



An invite to the

STIRLING AUTUMN MEET

Held under licence from SASA West District

Licence Numbers: WD/L2/0925/043 / WD/L3/0925/044

NOTE: The meet will be run as a L3 in Session 1 and L2 in Session 2

Venue: Grangemouth Sports Complex

Date: Sunday 21st September 2025

Closing Date: Sunday 31st August 2025 @ 6:00pm

Meet Information

Date: Sunday 21st September 2025

Venue: Grangemouth Sports Complex, Abbots Road, Grangemouth, FK3 9JB

Pool: 6 lane, 25m pool with full electronic timing and scoreboard.

Session Times:	Session:	Warm up	Start	Finish
	1	9:00 am	10:00 am	12.45 pm
	2	1:15 pm	2:15 pm	5.00 pm

Lunch: 12.45 pm

Please note once entries have been received these times may be adjusted to ensure smooth running of meet

Age groups: Session 1: Age groups 8, 9, 10 and 11 years
Session 2: Age groups 11, 12, 13, 14 and 15+ years
11-year-olds should only enter the morning session or the afternoon session.
Age is on day of meet
Events will be run in mixed age groups, with results sorted by age group.
Minimum age 8yrs

Awards: All events will be Heat Declared Winners (HDW)
Medals will be awarded 1st, 2nd, 3rd in each age group in all events.

Note: NT times will not be accepted.

Entry Fees: £6.00 per individual event
£7.00 per relay

Spectating: Entry for adults £3 per session or part off, children free. Cash/card accepted at the door.

Closing Date: Sunday 31st August 2025 @ 6:00pm
Late entries will not be accepted

Entries, Withdrawals and Start Lists

- The meet will be run using Hytek meet Manager, requested for entry files should be submitted by email to programming@stirlingswimming.co.uk.
- 25m conversions are accepted
- Entries will be accepted on a time basis. It is the responsibility of Entry Secretaries to ensure all entry times and dates of birth are correct
- Where an event is over-subscribed, entries may be scratched, to ensure the smooth and timely running of the meet. Scratches will be made proportionally across all age/gender groups. Scratches will be carried out fastest first /accepting the slowest swimmers as a priority. NT times will not be accepted.
- Should the event be oversubscribed we reserve the right to forgo the relay events to give more time for individual swims.
- Participating clubs will be provided with a list of confirmed swims and scratches and a copy of the Programme within 2 weeks of the closing date. Any scratches will be fully refunded. Once draft programme issued no further refunds will be given.
- Withdrawals made after issue of the programme will be charged in full.
- Please email any withdrawals to the programming@stirlingswimming.co.uk as soon as possible and no later than 5:00pm Wednesday 17th September 2025
- Start lists will be issued to all clubs, prior to the start of a session, once all the withdrawals have been processed.
- The use of photographic or video equipment is prohibited unless the appropriate form has been signed and authorised by the Gala Convenor
- Flash photography is not permitted due to the risk of false starts
- Completed entry files should be submitted to programming@stirlingswimming.co.uk
- Health and safety Form and the Entry form can be submitted by email to invoices@stirlingswimming.co.uk With confirmation of payment by BACS to

Stirling Swimming Club
Bank of Scotland
Account No 00829926
Sort Code 80-91-29

Ref: Your Club name, 2025 Autumn Meet

Officials

Each competing club are requested to supply at least 2 Technical Officials (with one being J1 or above) to enable the meet to run smoothly and gain accreditation. A Sign-up Genius will be created to allow officials to register prior to the event. Lunch will be provided for officials attending both sessions.

