

Midlothian Swimming Club



POSITIVE PATHWAY MEET

Saturday 11th April 2026

Sunday 12th April 2026

At
The Mercat Gait Centre
Preston Road,
Prestonpans,
EH32 9EN

Date:	Saturday 11 th April 2026 Sunday 12 th April 2026
Venue:	Mercat Gait Sports Centre, Prestonpans, East Lothian, EH32 9EN
Pool Features:	6-Lane 25-Metre, full electronic timing with 6-lane display scoreboard, anti- wave lane ropes.
Age:	As at 31 st December 2026
Age Groups:	11-13 years, 14-15 years, 16-18 years
Events:	50m all strokes, 100m all strokes, 200m all strokes, 200m and 400m IM, 400 Free. All events are HDW.
Entry Fees:	£6.00 per 50m & 100m event £7.00 per 200m, 400m, 200m/ 400m IM event
Consideration Times:	Swimmers should have an entry time slower than the published consideration time.
Sessions:	Session 1: 9.00am for 9.50am start Session 2: 1.15pm for 2.05pm start Session 3: 10.00am for 10:45am start Session 4: 1.15pm for 2.00pm start Warm up and Start Times may be subject to change after entries received
Awards:	All events are heat declared winners. Medals awarded for 1 st , 2 nd and 3 rd places. Medals can be collected from the medal desk.
Spectators:	Spectator numbers may be restricted to give priority to swimmers. Swimmers may be accommodated in part of the spectator gallery.
Officials:	To help with the smooth running of the meet we would appreciate if visiting Clubs were able to provide officials. Details of your STO should be sent to midlothiansto@gmail.com
Lunch:	Morning coffee and lunch will be provided for officials doing both sessions Coffee provided for Coaches
Closing Date:	Entries should be made on Hy-tek entry files Closing Date: noon 18 March 2026 Hy- Tek entry files can be downloaded from Swimscootland Any queries should be emailed to: susan.liddle@googlemail.com

Schedule of Events

Session 1

Event number	Gender	Distance and Stroke
101	Mixed	400 Freestyle
102	Male & Open	200 Backstroke
103	Female	100 Freestyle
104	Male & Open	200 Butterfly
105	Female	100 Breaststroke
106	Mixed	50 Butterfly

Session 2

Event number	Gender	Distance and Stroke
121	Mixed	400 IM
122	Female	200 Backstroke
123	Male & Open	100 Freestyle
124	Female	200 Butterfly
125	Male & Open	100 Breaststroke
126	Mixed	50 Backstroke

Session 3

Event number	Gender	Distance and Stroke
201	Mixed	200 Freestyle
202	Male & Open	100 Butterfly
203	Female	200 Breaststroke
204	Male & Open	100 Backstroke
205	Female	200IM
206	Mixed	50 Breaststroke

Session 4

Event number	Gender	Distance and Stroke
221	Mixed	200 Freestyle
222	Female	100 Butterfly
223	Male & Open	200 Breaststroke
224	Female	100 Backstroke
225	Male & Open	200 IM
226	Mixed	50 Freestyle

Consideration Times (Slower Than)

FEMALE				MALE & OPEN		
11 – 13	14 - 15	16 – 18	DISTANCE & STROKE	11 – 13	14 – 15	16 - 18
41.60	37.60	36.60	50 metre Butterfly	40.00	36.00	30.98
42.00	39.00	34.91	50 metre Backstroke	44.60	40.30	36.35
47.80	44.80	39.21	50 metre Breaststroke	48.70	43.80	40.98
34.80	33.20	32.30	50 metre Freestyle	35.80	31.00	29.77
1.21.22	1:17.35	1:13.34	100 metre Butterfly	1:21.23	1:14.13	1:08.90
1.19.31	1:16.09	1:13.11	100 metre Backstroke	1:18.34	1:14.10	1:07.80
1.31.16	1:27.32	1:24.76	100 metre Breaststroke	1:30.86	1:23.84	1:17.31
1.09.15	1:06.16	1:04.48	100 metre Freestyle	1:08.98	1:04.20	0:58.70
3.02.98	2:46.14	2:44.80	200 metre Butterfly	3:06.38	2:49.21	2:33.09
2.49.56	2:44.80	2:37.85	200 metre Backstroke	2:49.83	2:40.61	2:29.28
3.17.39	3:09.28	3:02.72	200 metre Breaststroke	3:16.01	2:54.62	2:50.38
2.30.45	2:25.21	2:21.26	200 metre Freestyle	2:32.29	2:21.43	2:11.04
2.54.61	2:46.14	2:44.80	200 metre IM	2:52.51	2:49.21	2:29.38
5.14.13	5:04.25	4:51.98	400 metre Freestyle	5:13.76	4:52.20	4:37.87
6.03.65	5:42.76	5:41.77	400 metre IM	6:00.88	5:38.54	5:19.81

