entry file quoting "Club Code / HMSLC" no later than

**12:00 (noon) Wednesday 11<sup>th</sup> February 2026 to:**

**Susan Liddle**

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