



**#StTWG26**

**St Thomas ASC**

**Winter Graded 2026**

**(Under World Aquatics Rules /Scottish Swimming  
Regulations)**

**Olympia Leisure Centre**

**28<sup>th</sup> & 29<sup>th</sup> November 2026**

**Licence No: MD/L2/10/NOV26**

**MEET Information**

**Table of Contents**

VENUE DETAILS, SESSION TIMES, EVENTS, ELIGIBILITY INFORMATION & ENTRY GUIDE .....3

Age Groups .....3

Programme of Events .....3

St Thomas ASC Contact.....3

Promoter .....3

Entry Process .....3

Consideration times .....4

Entry Deadline.....4

Session Times .....4

Spectating & Programmes .....5

Health & Safety .....5

Competition Disclaimer.....5

Eligibility .....5

Transgender & Non-Binary .....5

Entry Guide .....6

SCHEDULE OF EVENTS .....7

WITHDRAWALS, POOLSIDE PASSES, TECHNICAL OFFICIALS & GENERAL INFORMATION .....8

Withdrawals.....8

Event Regulations.....8

Marshalling .....8

Swimwear .....8

Team Staff .....9

Lunches.....9

Technical officials .....10

AWARDS & PRESENTATIONS .....11

Medals.....11

Trophies.....11

Presentations.....11

## **VENUE DETAILS, SESSION TIMES, EVENTS, ELIGIBILITY INFORMATION & ENTRY GUIDE**

**Dates:** 28<sup>th</sup> & 29<sup>th</sup> November 2026  
**Venue:** Olympia Leisure Centre, 3 East Whale Lane Road, Dundee, DD1 3JU  
**Pool:** 6 lane x 25m (Full electronic timing)  
**Promoters:** St Thomas Amateur Swimming Club

### **Age Groups**

#### **Individual Events**

10 & Under	Male & Open and Female Excluding 400m IM, 200m Back, Breast & Fly
11 - 12 Years	Male & Open and Female
13 - 14 Years	Male & Open and Female
15 & Over	Male & Open and Female

### **Age at – 31<sup>st</sup> December 2026**

### **Programme of Events**

100m Freestyle, Backstroke, Breaststroke, Butterfly & Individual Medley	Heat Declared Winner
200m Freestyle, Backstroke, Breaststroke, Butterfly & Individual Medley	Heat Declared Winner
400m Freestyle & Individual Medley	Heat Declared Winner

### **St Thomas ASC Contact**

Jordan Young  
Meet Director  
Email: [Arbroath.st.thomas.gala@gmail.com](mailto:Arbroath.st.thomas.gala@gmail.com)

### **Promoter**

St Thomas Amateur Swimming Club

### **Entry Process**

Entries will be by Computer File Only, files can be obtained by emailing [arbroaths.st.thomas.gala@gmail.com](mailto:arbroaths.st.thomas.gala@gmail.com) or from [www.swimscotland.co.uk](http://www.swimscotland.co.uk)

Where possible the accepted entries for each age group will be equal, but if an age group is under-subscribed, the organising committee reserves the right to include additional entries in other age groups. Should an event be oversubscribed swimmers who are fastest in that event & age group will be scratched first. A maximum of 2 reserves per age group per event may be selected.

## Consideration times

There are consideration times for this event, swimmers must be slower than the times stated below. Swimmers entering with NT will not be accepted.

