



SASA EAST DISTRICT

September Kick Start

Meet Information

Michael Woods Centre, Glenrothes

27th and 28th September 2025

L2/180/SS/SEP25



About the East District September Kick Start	<p>The East District is holding a September Kick Start on 27th and 28th September 2025.</p> <p>Level 2 licence: L2/180/SS/SEP25XX</p> <p>The meet is aimed at athletes who did not achieve a consideration time or were oversubscribed for the East District Age Group Championships in a particular event and distance – please see eligibility section.</p> <p>Athletes who swam in the Championships may enter an event in which they were not accepted for, provided their entry time is not faster than the consideration times. Athletes may not enter events that they chose not to enter the Championship with where they had a consideration or qualifying time.</p> <p>All events will be swum as ‘open heats’, there will be no finals. Events are as outlined at the end of this document.</p> <p>Electronic timing will be in operation</p>
Date & Venue	<p>27th & 28th September 2025 Michael Woods Centre, Glenrothes</p>
Age Groups	<p>Group 1 – those born in 2014 & 2015 Group 2 – those born in 2013 Group 3 – those born in 2012 Group 4 – those born in 2011 Group 5 – those born in 2010 Group 6 – those born in 2009 or earlier</p> <p>Age as at 31st December 2026</p>
Events	<p>Events are: 100m all strokes 200m all strokes 200m Individual Medley 400m Individual Medley & Freestyle</p> <p>Clubs are invited to enter athletes, Groups 2 and above, for either the 800 or 1500 Freestyle which may be run at the meet Convenors discretion. Clubs will be notified in advance should the event be included.</p>
East District Contact	<p>Colin Matthews, East District Event Planning Email: sasaeastdistricteventplanning@gmail.com</p>
Entry deadline	<p>Closing dates for entries is 12 noon 9th September 2025</p>
Eligibility	<p>All athletes must be registered members of SASA, training with a club affiliated to Scottish Swimming at the time of the competition.</p> <p>Athletes who are first claim members of an East District club are eligible to swim in these championships for their first claim club. Athletes may only compete in their own year groups.</p> <p>Athletes who have qualified for the East District Age Group Championships but were oversubscribed may enter the event. The District reserve the right to cut the meet to ensure correctly targeted swimmers are provided an opportunity to gain EDAG times.</p> <ul style="list-style-type: none"> • Athletes who did not meet the consideration time in that event at the East District Age Group Championships • Athletes who were oversubscribed for the East District Age Group Championships • All athletes must be of the correct standard for the meet and entered with coach approval




	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.
Entry Guide	<p>This information regarding entry is a guide and is subject to change.</p> <p>Entry into the meets will be made by clubs on official entry files. It is likely that the competition as a whole may be oversubscribed and clubs should only enter athletes with coach approval who are the correct standard for the meet. The SASA East District Swim Committee reserve the right to reject athletes who are not of the required standard.</p> <p>Athletes not accepted to the event will have their entry fee refunded in full. Once the draft programme is issued no refunds will be given.</p> <p>The SASA 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.</p> <p>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.</p> <p>Times must be submitted for all events entered. Times submitted should be achieved on or after 1st June 2024. Only Hy-Tek conversions for 50m times may be used, other conversion tables used may see the swim rejected. The following types of events will be accepted:</p> <p style="padding-left: 40px;">SASA accredited meets and time trials (L1, L2, L3) Equivalent (L1 and L2) meets organised by ASA affiliated counties or clubs or other FINA affiliated organisations.</p> <p>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 <u>all</u> the club entries will be rejected.</p> <p>ENTRY FEES: Individual events £8.00</p>
Entry Process	<p>Entries will be by computer files, which will be downloadable from www.swimscotland.co.uk</p> <ul style="list-style-type: none"> • Entries should be sent by email to: sasaeastdistrictentries@gmail.com • The subject line MUST be Club Code/EDSEPT • Please ensure that you request a read receipt if you wish confirmation of entries being received <p style="text-align: center;">Please complete the Electronic Summary Sheet by 12 noon Tuesday 9th September 2025</p> <ul style="list-style-type: none"> • 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 <p>The closing dates for entries is 12 noon Tuesday 9th September 2025</p>
Payment	Payment can be made by bank transfer as follows:



