2026 Long Course
May Age Group Meet

(Under World Aquatic Rules/Scottish Swimming Regulations)

Dollan Aqua Centre – East Kilbride

9th & 10th May 2026

REVISED CONSIDERATION TIMES TO MATCH EVENTS FILE – WED 1ST APRIL

Licence No: L2/194/SS/MAY26

Dates	9th /10th May 2026
Venue	Dollan Aqua Centre, East Kilbride
Pool	6 Lane, 50 metre Competition Pool with full Electronic Timing.
Session Times	**Saturday** Warm Up (40mins): 2.10pm and 5.10pm Sessions: 2.45pm Finish 5.00pm Sessions: 5.45pm Finish 8.00pm Break between Sessions: 45mins **Sunday** Warm Up (40mins): 2.10pm and 5.10pm Sessions: 2.45pm Finish 5.00pm Sessions: 5.45pm Finish 8.00pm Break between Sessions: 45mins
Warm-Ups	The Warm-Up Sessions will be 40mins in duration, 20mins Male/Open and 20mins Female. The 20 min sessions, by gender, will include Sprint lanes, the number and duration of use will be communicated during the week preceding the Meet.
Age Groups For Entries	**11/13Yrs, 14Yrs, 15Yrs, 16Yrs, 17/+ (Male/Open and Female)**
Competitors Age	As at 31st December 2026.
Minimum Age	The minimum age for entries is 11yrs as at 31st December 2026.
Transgender & Non Binary	The Scottish Swimming Transgender & Non-Binary Competition Policy will be implemented nationally across all aquatics sports on the 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.
Events	**Individual Events** **ALL - Heat Declared** 11yrs Age Group 50/100/200Fr, Ba, Br, Fl 400Fr, 200IM 12 -17+yrs Age Grp 50/100/200Fr, Ba, Br, Fl 400/800/1500Fr 200/400IM Heats will be **Mixed Ages.**

Restricted Events	400IM Event is not scheduled for the 11yrs Age Group. 800 & 1500m Freestyle Events are not scheduled for the 11yrs Age Group.
Awards and Presentation	Individual Awards will be made to 1st, 2nd & 3rd in each Age Grouping in each Event. Event Awards will be available for collection, after each HDW, at a table in the pool hall.
Eligibility	This District Meet is open to registered swimmers whose 1st Claim Club is affiliated to the West District of the Scottish Swimming.
Swimwear	All swimwear worn at District Championships/Meet will be as defined in **Scottish Swimming – Swimwear Policies – Issue 5 – August 2025.**
Multi Classification	Events are open to swimmers who have a recognised classification (IPC, BS, BBS, UKSA or INAS-FID). There are Consideration Times, as listed on page 10. These times should be real times and please note that NT entries will NOT be accepted. Swimmers must achieve the qualifying standards for their class in the MC events as per the following supplementary MC conditions. The MC events will be integrated into the heats, seeded by absolute time. The following events will be included in the heats where a swimmer meets the eligibility criteria and consideration standards for their classification: • 50m Freestyle – S1-S14 • 100m Freestyle – S1-S14 • 200m Freestyle – S1-S5 & S14 • 400m Freestyle – S6-S14 • 50m Backstroke – S1-S5 • 100m Backstroke – S1-S14 • 50m Breaststroke – SB1-SB3 • 100m Breaststroke – SB4-SB14 • 50m Butterfly – S1-S7 • 100m Butterfly – S8-S14 • 200m IM – SM5-SM14 **Eligibility** <u>Functional</u> (S1-S10, SB1-SB9, SM1-SM10) • All competitors must have an authorised British Swimming or IPC Swimming classification, which is held on the British Swimming or IPC Swimming classification database at the time of entry. <u>Visual</u> (S11-S13, SB11-SB13, SM11-SM13) • All competitors must have an authorised British Blind Sport, IBSA or IPC Swimming classification, which is held on the British Swimming or IPC Swimming classification database at the time of entry.

	Learning (S14, SB14, SM14) • All competitors must have an authorised UKSA, INAS-FID or IPC classification which is held on the British Swimming or IPC Swimming database at the time of entry. **General** All swimmers that are accepted will be integrated into the heats seeded by absolute time. The competition shall take place under the relevant IPC Swimming Rules.
Multi Classification Consideration Times	There are **"Equal to or Faster "** Consideration Times for the Meet as listed **on Page 10**. These times should have been swum at **a Registered (L4)** or **Licenced Meet (L1/2/3)**. **Please note that NT entries will NOT be accepted.**
Multi Classification Swimmers Competition	To provide recognition of competitive performances by Club Para Swimmers at the Meet, a competition based on accumulating British Para Points will be an integrated part of the Meet.
Min No of Swimmers	There **MUST** be a minimum of **two (2)** Para Classification swimmers, each swimmer competing in a minimum of **two (2) Events** across the weekend.
Para Points Awarded	Para Points, calculated using the SportSystems Para Points Calculator (Feb 24 Base Times) will be awarded, based on the published Results Time, for each completed swim by each Para swimmer.
Para Competition Awards	Individual Awards will be made to 1st, 2nd & 3rd for Total Accumulated Points. Event Awards will be available for collection after the last Event that Para swimmers have entered, subject to available time to complete the processing of information. Whilst every effort will be made to have the Awards available for presentation at the Meet, it may be necessary to forward Awards to the winners after the Meet.
Standard Consideration Times	There are **"Equal to or Faster"** Consideration Times for the Meet as listed on **page 9.** Accepted times will be between these top and bottom limits. These times should have been swum at a **Registered (L4) or Licenced Meet (L1/2/3)**. **Please note that NT entries will NOT be accepted.**
Submitted Times for ALL Entries	To be 50 metre times, conversions can be used and need not be accredited.