Male & Open				Event	Female			
15 & Over	13 – 14 Years	11 – 12 Years	10 & Under		10 & Under	11 – 12 Years	13 – 14 Years	15 & Over
4:26.57	4:47.11	5:32.89	6:18.63	400m Free	6:22.61	5:33.93	4:56.39	4:43.36
5:01.57	5:27.39	6:23.87	X	400m IM	X	6:21.09	5:36.39	5:21.08
2:19.29	2:32.31	2:57.84	X	200m Back	X	2:55.87	2:36.42	2:28.37
2:39.37	2:55.48	3:25.64	X	200m Breast	X	3:23.64	2:59.98	2:51.68
2:22.77	2:37.94	3:13.24	X	200m Fly	X	3:11.28	2:42.58	2:33.55
2:05.17	2:15.96	2:37.87	2:54.16	200m Free	2:55.93	2:38.05	2:21.49	2:14.05
2:21.89	2:35.46	3:00.09	3:21.68	200m IM	3:19.30	3:00.11	2:40.38	2:32.08
1:04.80	1:11:48	1:24.01	1:32.95	100m Back	1:32.95	1:23.10	1:13.43	1:09.25
1:13.33	1:21.01	1:37.24	1:48.94	100m Breast	1:47.12	1:35.65	1:23.79	1:19.58
1:03.71	1:10.79	1:25.29	1:40.25	100m Fly	1:40.14	1:24.97	1:13.85	1:09.38
57.57	1:02.76	1:13.41	1:21.74	100m Free	1:21.64	1:13.69	1:05.61	1:02.19
1:06.91	1:08.90	1:18.94	1:34.34	100m IM	1:34.55	1:25.91	1:15.81	1:11.90

## Entry Deadline

Friday 6th November 2026 at 6pm

## Session Times

Date:	Session:	Warm Up:	Start:	Start times may be adjusted once entries have been received. This will be intimated on the Draft Programme.
Saturday 28 <sup>th</sup> November 2026	Session 1	08:45	09:50	
	Session 2	13:25	14:30	
Sunday 29 <sup>th</sup> November 2026	Session 3	08:45	09:50	
	Session 4	13:25	14:30	

### **Spectating & Programmes**

There is limited seating available for spectators in the balcony. An entry fee of £3 per session will be payable to access the balcony.

### **Health & Safety**

We want to ensure the competition, as far as possible for everyone attending, is a safe and healthy environment that will be enjoyable and successful.

All competition in Scotland will be operated in line with Scottish Government and Public Health Scotland and Scottish Swimming Guidance, current at the time of the competition taking place. Full details will be issued nearer the date of the competition.

All competitors and other attendees are required to adhere to the conditions of the competition to ensure that we stay compliant and safe. Anyone failing to follow the conditions will be refused access or removed from the venue and no refund will be offered.

### **Competition Disclaimer**

In the event of cancellation or abandonment of the event, refunds, if any, will be made at the absolute discretion of St Thomas ASC. St Thomas ASC 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.

### **Eligibility**

All competitors must be registered with their National Federation to be eligible to compete (World Aquatics Rule GR 1.1).

A Swimmer can only compete for one Club/Team during the meet and must be eligible to swim for their Club/Team in accordance with Company Rule 5.1

### **Transgender & Non-Binary**

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 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.

As a result of this policy being implemented, any competitor intending to compete within the Female category at this event will be required to provide confirmation that their birth sex is female when signing up to the meet conditions through entry. By entering the Female category, athletes are therefore confirming their birth sex is female and are eligible to compete in the Female category.

## **Entry Guide**

Entries will be by computer file only

- Entry file is available on the swimscotland [website](#)
- The completed entry file must be emailed to: [Arbroath.st.thomas.gala@gmail.com](mailto:Arbroath.st.thomas.gala@gmail.com)
- The subject line **MUST** be **Club Code – Winter Graded**
- Please ensure that you request a read receipt if you wish confirmation of entries being received
- A proof of time report is required on entry and there will be random checks on times. Clubs may be asked for additional information about the times entered.
- **Once the computer entry file has been submitted**, the Entry Secretary must complete the [Online Application Entries Summary](#)

**The details of the summary sheet should be passed onto the relevant person in your club who has responsibility for making payments.**

BACS: Please use Ref WinterGraded\_Club Code

TSB Bank

Sort Code: 30-25-87, Account No: 00775842

**Entry fee(s): £7 Individual Entry**

**No entries will be accepted without the correct fee, or with the Entry Files incorrectly completed.** No refunds will be given after the draft programme has been finalised.

## **Acceptance of Entries**

- As soon as possible, a programme of confirmed swims will be emailed to Club Meet Secretaries.
- Any queries from the entry list should be directed to [Arbroath.st.thomas.gala@gmail.com](mailto:Arbroath.st.thomas.gala@gmail.com)
- Please make sure that we hold a current contact email address for your Meet Secretary.

