



MINI MEET

2026

at
Michael Wood Sports & Leisure Centre,
Glenrothes

Sunday 21st March 2026

SESSION 1: Warm-up 08:30 Start 09:30
SESSION 2: Warm-up 13:15 Start 14:00

Licence number: L3/ED/032/MAR26

Meet Objective	To provide younger swimmers the chance to compete in a relaxed atmosphere whilst having fun and recording/updating times.
Dates	Saturday 21st March 2026
Venue	Michael Wood Sports & Leisure Centre, Glenrothes, KY6 2RD
Session Times	Warm Up Session 1: 08:30; Start 09:30 Warm Up Session 2: 13:15; Start 14:00 Start times may be adjusted once entries have been received.
Pool	8 lane, 25m competition pool; full electronic timing and scoreboard; anti-wave lane ropes, spectator areas; car parking and cafeteria
Promoter	Carnegie Swimming Club
Events	25m, 50m, 100m Backstroke, Breaststroke & Butterfly 25m, 50m, 100m & 200m Freestyle 100m & 200m Individual Medley (<i>Swimmers may only enter 1 IM event</i>) 200m Relays This is a graded meet, swimmers must be slower than the consideration times stated in the table below to enter.
Age Groups	8 & Under, 9,10,11,12 and 13 years Age as at 21st of March 2026
Contact Info	galas@carnegieswimmingclub.co.uk
Level	This is a level 3 licensed meet. Licence number L3/ED/032/MAR26
Entry Process	Entries are via computer File which is available at www.swimscotland.co.uk or by emailing galas@carnegieswimmingclub.co.uk Please submit all entry files to galas@carnegieswimmingclub.co.uk
Entry Deadline	Friday 6th of March, 2026 at 12noon.
Entry Fees	£6 for 25m and 50m events £7 for 100m, 200m event £7 for Relays No Entries will be accepted without the correct fee

Coach Meals	Meals can be provided for Coaches at a cost of £5 per coach, Please indicate on the entry form how many meals you require.
Awards	<p>Medals awarded to the top 6 places in each event.</p> <p>Trophies will be awarded to the winners of the 200IM events in each age and eligibility category.</p> <p>A trophy will be awarded to the top visiting club based on overall points.</p> <p>Points will be awarded in each individual event and age group as follows: 1st - 9pts, 2nd - 7pts, 3rd - 6pts, 4th - 5pts, 5th - 4pts, 6th - 3pts, 7th - 2pts, 8th - 1pt</p> <p>There will be no presentations, medals will be available from the medal desk which will be located upstairs.</p>
Officials	<p>Each Club is requested to provide a minimum of 1 official qualified at Judge 1 level or above and two timekeepers for every 10 swimmers entered to the event.</p> <p>We are happy to support officials requiring mentoring towards completing their accreditation.</p>
Meet Rules	<p>The meet will be held under S.A.S.A. rules and regulations.</p> <p>Scottish Swimming "Swimwear Policies" shall apply. Bylaws BL 8.2 and BL 8.3 cover the requirement for design and material.</p> <p>Volunteers at poolside will be required to display the appropriate Scottish Swimming Event pass at all times in accordance with current Scottish Swimming guidelines.</p> <p>It is the responsibility of each club to ensure that their swimmers are aware of the meet rules and guidelines.</p> <p>Over the top starts may be used at the discretion of the promoter to facilitate the smooth running of the meet.</p>

	<p>Swimmers must report to the competition stewards in the designated marshalling area at least five heats in advance.</p>
Eligibility	<p>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.</p> <p>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.</p>
Keeping everyone safe	<p>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.</p> <p>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.</p> <p>Swimmers must wear dry clothing and footwear at all times when not on poolside or in the changing rooms.</p> <p>Swimmers and coaches must not take glassware into the showers or poolside and are liable for expulsion from the meet if they do.</p> <p>In line with Scottish Swimming guidance, all volunteers that are at poolside will require a valid Volunteer Poolside pass for this event, please ensure all volunteers, including Technical Officials have a pass in advance of the event and display this at all times when entering the event.</p>