Entries Acceptance	The Meet Entries will be processed using the 5 age bands (11/13,14,15,16, 17+) and as detailed, where possible, as follows, but swum all ages combined. Entries will be accepted on the following basis: 11/13yrs (15%), 14yrs (15%), 15yrs (15%), 16yrs (15%), 17+yrs (15%), last 25% for fastest entries left regardless of age. Within the limits of the No. of Heats that can be accommodated within the 2-hour Session times. An Entry Time in the "Faster Than" band DOES NOT guarantee acceptance. Heats will be swum in combined age groups (11/13,14,15,16,17+yrs) Submitted times must have been swum on or after 1st April 2025.
Reserves	Reserves, comprising of maximum of 2 x from each Age Group where available, will be allocated to each Event, after the cut-off for Withdrawals: **9pm on Tuesday 5th May** Reserves will be allocated to the Event, on withdrawal of confirmed swimmers, on an Age Group basis prior to the weekend of competition. On the day of the Events, remaining Reserves will be placed in "empty lanes" by fastest time order, regardless of Age Group.
Marshalling Area	Marshalling Area will be provided OFF poolside in the Locker Area to the right of the Showers Area. Providing there are a **minimum of two (2) Marshalling Stewards** available at the start of a Session, a Marshalling Area will be in operation. Confirmed and Reserves swimmers are requested to report to the Stewards at the Marshalling Area **three Heats or 15 mins** before their swim, whichever is shorter time. **If a Reserve is placed in a vacant lane, no further changes, e.g., re-instatement of original swimmer, will take place after that Heat has left the Marshalling Area and entered the Start Area.** If a Marshalling Area is not in operation due to the lack of Marshalling Stewards, swimmers should go to the area immediately behind the Lane that they are scheduled to swim in **three Heats or 15 mins** before their scheduled swim and report to the Lane Timekeepers, when their Heat is the next to swim. Reserves should report to the Referee before the START of the EVENT and the Referee will place them in any empty lanes that may be available during the Event.
Withdrawals	Withdrawals, where known, **MUST** be submitted, using the online Withdrawal Form, available on the District Meets page on the WD website. **<u>9pm on Tuesday 5th May</u>**

	Withdrawals will be then processed, Start Lists published for use at the Meet. Further withdrawals will be processed up to 45 minutes prior to the start of each Session with all Start Lists finalised and printed. Clubs will be asked to take one Start Sheet initially and can then request additional copies where required.
Refunds	Entry Fees will be refunded for Withdrawals submitted prior to the Entries Closing date: **8pm on Wednesday 22nd April**. Entry Fees will be refunded to swimmers who are scratched from the programme to maintain the running time for a Session within the limits of the Licence for the Meet. Entry Fees will be refunded to Reserves, if there were no "empty lanes" lanes due to "No Shows" after the Event for which they were entered. There will be no Refunds for any Withdrawals after the Entries Closing Date, except for Medical/Accident reasons, with the submission of a Medical Letter/Certificate explaining the reason for the Withdrawal.
Technical Officials	West District clubs entering swimmers are requested to provide Swimming Technical Officials for each session of the Championships/Meets in accordance with agreed criteria. Full details are shown on the attached **Appendix 1**.
District Contact	Events Coordinator Email: entries@scotswimwest.co.uk
Promoter	West District Swimming Committee
Entry File	Entries for this Meet require to be generated on the Hy-Tek Swim Manager, Team Manager 4/5/6/7/8/Lite and Team Unify. Hy-Tek Team Manager Lite is available via the internet at www.hy-tekltd.com/downloads.html For administration purposes, an **Information Form** must be submitted with the Entries file All entries must be submitted **electronically**, with **Information Form**, to: entries@scotswimwest.co.uk
Entry Fees	Individual Events £8.00 each Event **BACS Payment Only** – see Information Sheet.
Entry Deadline	Entries File, Information Sheet & **PAYMENT** by **8pm Wed 22nd April.**

