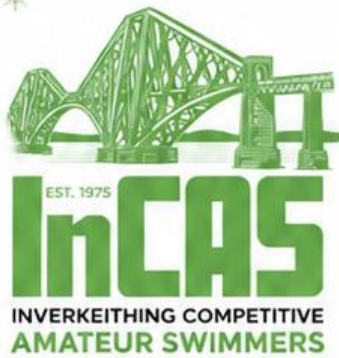




COUNTDOWN TO CHRISTMAS

Seasonal Gala



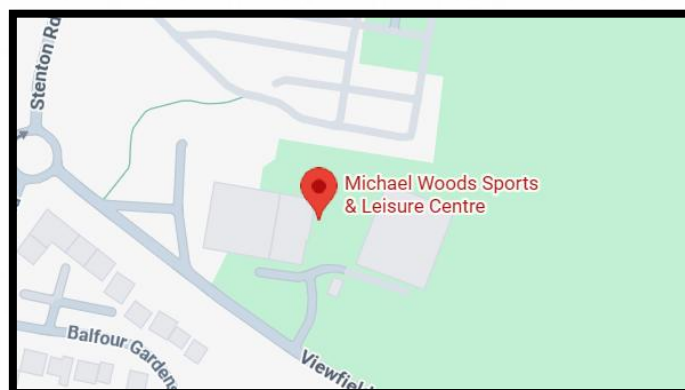
Saturday 5th December 2026

Session 1: Warm up 8.30. Start at 9:30

Session 2: Warm up 12:30 Start at 13:30

Licence No: L3/ED/063/DEC26

**Michael Woods Sport and Leisure Centre,
Glenrothes**





INVERKEITHING COMPETITIVE AMATEUR SWIMMERS

www.swimincas.org



General Information

Date	Saturday 5 th December 2026
Venue	Michael Woods Sport and Leisure Centre, Glenrothes, Fife, KY6 2RD
Age groups	8 years, 9 years, 10 years, 11 years, 12 years, 13 years
Age cut-off	As at Saturday 5 th December 2026. Minimum age 8 years.
Level	This is a level 3 licensed meet.
Events	(8 years) 25 Fly, 25 Backstroke, 25 Breaststroke, 25 Freestyle. (9 years) 50 Fly, 50 Backstroke, 50 Breaststroke, 50 Freestyle, 100 IM. (10-13 years) 50 Fly, 100 Backstroke, 100 Breaststroke, 100 Freestyle, 200 IM. AM Relay (8-9 years) Mixed freestyle 4 x 50m, AM Relay (10-11 years) Mixed freestyle 4 x 50m PM Relay (10-13 years) Mixed IM 4 x 50m
Time	Session 1: Warm up 8.30. Start at 9:30 Session 2: Warm up 12:30. Start at 13:30 (Warm up subject to change once entries have closed)
Entry fees	£5.00 per individual 25m event £6.00 per individual 50m event £7.00 per individual 100m or 200m event £8.00 per relay event Should the meet be oversubscribed preference will be given to slower entry times. No time (NT) entries will be rejected outright.
Awards	Individual events per age group - Medals for 1 st through 3 rd Relay events - Medals for 1 st through 3 rd
Lunch	A buffet lunch will be available for technical officials and coaches helping at both sessions. Please email president@swim-incas.org with numbers.
Spectators	Spectating will be available for both sessions a first come, first served basis. Entry to the spectator gallery: £3 per session or £5 for all day
Closing date	Friday 6 th November 2026

Meet Rules

General	It is the responsibility of each club to ensure that its swimmers are aware of the meet rules and guidelines.
SASA Rules	The meet shall be held under SASA rules and regulations. Scottish Swimming “Swimwear Policies” shall apply. Bylaws BL 8.2 and BL 8.3 cover the requirement for design and material. Volunteers at poolside will be required to display the appropriate Scottish Swimming Event pass at all times in accordance with current Scottish Swimming guidelines. It is the responsibility of each club to ensure that their swimmers are aware of the meet rules and guidelines. Over the top starts may be used at the discretion of the promoter to facilitate the smooth running of the meet. Swimmers must report to the competition stewards in the designated marshalling area at least five heats in advance.
Eligibility	All swimmers of Scottish clubs must have a current SASA registration number. (Swimmers from non-Scottish clubs must be registered with their governing body). 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.
Age	Age as on the day of the competition, 5 th December 2026
Pool	8 lane 25-metre with anti-wave lane ropes.
Timing	Electronic timing will be in operation. In the event of electronic failure, back-up manual timing will be used.
Diving	Swimmers, Coaches and Team Managers must ensure that swimmers can dive safely as prescribed in current/planned legislation. Where events start at the shallow end swimmers will start in the water, as advised by the meet referee.
Photography	Photographic and video equipment is not allowed in any area under the jurisdiction of the meet organiser without prior approval of the meet director.



INVERKEITHING COMPETITIVE AMATEUR SWIMMERS

www.swimincas.org



Entries

Entry Secretary	Sharon Payne Email: treasurer@carnegie@gmail.com
Entry File	Entries should be made by Hy-Tek file. Please request entry file from the Entry Secretary quoting club name, address and telephone number. Completed entries should then be returned by email, along with electronic copy of the summary sheet.
Draft Programme	A draft programme detailing acceptances will be circulated by e-mail as soon as possible after the closing date for entries.
Withdrawals	There shall be no refunds for withdrawals after the Draft meet programme is published. The promoters reserve the right to restrict entries. Entries will be accepted on a time basis. Clubs should ensure that times submitted are correct. Rejected entries will be refunded in full.