	<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.</p> <p>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 the 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>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.</p> <p>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 image to be taken and shared in this way.</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 you have any child safeguarding concerns at the event, please contact the Event convenor immediately to disclose your concerns.</p> <p>Please refer to the Scottish Swimming Photography Statement for more information</p>
Entry Guidance	<p>The meet organisers reserve the right to restrict entries if required.</p> <p>Entries will be accepted on a time basis. Swimmers should be</p>

	<p>slower than the times in the table below. Swimmers with No Time (NT) will not be accepted. Clubs should ensure that an accurate time is entered.</p> <p>Should an event be over-subscribed, swimmers who are the fastest in that event and age group will be scratched first. Oversubscribed entries will be refunded in full.</p> <p>Individual entries from composite teams and composite entries from groups of clubs will not be accepted.</p> <p>If clubs do not have enough swimmers to enter the relay events, the organisers will permit a combined relay team consisting of swimmers from no more than two clubs, teams must be mixed eligibility and meet the age group criteria.</p> <p>The organiser reserves the right to accept relay entries on the day and to agree any mix of age and eligibility in order to have swimmers participate.</p>
Draft Programme, Start Sheets and Withdrawals	<p>A draft program will be issued via email by the 13th of March 2026. Refunds will not be given for withdrawals after the draft program has been issued.</p> <p>Withdrawals must be received by Noon on Monday 16th March 2026.</p> <p>Start sheets will be issued via email on Friday 20th March 2026 or sooner if possible. Start sheets will not be printed at the event, coaches and poolside helpers must bring their own copies.</p>
Spectators	<p>Spectators will be allowed entry to the spectator gallery for a fee of £3 per session or £5 for a full day.</p> <p>It may be necessary to limit the number of spectators to accommodate swimmers in the gallery.</p>
Competition Disclaimer	<p>Neither Carnegie Swimming Club nor Michael Wood Sports & Leisure Centre can be held responsible for loss or damage to</p>

swimmers, team staff or spectators property. Swimmers are strongly advised to secure their property and not to leave belongings lying around unattended.

No guarantee can be given by Carnegie Swimming Club that the event will take place at a particular time, place or date and the club reserves 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.

Carnegie 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 and accommodation costs.

Carnegie Swimming Club reserves the right to exclude or refuse admission to any competitor, spectator or team official.

Carnegie Swimming Club reserves the right to vary any conditions in the meet information.

Programme of Events:

Session 1 Saturday 21st March 2026			Warm Up 08:30, Start 09:30		
Event					
101	Male & Open	8 - 13	200m	Individual Medley	HDW
102	Female	8 - 13	200m	Individual Medley	HDW
103	Male & Open	8 - 13	100m	Individual Medley	HDW
104	Female	8 - 13	100m	Individual Medley	HDW
105	Male & Open	9-13	50m	Butterfly	HDW
106	Female	9-13	50m	Butterfly	HDW
107	Male & Open	8 and Under	25m	Backstroke	HDW
108	Female	8 and Under	25m	Backstroke	HDW
109	Male & Open	9-13	100m	Backstroke	HDW
110	Female	9-13	100m	Backstroke	HDW
111	Male & Open	9-13	50m	Breaststroke	HDW
112	Female	9-13	50m	Breaststroke	HDW
113	Male & Open	8 and Under	25m	Breaststroke	HDW
114	Female	8 and Under	25m	Breaststroke	HDW
115	Male & Open	9-13	100m	Free	HDW
116	Female	9-13	100m	Free	HDW

Session 2 Saturday 21st March 2026			Warm Up 13:15, Start 14:00		
Event					
201	Mixed	11-13	200m	Free Relay	HDW
202	Mixed	9-10	200m	Free Relay	HDW
203	Mixed	8 and under	200m	Free Relay	HDW
204	Male & Open	9-13	50m	Free	HDW
205	Female	9-13	50m	Free	HDW
206	Male & Open	9-13	100m	Butterfly	HDW
207	Female	9-13	100m	Butterfly	HDW
208	Male & Open	8 and Under	25m	Butterfly	HDW
209	Female	8 and Under	25m	Butterfly	HDW
210	Male & Open	9-13	50m	Backstroke	HDW
211	Female	9-13	50m	Backstroke	HDW
212	Male & Open	9-13	100m	Breaststroke	HDW
213	Female	9-13	100m	Breaststroke	HDW
214	Male & Open	8 and Under	25m	Free	HDW
215	Female	8 and Under	25m	Free	HDW
216	Male & Open	8-13	200m	Free	HDW
217	Female	8-13	200m	Free	HDW

Consideration Times:

Swimmer's times must be slower than the times below to enter. In the event the meet is oversubscribed, priority will be given to swimmers with slower times.