	<p>Account name: SASA East District</p> <p>Bank Bank of Scotland</p> <p>Branch Musselburgh</p> <p>Account No 06001834</p> <p>Sort Code 80-17-68</p> <p>Your reference – please quote Club Code/EDSEPT</p> <p>ENTRY FEES:</p> <p>Individual events £8.00</p> <p>No entries will be accepted without the correct fee, Summary Sheet or with the Entry Files incorrectly completed</p>
Draft Programmes	<ul style="list-style-type: none"> 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 published Any withdrawals or amendments should be notified on the electronic withdrawal form prior to 12 noon Wednesday 24th September 2025 Start sheets will be issued via broadcast by 12 noon Friday 26th September 2025, no 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. Any further withdrawals should be notified via the electronic withdrawal form as soon as identified. This will enable the District to identify opportunities for additional swims for athletes.
Event Regulations	<p>Entry and Entries to all events is expressly subject to the SASA regulations in place at the time of the meet.</p> <p>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.</p>
Accreditation Passes	<p>There will be no accreditation passes provided, athletes will be checked in on the relevant day</p> <p>All Coaches and Team Managers must hold the relevant qualification/certification for their role and have a valid PVG, CWPS and an annual (2025) Scottish Swimming District or National Pass for the club they are representing at the meet. Clubs should ensure they apply for the relevant pass in sufficient time as no temporary passes will be issued and access will be refused where no pass is provided.</p> <p>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 as we will be carrying out poolside checks. Anyone not displaying and wearing an annual (2025) Scottish Swimming District or National Pass will be asked to leave the poolside or athlete area immediately. Should anyone be found not complying with our rule more than twice will be removed from poolside and/or the athlete area immediately and not be given access for the remainder of the meet. Repeat offenders may find themselves suspended from any future East District meet/s and will only be re-instated at the discretion of the East District Executive and Swimming Convenor.</p>



	<p>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 East District at least 3 days prior to the event.</p> <p>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 is added as a contact to receive these.</p> <p>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 24th September 2025.</p>
Spectating	Spectating will be available at venues on a first come first served basis. This is subject to facility guidelines in place at the time of the event.
Team and Individual Rewards	<p>The Jack Snowden Trophy</p> <p>Awarded to the top Female and top Male & Open World Aquatics points scorer at the September Kick Start meet who is equal to or faster than the 8th placed athlete in the equivalent event on the East District Age Group Championships 2024/2025.</p>
Controlling the Use of Photographic Equipment	<p>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.</p> <p>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.</p> <p>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.</p> <p>Please scan the QR code to read the Scottish Swimming wellbeing statement.</p>  <p>Throughout the September Kick Start 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 sasaeastdistrictsecretary@gmail.com after which the image will be removed.</p>



<p>Competition Disclaimer</p> <p>PLEASE NOTE:</p>	<p>No guarantee can be given by SASA East District that the meets 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 meet 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.</p> <p>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</p>
<p>Swimwear</p>	<p>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.</p> <ul style="list-style-type: none"> • SW8.0 Scottish Swimming Rules • SW8.8 Swimwear Policies <p>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.</p> <p>At this meet only the policy on Agreed Swimwear is relevant.</p>
<p>Transgender & Non-Binary Competition</p>	<p>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.</p> <p>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.</p>
<p>Safeguarding</p>	<p>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.</p>



