EAST KILBRIDE

SWIM TEAM

East Kilbride Graded Meet

MEET INFORMATION

Saturday 5th December 2026

Dollan Aqua Centre

Brouster Hill

East Kilbride

G74 1AF

Under SASA and World Aquatics Rules

Licence Number: WD/L3/1226/013

EAST KILBRIDE GRADED MEET
SHORT COURSE MEET 2026
MEET INFORMATION

Date: Saturday 5th December 2026

Venue: Dollan Aqua Centre, East Kilbride, G74 1AF

Pool: 6 lanes x 25m with full electronic timing

Time: **Saturday** Warm-up: 1.55pm Start: 2.30pm

Categories: 10 & Under, 11/12, 13 & Over

Age as at 31st December 2026

Events: The programme for each category will be as follows:

50m on each of the 4 strokes

100m on each of the 4 strokes

100m Individual Medley & 200 Individual Medley

All events will be H.D.W for each age group

ALL EVENTS WILL BE SWUM AS MIXED GENDER AND SPLIT FOR RESULTS PURPOSES INTO GENDER/AGE CATEGORIES

Entry Fee: £6.50 per event

Closing Date:

Saturday 21st November 2026

Meet Web Page

Entry Form Link

Entry File Link

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 EKASC WPO.

We would like to invite you to the East Kilbride Short Course Graded for 2026. We hope to provide you with a great opportunity for your swimmers to compete and gain experience in a relaxed setting.

Entry Times: 'Slower Than' Consideration times for this meet. The organisers reserve the right to make cuts to ensure a balanced programme and the smooth running of the meet. Entry times will be short course times; however, long course times converted to short course are acceptable. Accepted swims will be equitable across gender and age group where practically possible.

Entries: Entries to be submitted by the closing date using Hy-Tek Team Manager meet file. Please ensure that it is completed correctly to show the FULL NAME OF SWIMMER, FULL DATE OF BIRTH, REGISTRATION NUMBER, EVENT NUMBER and ENTRY TIME. Events file supplied to clubs on request, along with instructions if needed. Files can be downloaded from the **Meet Web Page**.

Entry Form:

Once all swims are confirmed, an invoice will be generated and entry fees should then be forwarded within 3 days by Bank Transfer: **Faster Payment: 82-69-03 – 10117014**

Withdrawals: Any withdrawals prior to the first day of the event should be notified by email to derek@ekasc.co.uk by 8pm on Friday 4th December. Any reserves will be allocated to EKASC swimmers ONLY. Further withdrawals will result in empty lanes, which EKASC holds the right to fill for their swimmers. Programmes/Start Sheets/Results will be posted in the pool area via our 'Live Results Service' and on Meet Mobile. Results will be posted in the pool area and also on Meet Mobile.

Refunds: An invoice will be sent upon return of accepted entries meaning that no club should pay prior to this resulting in no refunds to be completed for this meet.

Prizes: Medals will be given for 1st, 2nd and 3rd in all categories. 'I Swam Too Fast' Awards will also be given for Events where applicable. If a swimmer is 'Too Fast' the fastest within the Meet Times will be awarded the medals.

Presentations: Medals can be collected at the medal table as soon as the results are available for each event.

Officials: Clubs are kindly asked to provide at least two Technical Officials per session, one of which should be qualified to a minimum level of Judge Level 1.

Meet Rules

- The meet will be held under S.A.S.A. rules.
- Age as at 31st December 2026.
- 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.
- The pool is 25 metres long with 6 lanes separated by anti-wave lane ropes.
- Swim down facility available in the far end of the pool at the discretion of the organisers.
- Electronic timing will be in operation. In the event of electronic failure, back-up manual timing will be used.
- Coaches must ensure that all swimmers can comply with the technical requirements of each stroke. This is a level 3 meet.
- 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.
- No photographic or video equipment will be allowed in any area under the jurisdiction of the meet organisers without prior approval of the meet director. Application must be made on the approved S.A.S.A. form.
- It is the responsibility of each club to ensure that their swimmers are aware of the meet rules and guidelines.

Miscellaneous

- Accreditation will be applied for under licence number – **WD/L3/1226/013**
- There will be a raffle or other fundraising activities.
- 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 EKASC nor the Dollan Aqua Centre can be held responsible for loss or damage to swimmers, team staff or spectator's property. Swimmers are strongly advised to secure property in the changing rooms and not to leave belongings lying around unattended.
- Swimmers out with the poolside must wear dry clothing and footwear at all times.
- Outdoor footwear must not be worn on the poolside.
- Anything not covered above and not printed in the event programme will be at the promoter's discretion.
- EKASC reserves the right to vary the above conditions as necessary.
- Swimwear should comply with the World Aquatics and SASA requirements in place on the day of the competition.

Order of Events/Consideration Times

Event #	10 & U GIRLS	11/12 GIRLS	13 & O GIRLS	< SLOWER THAN >	10 & U BOYS	11/12 BOYS	13 & O BOYS
Event 1	1.30.00	1.30.00	1.30.00	**100 IM**	1.30.00	1.30.00	1.30.00
Event 2	40.00	40.00	40.00	**50 Butterfly**	40.00	40.00	40.00
Event 3	1.30.00	1.30.00	1.30.00	**100 Butterfly**	1.30.00	1.30.00	1.30.00
Event 4	39.00	39.00	39.00	**50 Backstroke**	39.00	39.00	39.00
Event 5	1.28.00	1.28.00	1.28.00	**100 Backstroke**	1.28.00	1.28.00	1.28.00
Event 6	3.05.00	3.05.00	3.05.00	**200 IM**	3.05.00	3.05.00	3.05.00
Event 7	43.00	43.00	43.00	**50 Breaststroke**	43.00	43.00	43.00
Event 8	1.36.00	1.36.00	1.36.00	**100 Breaststroke**	1.36.00	1.36.00	1.36.00
Event 9	37.00	37.00	37.00	**50 Freestyle**	37.00	37.00	37.00
Event 10	1.20.00	1.20.00	1.20.00	**100 Freestyle**	1.20.00	1.20.00	1.20.00

Events

- Over the top starts will be used on all strokes in order to facilitate the smooth running of the meet
- Heats will be seeded after the withdrawals are submitted. Start sheets will then be issued to clubs for information and marshalling purposes and subsequently online via our Live Results webpage.
- Swimmers must report to the competitor stewards in the designated marshalling area at least three heats in advance
- Results will be published online via Meet Mobile and the Live Results webpage and awards will be given, in line with the rules of the meet

Transgender Competition Policy

As of the 1st January 2024 the Scottish Swimming Transgender & Non-Binary Competition Policy was implemented nationally across all aquatics sports. 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 Manager 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. As a result of this policy being implemented, by entering the Female category, athletes are therefore confirming their birth sex is female and are eligible to compete in the Female category.

Meet Web Page

Entry Form Link

Entry File Link