

CUMBERNAULD Swimming Club

Cumbernauld Summer Sprints Meet

Meet Information

16/17 May 2026

**Tryst Sports Centre
Tryst Road
Cumbernauld G67 1EW**

Under SASA and FINA Rules

Licence No: WD/L2/0526/034

invite entries to their

Summer Sprints Meet 2026

General Meet Information

Date:	Saturday 16 th /Sunday 17 th May 2026
Venue:	Tryst Sports Centre, Cumbernauld, G67 1EW
Pool:	6 Lane 25 metre; swim down pool; full electronic timing with 6 lane video scoreboard; anti-turbulence lane ropes; spectator area; cafeteria.
Timings:	Warm Up 08.30 and 13.00 Start 09.30 and 14.00
Ages:	As on last day of meet (17/05/26)
Age Groups:	8-9yrs, 10-11yrs, 12-13yrs, 14-15yrs
Events:	50m/100m all Strokes and 100 IM – All Age Groups 4x50 Free Relay 8-9, 10-11, 12-13 & 14-15yrs

All Events Heat Declared Winner

Consideration Times:	<u>All Times must be Slower than Consideration Times</u>
Entry Fees:	£8.00 per individual event / £12 per relay team No Entry Fees to be paid in advance. Invoice will be sent after acceptances.
Coaches Passes:	£10 (Inc. Programme, Results and Meal and Morning Roll)
Awards:	All Ages – Medals 1st, 2nd & 3rd
Officials:	Clubs are requested to supply at least 2 Technical Officials at least one of which should be a Judge.
Closing Date for Entries:	Midday – Thursday 30th April 2026

All entries should be submitted using relevant electronic file by e-mail to:

Ronnie Girvan
Meetsecretary.casc@outlook.com

Entry Summary: [MEET SUMMARY SHEET](#)

Graded Meet – Specific Information

Entry Times:

Please see entry times page. The organisers reserve the right to make cuts to ensure a balanced programme and the smooth running of the meet. Any cuts will be made in as balanced a way as possible to ensure, where possible, an equal number of both male and female swimmers and of ages in each age group. All entries must be slower than the published entry time and No Times will not be accepted.

Entries:

Must be submitted by the closing date using the supplied electronic file. This file can be requested by email from Ronnie Girvan at the following email address: meetsecretary.casc@outlook.com. Please ensure that the Full Name, Date of Birth and Registration Number is included for each swimmer. Invoice for Entry fees will be issued.

Withdrawals:

Any withdrawal prior to the first day of the event should be notified to email: meetsecretary.casc@outlook.com by Friday 8th May 2026. On the day withdrawals should be notified 45mins prior to the start of the session to the meet office.

Start Lists/Results:

Start lists will be prepared in advance of the meet and be available for spectators. These start list will be subject change dependant upon any on the day withdrawals. Revised start lists will be posted on poolside and given to each club prior to the start of each session.

Results will be available on poolside following completion of each event and on Meet Mobile.

Events

All Events will be Heat Declared Winners

Relay Teams - Swimmers will be allowed to swim up but not down

Over the top starts may be used at the discretion of the promoter/referee in order to facilitate the smooth running of the meet.

Swimmers must report to the designated marshalling area at least three heats in advance. It is the responsibility of competing clubs to ensure that their swimmers report to the marshalling area on time.

Warm-up and Session Times

The warm-up will commence only when announced by the warm-up controller.

There will be no diving allowed during the warm-up until the controlled sprint lanes are announced by the controller.

Swimmers should keep moving during the warm-up to avoid congestion in any part of the pool.

Sprint lanes will be introduced during the last period of each warm-up. Stewards may be used to control these lanes to avoid congestion and prevent accidents.

Prizes:

Medals will be awarded for 1st, 2nd and 3rd in all events. These can be collected from the medals table following publication of the official results of each event.

Technical Officials:

To help with accreditation, clubs are invited to supply at least 2 Officials per session, one of which should be a Judge Level 1.

Meet Rules

Meet is being held under Scottish Swimming rules.

Swimmers may only enter their own age group.

No Swimmer under the age of 8yrs is permitted to swim in accordance with licence requirements

All swimmers of Scottish Clubs must have or have applied for a current SASA registration number.

Electronic timing will be in operation. In the event of electronic timing failure, the back-up manual timing will be Used.

Coaches and Team Managers must ensure that all their swimmers can safely dive into deep/shallow water as per current planned legislation. There will be **NO** diving at the shallow end of the pool.

No photographic or video equipment (inc videophones) 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 SASA form.

Swimmers must act on the instructions given by the meet officials 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.

Safeguarding:

The primary safeguarding point of contact for this event in relation to any wellbeing and protection matters or accidents is the Meet Organisers.

Spectating.

Spectating is limited both on poolside and the balcony. This is outwith our control and we would ask for patience. No abuse of club volunteers or facility staff will be tolerated.

Miscellaneous

Accreditation has been sought via West District Licence

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 shower or poolside area and are liable for expulsion from the meet if found to do so.

Cumbernauld Swimming Club, Tryst Sports Centre and North Lanarkshire Council take no responsibility for loss or damage to swimmers, team officials or spectators property. Swimmers are strongly advised to secure property in the lockers provided and not leave belongings lying around unattended. Any lockers found unlocked and containing property will have said property removed and secured by facility staff.