Schedule of Events

September Kick Start – Michael Woods Centre, Glenrothes		27 th & 28 th September 2025
	Sat 27 th September	Sun 28 th September
	All Groups	
Morning Warm Up: 9.00am (tbc)	Mixed 400 Free Male & Open 100 Fly Female 100 Breast Male & Open 200 Back Female 200 Free Mixed 1500 Free*	Mixed 400 IM Female 100 Fly Male & Open 100 Breast Female 200 Back Male & Open 200 Free Mixed 800 Free*
	All Groups	
Afternoon Warm Up: 1.30pm (tbc)	Male & Open 200 Breast Female 100 Back Male & Open 100 Free Female 200 Fly Male & Open 200 IM	Female 200 Breast Male & Open 100 Back Female 100 Free Male & Open 200 Fly Female 200 IM

- *Subject to Convenors discretion



CONSIDERATION TIMES

EAST DISTRICT September Kick Start 2025

Entry times should be slower than the below consideration times

Year of birth	2015 & 2014	2013	2012	2011	2010	2009 or earlier
MALES	Group 1	Group 2	Group 3	Group 4	Group 5	Group 6
100m Freestyle	01:30.10	01:18.90	01:12.90	01:08.80	01:04.70	00:59.60
200m Freestyle	03:05.10	02:43.10	02:32.20	02:23.20	02:15.10	02:10.40
400m Freestyle	06:20.00	06:00.00	05:55.00	05:45.00	05:30.00	05:15.00
800m Freestyle	NA	11:40.00	11:00.00	10:50.00	10:30.00	10:10.00
1500 Freestyle	NA	21:30.00	21:00.00	20:30.00	19:50.00	19:00.00
100m Backstroke	01:42.20	01:33.10	01:26.00	01:17.90	01:14.90	01:11.90
200m Backstroke	03:15.10	03:05.20	03:00.10	02:48.50	02:40.10	02:29.90
100m Butterfly	01:50.40	01:32.20	01:26.10	01:20.10	01:16.00	01:07.90
200m Butterfly	03:30.30	03:20.20	03:07.60	03:03.10	02:48.10	02:32.10
100m Breaststroke	01:54.90	01:43.80	01:34.70	01:29.60	01:24.50	01:20.40
200m Breaststroke	03:44.30	03:33.20	03:15.10	03:05.20	03:00.10	02:50.10
200m IM	03:34.20	03:13.00	03:03.90	02:51.70	02:43.60	02:30.40
400m IM	07:10.00	06:35.00	06:15.00	06:00.00	05:45.00	05:30.00
Year of birth	2015 & 2014	2013	2012	2011	2010	2009 or earlier
FEMALES	Group 1	Group 2	Group 3	Group 4	Group 5	Group 6
100m Freestyle	01:20.00	01:15.90	01:10.80	01:10.30	01:09.30	01:06.80
200m Freestyle	02:50.20	02:40.10	02:32.10	02:28.10	02:23.10	02:20.10
400m Freestyle	06:20.00	06:10.00	06:00.00	05:50.00	05:40.00	05:30.00
800m Freestyle	NA	11:20.00	11:10.00	11:00.00	10:50.00	10:30.00
1500m Freestyle	NA	21:50.00	21:00.00	20:45.00	20:20.00	20:00.00
100 Backstroke	01:32.10	01:29.10	01:25.00	01:22.00	01:21.00	01:19.00
200m Backstroke	03:05.10	03:01.10	02:55.10	02:45.10	02:43.10	02:40.10
100 Butterfly	01:48.30	01:34.20	01:27.10	01:24.10	01:23.10	01:18.00
200m Butterfly	03:45.10	03:25.10	03:14.10	03:06.10	02:56.10	02:44.10
100 Breaststroke	01:47.80	01:38.70	01:34.70	01:31.60	01:29.60	01:25.50
200m Breaststroke	03:35.10	03:17.10	03:10.10	03:05.10	03:03.10	02:58.10
200m IM	03:08.90	03:06.90	03:00.80	02:55.80	02:52.70	02:43.60
400m IM	06:30.00	06:20.00	06:10.00	06:00.00	05:55.00	05:50.00

Consideration times are SC and determined by the qualifying times for the 2024/2025 Championship.