

**EAST KILBRIDE**



**SWIM TEAM**

**East Kilbride Long Course**

**Age Group Meet**

**MEET INFORMATION**

**25<sup>th</sup>/26<sup>th</sup> April 2026**

**Dollan Aqua Centre**

**Brouster Hill**

**East Kilbride, G74 1AF**

**Under SASA and World Aquatics Rules**

**Licence Number: L1/825/SS/APR26**

# **EAST KILBRIDE AGE GROUP LONG COURSE MEET 2026 MEET INFORMATION**

Date: Saturday 25<sup>th</sup>/Sunday 26<sup>th</sup> April 2026

Venue: Dollan Aqua Centre, East Kilbride, G74 1AF

Pool: 6 lanes x 50m with full electronic timing

Time: **Session 1** Warm-up: 8.15am Start: 9.00am

**Session 2** Warm-up: 12.30pm Start: 1.15pm

**Session 3** Warm-up: 8.15am Start: 9.00am

**Session 4** Warm-up: 12.30pm Start: 1.15pm

Categories: 10-13, 14/15 years, 16 and Over

**Age as at 31st December 2026**

Events: The programme for each category will be as follows:

50m on each of the 4 strokes

100m and 200m on each of the 4 strokes

200m and 400m Individual Medley

400m, 800m and 1500m Freestyle

**All events will be H.D.W for each age group**

**ALL WILL BE SWUM AS MIXED GENDER AND SPLIT  
FOR RESULTS PURPOSES**

Entry Fee: £8.00 per event

Coaches Lunch: £8.00 each per day

**Closing Date:**

**Wednesday 1st April 2026**

[Meet Web Page](#)

[Entry Form Link](#)

[Entry File Link](#)

We would like to invite you to the East Kilbride Long Course Open Age Group Meet for 2026. We hope to provide you with a great opportunity for your swimmers to compete Long Course at a great time of year. **This meet FALLS WITHIN the British Summer Meets Qualifying Window.**

**Entry Times:** No consideration times for this meet. The organisers reserve the right to make cuts to ensure a balanced programme and the smooth running of the meet. Entry times will be long course times; however, short course times converted to long course are acceptable.

**Entries:** Entries to be submitted by the closing date using Hy-Tek Team Manager meet file. Please ensure that it is completed correctly to show the FULL NAME OF SWIMMER, FULL DATE OF BIRTH, REGISTRATION NUMBER, EVENT NUMBER and ENTRY TIME. Events file supplied to clubs on request, along with instructions if needed. Files can be downloaded from the [Meet Web Page](#) or can be requested by email to [derek@ekasc.co.uk](mailto:derek@ekasc.co.uk).

Entry fees should be forwarded within 3 days of **invoice being received** after entries are confirmed by Bank Transfer: **BACS: 82-69-03 – 10117014**

**Withdrawals:** Any withdrawals prior to the first day of the event should be notified by email to [derek@ekasc.co.uk](mailto:derek@ekasc.co.uk) by 8pm on Thursday 23rd April. For reserves purposes, after scratches are completed, EKASC hold the right to fill reserve spaces for their swimmers. Programmes/Start Sheets/Results will be posted in the pool area via our 'Live Results Service' and on Meet Mobile.

**Refunds:** No refunds will be given after the closing date. Fees for rejected entries will be returned as soon as possible after the event.

**Prizes:** Medals will be given for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in all events.

**Presentations:** Medals can be collected at the medal table as soon as the results are available for each event.

**Officials:** To help with accreditation, clubs are kindly asked to provide at least two Technical Officials per session, one of which should be qualified to a minimum level of Judge Level 1.

### Meet Rules

- The meet will be held under S.A.S.A. rules.
- Age as at 31st December.
- All swimmers of Scottish clubs must have a current S.A.S.A. registration number.
- All swimmers of non-Scottish clubs must be registered with their governing body.
- The pool is 50 metres long with 6 lanes separated by anti-wave lane ropes.
- Electronic timing will be in operation. In the event of electronic failure, back-up manual timing will be used.
- Coaches must ensure that all swimmers can comply with the technical requirements of each stroke. This is a level 1 meet.
- Swimmers, coaches and team managers must ensure that all their swimmers can safely dive into deep or shallow water as prescribed by current/planned legislation.
- No photographic or video equipment 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 S.A.S.A. form.
- It is the responsibility of each club to ensure that their swimmers are aware of the meet rules and guidelines.

### Miscellaneous

- Accreditation will be applied for under licence number – **L1/825/SS/APR26**
- There will be a raffle or other fundraising activities.
- 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 showers or on to poolside and are liable for expulsion from the meet if found to do so.
- Neither EKASC nor the Dollan Aqua Centre can be held responsible for loss or damage to swimmers, team staff or spectator's property. Swimmers are strongly advised to secure property in the changing rooms and not to leave belongings lying around unattended.
- Swimmers out with the poolside must wear dry clothing and footwear at all times.
- Outdoor footwear must not be worn on the poolside.
- Anything not covered above and not printed in the event programme will be at the promoter's discretion.
- EKASC reserves the right to vary the above conditions as necessary.
- Swimwear should comply with the World Aquatics and SASA requirements in place on the day of the competition.

### Safeguarding

The primary safeguarding point of contact for the event in relation to wellbeing & protection matters or accidents is the event Meet Director. The secondary point of

contact is the Scottish Swimming Safeguarding Manager. Further details will be issued in the Team Information pack prior to the event.

### **Events**

- Over the top starts will be used on all strokes in order to facilitate the smooth running of the meet
- Heats will be seeded after the withdrawals are submitted. Start sheets will then be issued to clubs for information and marshalling purposes and subsequently online via our Live Results Webpage.
- Swimmers must report to the competitor stewards in the designated marshalling area at least three heats in advance
- Results will be published online via Meet Mobile and the Live Results Webpage and awards will be given, in line with the rules of the meet

### **Transgender Competition Policy**

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 Manager 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, by entering the Female category, athletes are therefore confirming their birth sex is female and are eligible to compete in the Female category.

SWIM TEAM

### Order of Events

<u>Session 1</u>	<u>Session 2</u>
400 IM 200 Fly 100 Back 200 Free 50 Breast	1500 Free 200 Back 100 Free 50 Fly
<u>Session 3</u>	<u>Session 4</u>
400 Free 200 IM 100 Breast 50 Back	800 Free 100 Fly 200 Breast 50 Free

**\*\*\*ALL EVENTS SWUM AS MIXED GENDER AND WHERE POSSIBLE  
WILL HAVE AN EVEN SPLIT OF GENDER/AGE FOR ALL EVENTS\*\*\***

[Meet Web Page](#)

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