Events

1.	All events are Heat Declared Winners.
2.	25m events will start in the water at the shallow end.
3.	Over the top starts may be used at the discretion of the organiser.
4.	Swimmers should report to the competition stewards in the designated marshalling area at least 5 heats in advance.
5.	Relays - teams must comprise at least one boy and one girl but can be any combination of ages for that event.

General Information

1.	Michael Woods Centre provides good spectator accommodation, there are ample parking facilities and there is a cafeteria and vending machines.
2.	There will be tombola/fundraising activities available to participate in
3.	The organiser reserves the right to exclude or refuse admission to any competitor team or official.
4.	Neither InCAS Swimming Club or the Michael Woods Centre can be held responsible for loss or damage to swimmers, team staff or spectator's property.
5.	Swimmers are advised to secure property in the lockers provided and not to leave belongings unattended.
6.	Anything not covered above or in the event programme will be at the organiser's discretion.
7.	The organisers reserve the right to vary the conditions as necessary.
8.	Clubs are asked to provide the names of at least 2 technical officials and 1 helper for each session of the meet.
9.	Technical officials are asked to make themselves available for assistance on the day.
10.	Marshalling will be 5 heats in advance.
11.	It is the responsibility of each club to ensure that their swimmers are aware of the meet rules and guidelines.
12.	InCAS Swimming Club retains the right to amend any of the above conditions as necessary.
13.	InCAS Swimming Club reserves the right to restrict heats if necessary.

Warm-up and Events

1.	The warm-up may only commence when advised to do so.
2.	No diving allowed other than in controlled sprint lanes
3.	The meet stewards will designate sprint lanes
4.	No congregating will be allowed at either end of the pool lanes
5.	The one start rule will be used.

Poolside and Poolside Access

1.	Swimmers and Coaches or Team Managers only will be allowed poolside.
2.	Swimmers out with the poolside area MUST wear dry clothing and footwear at all times.
3.	Outdoor footwear must not be worn on the poolside area.
4.	No swimming bags will be allowed onto poolside due to the limited space available.
5.	Swimmers and Coaches must not take glassware into the showers or onto poolside and are liable for expulsion from the meet if found to do so.
6.	Swimmers must act on the instruction given by meet officials and behave in a reasonable manner at all times.
7.	Coaches & Team Managers are required to have a current PVG.
8.	It is the responsibility of the Club Coaches/Poolside helpers to ensure that swimmers are at marshalling well in advance of their heat as no alternative will be made available to them.



**INVERKEITHING COMPETITIVE
AMATEUR SWIMMERS**

www.swimincas.org



Events Schedule

Session 1

Warm Up 08:30, Start 09:30				
Event	Gender	Age	Event	
101	Female	9	100 IM	HDW
102	Male & Open	9	100 IM	HDW
103	Female	8	25 Butterfly	HDW
104	Male & Open	8	25 Butterfly	HDW
105	Female	10-13	50 Butterfly	HDW
106	Male & Open	10-13	50 Butterfly	HDW
107	Female	8	25 Backstroke	HDW
108	Male & Open	8	25 Backstroke	HDW
109	Female	9	50 Backstroke	HDW
110	Male & Open	9	50 Backstroke	HDW
111	Female	8	25 Breast	HDW
112	Male & Open	8	25 Breast	HDW
113	Female	10-13	100 Breast	HDW
114	Male & Open	10-13	100 Breast	HDW
115	Female	8	25 Freestyle	HDW
116	Male & Open	8	25 Freestyle	HDW
117	Female	9	50 Freestyle	HDW
118	Male & Open	9	50 Freestyle	HDW
119	Mixed	8-9	4x 50 FR Relay	HDW
120	Mixed	10-13	4x 50 FR Relay	HDW

Session 2

Warm Up 12:30, Start 13:30				
Event	Gender	Age	Event	
201	Female	10-13	200 IM	HDW
202	Male & Open	10-13	200 IM	HDW
203	Female	9	50 Butterfly	HDW
204	Male & Open	9	50 Butterfly	HDW
205	Female	10-13	100 Backstroke	HDW
206	Male & Open	10-13	100 Backstroke	HDW
207	Female	9	50 Breast	HDW
208	Male & Open	9	50 Breast	HDW
209	Female	10-13	100 Freestyle	HDW
210	Male & Open	10-13	100 Freestyle	HDW
211	Mixed	10-13	4x 50 IM Relay	HDW



INVERKEITHING COMPETITIVE AMATEUR SWIMMERS

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Entry Form

InCAS Countdown to Christmas Gala – Saturday 5th December 2026

Summary Entry Form - This form must be completed and returned to the Entry Secretary

Club Name			
Contact Name			
Address			
Telephone No			
Email Address			
Number of 25m entries		@ £5.00 each	£
Number of 50m entries		@ £6.00 each	£
Number of 100m/200m entries		@ £7.00 each	£
Number of relay entries		@ £8.00 each	£
Total amount enclosed			£
<i>In signing and submitting this form I confirm that all swimmers have paid their SASA membership fee for 2025/26.</i>			
Signed			
Club Position			
Please pay by bank transfer using your club as the reference to: Inverkeithing Competitive Amateur Swimmers Sort Code: 82-62-19 Account: 60295461 <i>Please attach an electronic copy of this form to the Hy-Tek Entry Return.</i>			
Technical Officials			
Name	TK or Judge	Name	TK or Judge