Meet Rules

- The meet will be held under SASA rules, enclosed is a Health & Safety Declaration Form to be completed (Mandatory). Please return this with your Entry Summary Form prior to the meet date.
- Level 2 Licence has been granted for this meet. Licence No WD/L2/0925/043 and WD/L3/0925/044. The meet will be run as a Level 3 meet in Session 1 and a Level 2 meet in Session 2.
- All swimmers must have a current SASA registration number or be registered with the appropriate governing body.
- No swimmer under the age of 8 years is permitted at this meet.
- Current SASA swimsuit regulations should be adhered to at this meet.
- Electronic timing will be in operation. In the event of the electronic timing failing, manual timing will be used hence the need to have sufficient STO's to ensure this is available.
- Only Swimmers, Coaches, Team Managers and Meet Officials will be admitted poolside.
- Swimmers must act on the instruction given by the Meet Officials and always behave in a reasonable manner. Outdoor footwear must not be worn on poolside and swimmers out with the poolside must always wear dry clothing and footwear.
- Swimmers and coaches must not take glassware into the changing village or onto poolside
- Stirling Swimming Club cannot be held responsible for loss or damage to property during the meet
- It is the responsibility of the swimmers to report to the marshalling area a minimum of four heats in advance
- Coaches must ensure that all swimmers can safely dive into the deep water as prescribed by current legislation. There will be NO diving at the shallow end of the pool. Over the top starts to be used to ensure the smooth running of the meet. Requests to start in the pool will be at the discretion of the referee.
- 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.

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 Meet Organiser immediately to disclose your concerns.
- 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.
- 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.
- It is the responsibility of each club to ensure that their swimmers are aware of the Meet Rules.
- The Meet Management reserves the right to alter the programme and warm up times if necessary. Anything not covered above or printed in the event programme will be at the Gala Convenor's discretion.

Programme of Events

Session 1 – Level 3

Warm up 9:00am – Start Time 10:00am

101	Ages 8-11	Female	50m Butterfly
102	Ages 8-11	Male/Open	50m Butterfly
103	Ages 8-11	Female	50m Backstroke
104	Ages 8-11	Male/Open	50m Backstroke
105	Ages 8-11	Female	50m Breaststroke
106	Ages 8-11	Male/Open	50m Breaststroke
107	Ages 8-11	Female	50m Freestyle
108	Ages 8-11	Male/Open	50m Freestyle
109	Ages 8-11	Mixed	4 x 50m Free Relay*

Session 2 – Level 2

Warm up 1:15pm – Start Time 2:15pm

201	Ages 11+	Female	50m Butterfly
202	Ages 11+	Male/Open	50m Butterfly
203	Ages 11+	Female	100m Backstroke
204	Ages 11+	Male/Open	100m Backstroke
205	Ages 11+	Female	100m Breaststroke
206	Ages 11+	Male/Open	100m Breaststroke
207	Ages 11+	Female	100m Freestyle
208	Ages 11+	Male/Open	100m Freestyle
209	Ages 11+	Mixed	4 x 50m Free Relay*

***Relays must be made up of 2 females and 2 males/open.**

- Morning relays must consist of 2 swimmers aged 9 and under and 2 swimmers aged 10-11 years

- Afternoon relays must consist of 2 swimmers aged 13 and under and 2 swimmers aged 14 and over

Health & Safety Declaration

To comply with licence and health and safety requirements, this form must be completed and returned with the entry information.

I confirm that all entered swimmers have paid their current SASA annual membership fee (Scottish Clubs) or are affiliated members of their governing body (non-Scottish clubs)

I understand that any swimmer entered without a registration number will be automatically rejected.

I confirm that all entered swimmers have been trained and are competent to dive into deep or shallow water in a safe manner as prescribed by current/planned legislation.

I confirm that the information regards the use of photographic requirement has been passed onto swimmers and parents intending to travel to the meet

Signed	
Print Name	
Position in Club	
Club	
Date	

Return completed forms with entries to programming@stirlingswimming.co.uk

Stirling Autumn Meet

Entry Summary Sheet

This form must be completed and returned with payment by the closing date

Club Name	
Contact Name	
Address	
Position in Club	
Mobile No	
Email	

Individual Female Entries		@ £6.00 each	£
Individual Male Entries		@ £6.00 each	£
Relay entries		@ 7.00 each	£
Lunches for coaches/TM etc		@ £8.00 each	£
Total amount enclosed			£

Please email this form along with confirmation of payment to
invoices@stirlingswimming.co.uk

Stirling Swimming Club,
 Bank of Scotland
 Account No 00829926
 Sort Code 80-91-29
 Ref: Your Club name, 2025 Autumn Meet