## SCHEDULE OF EVENTS

<b>Saturday 28<sup>th</sup> November 2026</b>		<b>Sunday 29<sup>th</sup> November 2026</b>	
9:50am – 12:50pm		9:50am – 12:50pm	
101 – Male & Open	400m Freestyle	301 – Female	400m Freestyle
102 – Female	200m Backstroke	302 – Male & Open	200m Backstroke
103 – Male & Open	100m Butterfly	303 – Female	100m Butterfly
104 – Female	200m IM	304 – Male & Open	200m IM
105 – Male & Open	200m Breaststroke	305 – Female	200m Breaststroke
106 – Female	100m Freestyle	306 – Male & Open	100m Freestyle

<b>Saturday 28<sup>th</sup> November 2026</b>		<b>Sunday 29<sup>th</sup> November 2026</b>	
2:30pm – 5:30pm		2:30pm – 5:30pm	
201 – Female	400m IM	401 – Male & Open	400m IM
202 – Male & Open	200m Freestyle	402 – Female	200m Freestyle
203 – Female	100m Breaststroke	403 – Male & Open	100m Breaststroke
204 – Male & Open	100m Backstroke	404 – Female	100m Backstroke
205 – Female	200m Butterfly	405 – Male & Open	200m Butterfly
206 – Male & Open	100m IM	406 – Female	100m IM

## **WITHDRAWALS, POOLSIDE PASSES, TECHNICAL OFFICIALS & GENERAL INFORMATION**

### **Withdrawals**

**Once entered refunds will not be issued unless on Medical Grounds and a Medical Certificate is presented.**

Please see withdrawal details below

**Online Withdrawal Form**– Deadline 2pm Friday 27<sup>th</sup> November 2026

Withdrawals will be accepted on the day at the recorders desk before the start of the warm-up for the session

**Please note: Any late withdrawals from Heats on medical grounds should be discussed with the Meet Director prior to being submitted to the Recorders.**

### **Event Regulations**

Entry and Entries to all events is expressly subject to the Event Regulations on our website which can be found [here](#) and may, where appropriate, also require compliance with the facility provider's regulations.

St Thomas ASC reserves absolutely the right to eject from events any person failing to comply with each and all the Event Regulations.

### **Marshalling**

Swimmers must report to marshalling heats at least 5 races prior to their race. If a swimmer has not reported to marshalling by the time their race is in the final call room, they will not be permitted to swim and a reserve, if available, shall swim in their place.

The final call room shall be the last row of seats in marshalling prior to moving to the blocks.

### **Swimwear**

British Swimming and Scottish Swimming advise that World Aquatics BL 8.1 only applies to Olympic Games and World Aquatics events. A suit check will only be made if a World or European record is being claimed. There is not a requirement for officials to check that costumes are on the approved World Aquatics list. Bylaws BL 8.2 and BL 8.3 cover our requirements for design and material.

### **SW8.0 Scottish Swimming Rules SW8.8 Swimwear Policy**

SW 8.8.1 For events held under the direct jurisdiction and control of Scottish Swimming the Scottish Swimming "Swimwear Policy" shall also apply. This policy is included in full in Appendix 1 of these regulations.

**At this meet the policy on Agreed Swimwear & the policy on Technical Swimsuits shall apply**

## Team Staff

All Team Staff must have a VALID District Poolside Pass or Scottish National Events Pass.

Without a valid pass the member of staff will NOT be permitted entry to the event.