Swimmers out-with the pool area must wear dry clothing and footwear at all times.

Outdoor footwear must not be worn on poolside.

Anything not covered above and not printed in the meet programme will be at the promoters' discretion.

Cumbernauld Swimming Club reserve the right to vary the above conditions as required

Cumbernauld Swimming Club

2026 Summer Sprints Meet

Programme of Events

Session One: Warm Up 08:30 Start 09:30				Session Two: Warm Up 13:00 Start 14:00			
101	Boys	8/9	50 Br	201	Boys	10/11	100 Br
102	Girls	8/9	50 Br	202	Girls	10/11	100 Br
103	Boys	10/11	100 Bk	203	Boys	12/13	50 Fly
104	Girls	10/11	100 Bk	204	Girls	12/13	50 Fly
105	Boys	12/13	50 Fr	205	Boys	14/15	100 Bk
106	Girls	12/13	50 Fr	206	Girls	14/15	100 Bk
107	Boys	14/15	100 Fly	207	Boys	8/9	50 Fly
108	Girls	14/15	100 Fly	208	Girls	8/9	50 Fly
109	Boys	8/9	100 IM	209	Boys	10/11	100 IM
110	Girls	8/9	100 IM	210	Girls	10/11	100 IM
111	Boys	10/11	50 Fr	211	Boys	12/13	100 Fr
112	Girls	10/11	50 Fr	212	Girls	12/13	100 Fr
113	Boys	12/13	100 Br	213	Boys	14/15	50 Fly
114	Girls	12/13	100 Br	214	Girls	14/15	50 Fly
115	Boys	14/15	50 Fr	215	Boys	8/9	100 Fr
116	Girls	14/15	50 Fr	216	Girls	8/9	100 Fr
117	Boys	8/9	100 Bk	217	Boys	10/11	50 Fly
118	Girls	8/9	100 Bk	218	Girls	10/11	50 Fly
119	Boys	10/11	4x50 Fr	219	Boys	12/13	4x50 Fr
120	Girls	10/11	4x50 Fr	220	Girls	12/13	4x50 Fr

Session Three: Warm Up 08:30 Start 09:30				Session Four: Warm Up 13:00 Start 14:00			
301	Boys	12/13	50 Br	401	Boys	14/15	100 Br
302	Girls	12/13	50 Br	402	Girls	14/15	100 Br
303	Boys	14/15	100 Fr	403	Boys	8/9	50 Fr
304	Girls	14/15	100 Fr	404	Girls	8/9	50 Fr
304	Boys	8/9	50 Bk	405	Boys	10/11	100 Fr
306	Girls	8/9	50 Bk	406	Girls	10/11	100 Fr
307	Boys	10/11	100 Fly	407	Boys	12/13	50 Bk
308	Girls	10/11	100 Fly	408	Girls	12/13	50 Bk
309	Boys	12/13	100 IM	409	Boys	14/15	100 IM
310	Girls	12/13	100 IM	410	Girls	14/15	100 IM
311	Boys	14/15	50 Bk	411	Boys	8/9	100 Fly
312	Girls	14/15	50 Bk	412	Girls	8/9	100 Fly
313	Boys	8/9	100 Br	413	Boys	10/11	50 Br
314	Girls	8/9	100 Br	414	Girls	10/11	50 Br
315	Boys	10/11	50 Bk	415	Boys	12/13	100 Bk
316	Girls	10/11	50 Bk	416	Girls	12/13	100 Bk
317	Boys	12/13	100 Fly	417	Boys	14/15	50 Br
318	Girls	12/13	100 Fly	418	Girls	14/15	50 Br
319	Boys	14/15	4x50 Fr	419	Boys	8/9	4x50 Fr
320	Girls	14/15	4x50 Fr	420	Girls	8/9	4x50 Fr

SUMMER SPRINTS MEET 2026

CONSIDERATION TIMES

GIRLS					BOYS			
14-15yrs	12-13yrs	10-11yrs	8-9yrs		8-9yrs	10-11yrs	12-13yrs	14-15yrs
32.90	36.27	40.51	49.08	50 Free	48.66	40.39	34.53	30.23
1.10.54	1.17.24	1.29.16	1.48.87	100 Free	1.46.59	1.28.82	1.13.88	1.05.03
35.60	39.58	45.41	57.49	50 Fly	58.94	45.50	38.36	32.89
1.18.70	1.26.94	1.42.80	2.17.09	100 Fly	2.21.03	1.57.65	1.23.33	1.23.17
36.88	40.74	47.06	57.40	50 Back	57.30	47.42	40.21	34.41
1.18.54	1.26.44	1.40.54	2.03.64	100 Back	2.02.50	1.41.64	1.24.14	1.13.49
41.87	46.15	52.96	1.05.55	50 Breast	1.06.48	53.87	44.73	38.56
1.30.26	1.38.64	1.55.72	2.23.10	100 Breast	2.24.00	1.57.65	1.35.36	1.23.17
1.21.55	1.29.24	1.43.94	2.01.07	100 IM	2.00.16	1.44.62	1.27.15	1.15.88
All entry times must be SLOWER THAN above								