Female Slower Than Times							Male & Open Slower Than Times						
13	12	11	10	9	8/u	Event	8/u	9	10	11	12	13	
n/a	n/a	n/a	n/a	n/a	0:20.00	25m Free	0:20.00	n/a	n/a	n/a	n/a	n/a	
0:32.97	0:34.07	0:36.49	0:39.53	0:44.21	n/a	50m Free	n/a	0:54.99	0:49.46	0:36.39	0:33.44	0:31.39	
1:10.86	1:13.89	1:20.32	1:28.99	1:41.75	n/a	100m Free	n/a	1:54.05	1:51.75	1:20.02	1:12.88	1:07.78	
2:32.81	2:38.92	2:52.27	3:11.76	3:11.76	3:11.76	200m Free	3:58.11	3:58.11	3:58.11	2:52.08	2:36.23	2:26.83	
n/a	n/a	n/a	n/a	n/a	0:20.00	25m Back	0:20.00	n/a	n/a	n/a	n/a	n/a	
0:37.03	0:39.03	0:42.4	0:46.08	0:51.71	n/a	50m Back	n/a	1:04.75	0:58.11	0:42.72	0:38.88	0:36.55	
1:19.30	1:23.19	1:30.57	1:41.32	1:55.55	n/a	100m Back	n/a	2:11.08	2:08.38	1:31.57	1:23.02	1:17.19	
n/a	n/a	n/a	n/a	n/a	0:25.00	25m Breast	0:25.00	n/a	n/a	n/a	n/a	n/a	
0:41.96	0:43.73	0:47.71	0:52.93	0:59.05	n/a	50m Breast	n/a	1:15.12	1:06.85	0:48.53	0:43.49	0:40.66	
1:30.50	1:35.12	1:44.26	1:56.76	2:13.74	n/a	100m Breast	n/a	2:34.08	2:28.94	1:45.99	1:34.70	1:27.49	
n/a	n/a	n/a	n/a	n/a	0:25.00	25m Fly	0:25.00	n/a	n/a	n/a	n/a	n/a	
0:35.98	0:37.68	0:40.91	0:44.74	0:51.80	n/a	50m Fly	n/a	1:06.61	0:56.60	0:41.00	0:37.43	0:34.87	
1:19.76	1:23.90	1:32.62	1:49.15	2:08.13	n/a	100m Fly	n/a	2:30.90	2:17.06	1:32.97	1:23.25	1:16.45	
1:21.88	1:25.44	1:33.64	1:43.05	1:53.15	1:53.15	100m IM	2:08.58	2:08.58	2:08.98	1:34.25	1:25.25	1:19.95	
2:53.21	3:00.57	3:16.32	3:37.24	3:37.24	3:37.24	200m IM	4:35.74	4:35.74	4:35.74	3:16.30	2:57.88	2:47.90	

CARNEGIE SWIMMING CLUB
MINI MEET
21st March 2026

This form must be completed and returned with the Hytec entry file via email to
galas@carnegieswimmingclub.co.uk

Payment can be made by BACS quoting your club name as the reference.

Bank account details :

Sort Code : 80-06-55 Account : 00205200 Name : Carnegie Swimming Club

Club name

Contact Name

Telephone No

Email address.....

		Total
Number of Entries (100m and above)	____ @£7 each	
Number of Entries (25/50M)	____ @£6 each	
Relay Entries	____ @£7 each	
Coaches Meal Tickets (Sat)	____ @£5 each	
Coaches Meal Tickets (Sun)	____ @£5 each	
Total Paid		£

Officials and timekeepers

Please provide a minimum of 1 Judge 1 and 2 timekeepers for every 10 swimmers entered to this meet.

Provide details of officials using the link below, officials names must be submitted by 13th of March 2026

[**Enter Officials Details here refresh link before publication**](#)