



HADDINGTON AND DISTRICT ASC

HADDINGTON TOTAL SWIMMER MEET

Saturday 23 May 2026

Mercat Gait Centre

PRESTONPANS

Licence No. L2/ED/001/MAY26

Meet Information

Licensed by	SASA East District						
Accreditation	The meet has a SASA level 2 license and accreditation will be applied for.						
Date	Saturday 23 May 2026						
Closing Date	Monday 29 Apr 2026						
Venue	Mercat Gait Centre, Prestonpans, East Lothian, EH32 9PY						
Pool	6 lane, 25m pool, electronic timing, anti-wave lane ropes, spectator facilities						
Age groups:	9/10, 11/12, 13/14 & 15 & over (Age on day of event)						
Events	<p>For each age group there are 5 events :</p> <p>50m Backstroke, Breaststroke, Butterfly, Freestyle & 100m Individual Medley.</p> <p>Athletes will be seeded in each event on entry times submitted.</p> <p>At the end of an event points will be awarded to the top 30 athletes dependant on overall finishing position, this will continue for all five events when the points will be added up. Finals will be seeded on accumulated points. At the end of the 5 events the top 6 athletes from each age group will take part in a Grand Final swum over 200m Individual Medley. In the event of a tie for 6th place in the final the placing in the 100IM will determine the 6th athlete in the final.</p>						
Entry times	This is a non-graded meet						
Sessions	<p>There will be two sessions as follows (times may be subject to change):</p> <table><tr><td>Morning</td><td>warm-up 09:00</td><td>Start 10:00</td></tr><tr><td>Afternoon</td><td>warm up 13:15</td><td>Start 14:00</td></tr></table>	Morning	warm-up 09:00	Start 10:00	Afternoon	warm up 13:15	Start 14:00
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Entry Fees:	<p>£30 irrespective of the number of events entered</p> <p>Please pay via bank transfer to the account below</p> <p>Haddington & District ASC</p> <p>Sort Code 80-08-23</p> <p>Account number 00437400</p>						

Entries: Entries should be made on Hy-Tek entry files which can be obtained by e-mailing the Meet Manager quoting your club name.
Entries should be received by midday on **Monday 29 Apr 2026.**
Start sheets will be prepared in advance of the meet. Any advance withdrawals should be made as early as possible to **Ross Lethbridge**
(meetman.swimhaddington@gmail.com) and by midday on **Thursday 21 May 2026.**
A draft meet sheet will be made available to entry secretaries prior to meet date.
Priority will be given to athletes entering all 5 events in their age group, then those entering 4, 3 etc. In the event of entries being excessive in any age group the athletes with the fastest 100 IM time will be selected.

It is the responsibility of entry secretaries to ensure all entry times and dates of birth are correct.
Please note that while the 200IM event will appear in the meet file please do not enter any athletes into this event.

Entry file requests and entries to: Ross Lethbridge

e-mail:- meetman.swimhaddington@gmail.com

Awards Prizes will be awarded to the first three in each grand final,
Prizes 1st £25, 2nd £20, 3rd £15
Medals will be awarded to all six finalists.
Prizes will be awarded to finalists in the café area. Winners must attend to the medal area properly attired to allow for photographs.

Officials Clubs entering this meet should provide a minimum of two officials.
Please provide the names of your officials to the Haddington STO convenor by 11 May 2026 sto.swimhaddington@gmail.com
Requests for mentoring should also be returned by 11 May 2026 to the above address.

Lunch We will provide lunch for all STO's officiating all day.

Meet Rules

- The meet shall be held under current World Aquatics and SASA Rules of Competitive Swimming.
- The meet shall be run in accordance with SASA's Transgender & Non-Binary Competition Policy
- The organisers reserve the right to restrict entries to allow for the smooth running of the meet. Rejected entries on this basis will be refunded in full.
- All competitors must have current SASA or equivalent registration numbers.
- The meet will adhere to Scottish Swimming "Swimwear Policies". The policies can be found in the appendices of Scottish Swimming Regulation
- Athletes 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 to ensure that their athletes are aware of the meet rules and guidelines.
- Athletes must report to the designated marshalling area a minimum of 4 heats in advance. It is the responsibility of the clubs/coaches to ensure that their athletes report to marshalling on time.
- Over the top starts may be used to help the smooth running of the meet.

Warm up

- Warm up may only commence when advised to do so
- No diving other than sprint lanes
- The announcer will determine sprint lanes.
- No congregating allowed at either end of the lanes.

Miscellaneous

- The use of mobile phones is prohibited in the changing rooms and showers.
- Neither Haddington & District ASC nor the Mercat Gait Leisure Centre be held responsible for loss or damage to any property. Athletes should use the lockers provided and not leave belongings lying around unattended.
- Bags should not be taken onto poolside they should remain in lockers.
- No glassware may be taken into the showers or poolside. Anyone doing so will be liable to expulsion from the meet.
- Outdoor footwear must not be worn on the poolside area.
- Athletes MUST wear dry clothing and footwear at all times when not in poolside area.
- The Haddington and District ASC committee retains the right to amend any of the above conditions as necessary.
- Anything not covered in the above or in the event program will be at the organisers' discretion.
- Transgender & Non-Binary Competition: The Scottish Swimming Transgender & Non-Binary Competition Policy was implemented on 1st January 2025. The policy and FAQs can be found at <https://www.scottishswimming.com/about-us/equality>. 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 policy can be found at <https://www.scottishswimming.com/oursports/swimming/swimsuits>



PHOTOGRAPHY STATEMENT

Haddington Total Swimmer

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 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



EVENTS

Session 1: Warm up: 09:00 Start time: 10:00

101	Female	100m	Individual Medley
102	Male/Open	100m	Individual Medley
103	Female	50m	Backstroke
104	Male/Open	50m	Backstroke
105	Female	50m	Breaststroke
106	Male/Open	50m	Breaststroke

Session 2: Warm up: 13.15 Start time: 14:15

201	Female	50m	Butterfly
202	Male/Open	50m	Butterfly
203	Female	50m	Freestyle
204	Male/Open	50m	Freestyle

Finals

301	Female 9/10	200m	Individual Medley
302	Male/Open 9/10	200m	Individual Medley
303	Female 11/12	200m	Individual Medley
304	Male/Open 11/12	200m	Individual Medley
305	Female 13/14	200m	Individual Medley
306	Male/Open 13/14	200m	Individual Medley
307	Female 15+	200m	Individual Medley
308	Male/Open 15+	200m	Individual Medley

SUMMARY SHEET

****This sheet must be completed and returned with Entries via E-mail****

Double click in the form area to fill in, once finished click once outside the form

CLUB		
Contact Name		
Address		
Postcode		
Telephone		
Email		
Breakdown of fees	Total	COST £
Entries @ £30		
TOTAL		
<p>Payment should be made by BACS (queries to treasurer.swimhaddington@gmail.com)</p> <p>Haddington & District ASC sort code 80-08-23 A/C 00437400</p> <p>Reference the payment – HTS26 and your club code eg. HTS26 EHNX</p>		
<p>Return to (email):</p> <p>Ross Lethbridge (meetman.swimhaddington@gmail.com)</p> <p>Please CC Entries Secretary (entries.swimhaddington@gmail.com)</p>		