Meet Rules

- The current World Aquatics and SASA rules of competitive swimming will apply.
- All events will be **Heat Declared Winners**.
- Age as at 31st December 2026
- All swimmers must have a current SASA or equivalent registration number.
- Electronic timing will be in operation. In the event of electronic timing failure, then back-up manual timing will be used.
- The organisers reserve the right to restrict entries to allow for the smooth running of the meet. Rejected entries will be refunded in full.
- Withdrawals on the day must be made to the recorders no later than 45 minutes prior to the start of each session. There are no refunds for entries withdrawn after the draft programme is prepared.
- Swimmers must act on the instructions given by the meet officials & organisers and behave in a reasonable manner at all times.
- It is the responsibility of each club to ensure that their swimmers are aware of the meet rules and guidelines.
- Swimmers must report to the designated marshalling area a **minimum of four heats in advance**. It is the responsibility of the clubs/ coaches to ensure that their swimmers report to marshalling on time.
- Over the top starts may be used to help the smooth running of the event.
- The meet will adhere to Scottish Swimming “Swimwear Policies”. The policies are included in full in the appendices of Scottish Swimming Regulations.
- It is the responsibility of each club to ensure they have the correct ratio of team staff to number of swimmers. All team staff must be a member of SASA and hold a current PVG with their club

Poolside and Poolside Access

- Swimmers and Team Staff only will be allowed poolside.
- Access to the changing area and poolside will be no earlier than 08:15 on Saturday/ 09:30 on Sunday
- **Please do not come early as access will be denied**
- ALL team staff will be required to have a valid East District or National Pass to allow them access to the deck. Passes are required to be visible at all times and spot checks will be done.
- Anyone found to be without a pass may be removed from the deck.

Warm up

- Warm up may only commence when advised to do so.
- No diving other than in sprint lanes.
- Swimmers must keep moving during warm-up, to avoid congestion in the pool.
- The meet stewards will determine sprint lanes.
- No congregating allowed at either end of the lanes.

Miscellaneous

- The organisers reserve the right to exclude or refuse admission to any competitor, spectator or team official.
- Neither Midlothian Swimming Club nor the Mercat Gait Leisure Centre can be held responsible for loss or damage to any property. Swimmers should use the lockers provided and not leave belongings lying around unattended. Bags should not be taken onto the poolside and 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.
- Swimmers MUST wear dry clothing and footwear at all times when not in the poolside area.
- The Midlothian SC committee retains the right to amend any of the above conditions as necessary.
- Mobile telephones MUST NOT be used in showers, changing village and toilets under any circumstances
- No guarantee can be given by Midlothian Swimming Club that the event will take place at a particular time, place, or date and they reserve the right to reschedule the event without notice and without liability for doing so. It is expected that this would only be because of unforeseen circumstances, e.g., venue/facility failure or adverse weather.
- In the event of postponement, cancellation or abandonment of the event refunds, if any, will be made at the absolute discretion of Midlothian Swimming Club. MSC will have no liability to make a refund or to pay any form of consequential or indirect damage such as loss of enjoyment, travel and accommodation costs.
- Anything not covered in the above or in the event programme will be at the organisers' discretion.

Transgender & Non-Binary Competition Policy

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.

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.

Health and Safety Announcement

Controlling the Use of Photographic Equipment

The meet organisers are 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 most 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.

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.

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 images to be taken and shared in this way.

The meet organisers are committed to ensuring that all children who participate in this meet can 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



Midlothian Swimming Club

Positive Pathway Meet

Entry Form Summary Sheet

****This sheet must be completed and returned with entries via email****

Club:				
Club Code:				
Contact Name:				
Telephone Number:				
E-mail:				
Total Female Entries:		Total Female Entry Cost @£6.00 per event:		Total Female Entry Cost @£7.00 per event:
Total Male Entries:		Total Male Entry Cost @£6.00 per event:		Total Male Entry Cost @£7.00 per event:
Signed: Position:				
Please make payments by bank transfer to the following: Midlothian Swimming Club Bank of Scotland Sort Code: 80 06 29 Account Number: 10247268 Reference (Please quote): MNPP/club code PLEASE NOTE THE CHANGE OF BANK ACCOUNT				