**All passes must be printed and worn by all team personnel and always made visible.**

**Teams will be limited to 2 members of staff for the first 20 swimmers and 1 member of staff for each 10 swimmers thereafter.**

## Applying for a Pass

**Applicants:-** The following criteria needs to be met to allow you to apply for a pass:-

Scottish Swimming Members	Non-Scottish Swimming Members
be a current member of Scottish Swimming	be a current member of your Governing Body
have a current PVG with your Scottish Swimming affiliated club	be CRB/DBS checked through either: Swim England/Swim Wales
must hold a valid Child Wellbeing and Protection in Sport (CWPS) certificate or CWPS Renewal Award	must hold a valid Safeguarding certificate with your Governing Body
have a photograph on your Just Go Membership profile (Photographs should be taken under the same rules as passport photographs)	

**District Annual Poolside Passes cannot be used at National Events, a separate pass should be purchased from Scottish Swimming.**

Go to the Scottish Swimming Login page:- [click here](#)

Once logged into Just Go, you can use the links below, which will take you directly to the pass application. If you are not logged in the links will just take you to the log in page.

[Midland District Pass link](#)

[North District Pass Link](#)

[East District Pass Link](#)

[West District Pass Link](#)

Coaches who have a Scottish National Events Pass do not need to have a District Pass and can use their National Pass to access poolside.

## Lunches

Lunches will be provided to Technical Officials and Event staff free of charge. Lunch will be available for team staff at a charge of £10 per staff member for the weekend. Please indicate on the entry summary the number of lunches required for team staff.

## Technical officials

We would be very grateful for a list of Officials willing to help on the day.

Judges and Timekeepers in training, who are requiring specific signatures, should make this clear in their request. Requests will be accommodated only if the referee considers it practical.

Please submit this form no later than Sunday 15<sup>th</sup> November 2026 either by using the online sign up form.

[Online Official Sign Up](#)

## **STO Poolside Uniform**

In accordance with the British Swimming and Scottish Swimming Rules, the poolside uniform for technical officials at this meet will be:

White top,  
Black trousers, dress or skirt and must be below the knees. Shorts will not be permitted.  
Black poolside shoes, black socks and black accessories

## **Event Passes – Regulated Roles**

Scottish Swimming have introduced a new pass system, which requires anyone in a regulated role to apply for an Annual Event Pass, which is verified and checked by Scottish swimming for compliance, prior to issue. This District pass can be applied for at no charge.

All volunteers in a regulated role must have one in place. Without a valid pass the volunteer will NOT be permitted to carry out their role.

**All passes must be printed and worn by all volunteers and always made visible.**

**Roles requiring an Event Pass – Judge 1, Judge 2, Judge 2S, Referee, Marshall, Meet Director & WPO**

**Application Deadline for poolside event pass 24<sup>th</sup> November 2026**

## Applying for a Pass

**Applicants:-** The following criteria needs to be met to allow you to apply for a pass:-

<b>Scottish Swimming Members</b>	<b>Non-Scottish Swimming Members</b>
be a current member of Scottish Swimming	be a current member of your Governing Body
have a current PVG with your Scottish Swimming affiliated club	be CRB/DBS checked through either: Swim England/Swim Wales
must hold a valid Child Wellbeing and Protection in Sport (CWPS) certificate or CWPS Renewal Award	must hold a valid Safeguarding certificate with your Governing Body
have a photograph on your Just Go Membership profile (Photographs should be taken under the same rules as passport photographs)	

Go to the Scottish Swimming Login page:- [click here](#)

Once logged into Just Go, you can use the links below, which will take you directly to the pass application. If you are not logged in the links will just take you to the log in page.

[Annual Event Volunteer Pass](#)

### **Event Passes – Non Regulated Roles**

Timekeepers, Announcers, Field of Play, AOE Operator, Recorder & Runners shall be issued with an event pass by the Meet Director prior to gaining access to poolside. These passes must be returned at the end of your volunteering role.

## **AWARDS & PRESENTATIONS**

### **Medals**

#### **Individual Events**

Medals will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in each Age Group.

Swimmers who swim faster than the consideration times will receive a Too Fast Certificate recording their time.

### **Trophies**

Best Male & Open Swimmer, Best Female Swimmer, Best Visiting Club Trophy.

Points scoring shall be 6, 5, 4, 3, 2 and 1 point for all events.

### **Presentations**

There will be no presentations for medals or certificates at the meet. Swimmers should collect their medals or too fast certificates from the medal table after their event. Presentations shall take place for the Best Male & Open Swimmer, Female Swimmer & Visiting Club Trophies following the final race in Session 4