

EAST DISTRICT MASTERS MEET 2026

28 NOVEMBER 2026



Mercat Gait Centre
PRESTONPANS

(Under World Aquatics Rules /Scottish Swimming Masters Regulations)

ONLINE ENTRIES ONLY

Licence number: **L2/197/SS/NOV26**

MEET INFORMATION

EVENTS

Individual

50 & 100 metre events in all strokes

100 & 200 metre Individual Medley, 200 Freestyle.

NOT A SPLASH BUT A DASH

25 metre events in all strokes – swimmers will start in the water at the shallow end.

Relays

Mixed 4 x 50 metre Medley and Freestyle Relays

Special Event

East District 400 metre (This allows entrants to swim any stroke including an individual Medley.

This event is open to A – O age categories) Stroke must be declared in advance of the swim taking place.

ENTRY FEES

Individual events

£6.00 per individual event for the 50, 100 & 200 events.

£4.00 per 25 metre event

East District 400

£6.50 per entry (this is a stand-alone event and not included in points toward awards)

Relays

£6.00 – All clubs guaranteed 1 relay per age group per event but can request additional entries which may be accepted dependent on time availability and will be at the sole discretion of the Meet Organisers.

Awards

Medals can be collected from the medals table situated in the foyer

Age Group awards will be intimated and can be collected from the Medals table

The table will be available for collections for 15 minutes after each session only

Age Groups

Age groups as per published and taken as age at 31 December 2026

Eligibility

Open to all nationalities. Entrants must be registered with a WA affiliated National Swimming body. Non GB swimmers **must** have authority from their governing body to swim in the event.

Closing date

Closing for online entries noon 05 November 2026

Please ensure you enter in time as there will be no late entries accepted

TEMPORARY MEMBERSHP available

Temporary membership is available for those who wish to enter but are not a member of a governing body.

Please use the link below, the cost for a temporary membership is £13.50

[Temporary Membership - Masters](#)

Online entries only using the links provided below:

Individual & Relay entries:

This link will be available from:

<https://www.swimmingresults.org/events/eastdistrictmasters26/>

entries live from 10 September 2026

If you are experiencing difficulties with the above, please contact
susan.liddle@googlemail.com

CLOSING DATE FOR INDIVIDUAL ENTRIES:

Noon on the 04 November 2026

CLOSING DATE FOR RELAY ENTRIES:

Noon on the 04 November 2026

PROGRAMME OF EVENTS

	SESSION ONE	Warm up: 09:00 Start time: 09:45
Event Number	Distance	Stroke
101	25 metres (not a splash but a dash)	Backstroke
102	100 metres	Freestyle
103	50 metres	Breaststroke
104	100 metres	Backstroke
105	50 metres	Butterfly
106	100 metres	Individual Medley
107	200 metres	Freestyle
108	25 metres (not a splash but a dash)	Breaststroke
109	4 x 50 metres	Mixed Medley Relay

	SESSION TWO	Warm up: 13:00 Start time: 13:45
Event Number	Distance	Stroke
201	400 Metre	East District Special Event
202	25 metres (not a splash but a dash)	Butterfly
203	25 metres (not a splash but a dash)	Freestyle
204	100 metres	Breaststroke
205	50 metres	Backstroke
206	200 metres	Individual Medley
207	50 metres	Freestyle
208	100 metres	Butterfly
209	4 x 50 metres	Mixed Freestyle Relay

ENTRIES WILL BE ONLINE ONLY AND PAYMENT WILL BE BY PAYPAL

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AGE GROUPS

INDIVIDUAL EVENTS

A	25-29 years	H	60-64 years		Special Category
B	30-34 years	I	65-69 years	Y	16-17 years
C	35-39 years	J	70-74 years	X	18-24 years*
D	40-44 years	K	75-79 years		
E	45-49 years	L	80-84 years		
F	50-54 years	M	85 + years		
G	55-59 years				

RELAY EVENTS

A	72-99 years
B	100-119 years
C	120-159 years
D	160-199 years
E	200-239 years
F	240-279 years
G	280-310 years
	* Special category competitors (X Age Group) may only participate in the team event 72+ years. The 72+ Category must have at least one swimmer from the 18-24 age group as part of its team.

AWARDS

Age groups

Best Male&Open and Female in each age group

Top Club

The trophy will be awarded to the Club to gains the most overall points throughout the competition as follows

Individual and Relay Event Points system

	1 st Place	2 nd Place	3 rd Place	4 th Place	5 th Place	6 th Place
Individual	8	6	4	3	2	1
Relays	12	10	8	6	4	2

In the event of a tie for any award, placing within swum events will be used to determine the outcome.

Sprints

Trophy for Top Male&Open and Female World Aquatics points scorer in any one of the 50 metre events (age converted.)

400metre

Award to the male and female (25+) closest to or exceeding, in percentage terms, the Australian Masters national record for her/ her age group and chosen stroke.

25 metre events

Fastest Male & Female, age converted swim in each event will receive an award.

**No Medals will be presented for
25metre events.**

Top Junior Team

Trophy for Top Team in the 16 -17 year category. Points will be awarded for the individual events.

PLEASE NOTE

Whilst the 16 -17 year old individual swims have their own Team Trophy, points gained in any relay team which includes this age group will count in the overall Top Team Trophy.

COMPETITORS SAFETY CODE

-  It is important that all Competitors read the 'Competitors Safety Code' entering the competition.
-  By submitting and paying for entries online the competitors confirms that they have understood and agree to abide by this code.
-  I am aware of the need to seek appropriate medical advice if I have any concerns as to the state of my health. I have not been informed by any medical practitioner and I do not have any knowledge of any medical condition which would make it inadvisable for me to participate in the Masters Swimming event or any other associated activities.
-  Accordingly, I hereby certify that I am physically fit and well to participate in the East District Open Masters Championships.
-  I am aware of and appreciate the inherent risks involved in such a competition including the possibilities of injury and accident.
-  I undertake to always conduct myself in a responsible and professional manner.
-  I undertake at all times to use my best endeavours and compete in a safe and proper manner and not to do anything which would expose myself or fellow swimmers to unnecessary risk or injury.
-  I further undertake at all times to take all reasonable safety measures for the protection of myself and fellow swimmers and to inform the Referee of any concerns I may have as regards safety.
-  I acknowledge that the organisers of the east District Open Masters Championships cannot be held responsible for any loss or damage to personal belongings and that I must take all reasonable steps against any such loss or damage.
-  I hereby agree to abide by and be governed by the rules of the Meet information, Scottish Swimming and all other laws and restrictions applicable.

SAFEGUARDING	The primary safeguarding point of contact for the event in relation to wellbeing and protection matters or an accident is the event Meet Director. The second point of contact is the Scottish Swimming Safe Sport Team.
TRANSGENDER & NON BINARY	The Scottish Swimming Transgender and Non Binary Competition Policy has been implemented nationally across all aquatic sports since 1 st January 2024. The policy and FAQs can be found here. Any related matters that arise during the event should be reported to and will be recorded by the Meet Director/Meet Referee and these matters will be communicated to and managed post event by the relevant Scottish Swimming staff. By entering the Female category, athletes are therefore confirming their birth sex is female and eligible to compete in the female category.
PHOTOGRAPHY 	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. 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 meet organisers are committed to ensuring that everyone who participates 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.
COMPETITION DISCLAIMER	No guarantee can be given by SASA East District that the meet 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. 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.
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