Spectating	Entrance to the Venue/Poolhall/Gallery as a swimmer, Coach, Team Manager or Spectator requires acceptance of the Rules and Guidelines set by South Lanarkshire Leisure and enforced by the Centre Staff and Meet staff. **Failure to comply with these Rules and Guidelines may result in being asked to leave the facility/venue.**
Poolside Accreditation	A National or District Poolside Accreditation Pass is required for any Club/Team Staff (Coaches & Team Managers) and Technical Officials (except Timekeepers) wishing to be poolside and entitles you to entry for the whole of the Meet to poolside access. Without valid accreditation any Club/Team Staff/STO will NOT be permitted on poolside. Accreditation must be worn by **all** Club/Team personnel and made visible at **all** times. **Applying for Accreditation** • Links and full details of how to apply will be made available under separate cover. • **Please Note:** All Team Staff Accreditation must be confirmed by the Head Club/Team coach as detailed on the online application form. • All applicants MUST be PVG/CRB/DBS checked through Scottish Swimming. It is the responsibility of the Club/Coach to ensure that, if they require their athletes to have Coach/Team Manager representation on the poolside, their application is made in good time and that the relevant PVG/Criminal Records Bureau(CRB) forms have been completed and sent to the Scottish Swimming office. • Scottish Swimming will not issue any Team Staff Accreditation unless a person has a valid PVG/CRB/DBS through the Scottish Swimming. In-line with current legislation, valid PVG/CRB/DBS from any other agency, will not be accepted. • If you have any queries regarding PVG/CRB/DBS certification, please contact Scottish Swimming via email to wellbeingprotection@scottishswimming.com • Applicants must ensure a recent photograph (jpeg format) is uploaded at time of application. Previous applicants need not submit a photograph unless their appearance has changed dramatically or they wish to update the photograph held on file. Photographs should be taken under the same rules regarding passport photographs.
Photo & Videos	Anyone wishing to take photos/film at the event will no longer be required to complete a consent form and display a band but do so accepting the following: By attending the event either as a participant, volunteer, team staff or spectator, they must accept that any photographs / videos taken will not be used for illicit purposes or that pictures / films produced will not be altered in any way or uploaded onto the web without the consent in writing of the person(s) photographed / filmed. The use of mobile phones or other electronic devices capable of photography are not permitted to be used at any time in the Changing Village, Toilets or Shower Areas.

	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.
Data Collection	**Entries & Results** In order to operate this meet, we have a legitimate interest to collect and process some basic personal data from all competitors, specifically name, gender, date of birth. This data will be held securely and only used for the purposes of managing the meet and reporting results. Dates of birth will only be shared with - o Scottish Swimming for the purpose of maintaining the National Database which is used for Squad Selection and o Swim England for inclusion on Rankings Names, gender and age (but not date of birth) will be retained and will be shared with attending clubs and may be published for the purpose of reporting and keeping records.

UPDATED Consideration Times
(revised to match TM/TU Events File)

	11/13		14		15		16		17+	
	F	M/O	F	M/O	F	M/O	F	M/O	F	M/O
50m Free	00:35.00	00:45.00	00:35.00	00:40.00	00:35.00	00:35.00	00:37.00	00:35.00	00:37.00	00:35.00
100m Free	01:14.00	01:14.00	01:13.00	01:16.00	01:15.00	01:12.00	01:20.00	01:10.00	01:07.00	01:07.00
200m Free	02:50.00	02:50.00	02:50.00	02:50.00	02:45.00	02:45.00	02:55.00	02:50.00	02:55.00	02:55.00
400m Free	06:20.00	06:20.00	06:00.00	06:00.00	06:00.00	06:00.00	06:00.00	06:00.00	06:00.00	06:00.00
800m Free	16:00.00	16:00.00	14:00.00	12:30.00	12:30.00	12:30.00	14:00.00	14:00.00	14:00.00	14:00.00
1500m Free	28:00.00	28:00.00	24:00.00	24:00.00	25:00.00	25:00.00	23:00.00	23:00.00	23:00.00	23:00.00
50m Back	00:43.00	00:50.00	00:50.00	00:50.00	00:55.00	00:55.00	00:50.00	00:50.00	00:45.00	00:45.00
100m Back	01:27.00	01:55.00	01:27.00	01:45.00	01:25.00	01:25.00	01:30.00	01:30.00	01:30.00	01:30.00
200m Back	03:15.00	03:30.00	03:25.00	03:30.00	03:10.00	03:10.00	03:10.00	03:10.00	03:00.00	03:00.00
50m Breast	00:47.00	00:50.00	00:47.00	00:48.00	00:48.00	00:45.00	00:45.00	00:45.00	00:45.00	00:40.00
100m Breast	01:40.00	01:45.00	02:00.00	02:00.00	01:50.00	01:50.00	01:50.00	01:50.00	01:50.00	01:50.00
200m Breast	04:20.00	04:10.00	04:00.00	04:00.00	03:30.00	03:30.00	04:00.00	04:00.00	04:00.00	04:00.00
50m Fly	00:39.00	00:40.00	00:38.00	00:40.00	00:42.00	00:42.00	00:40.00	00:36.00	00:35.00	00:35.00
100m Fly	01:40.00	01:40.00	01:30.00	01:35.00	01:35.00	01:30.00	01:25.00	01:25.00	01:25.00	01:15.00
200m Fly	03:40.00	03:40.00	03:40.00	03:40.00	03:30.00	03:10.00	03:10.00	03:10.00	03:20.00	03:00.00
200m I.M.	02:58.00	03:06.00	03:12.00	03:20.00	03:30.00	03:30.00	03:30.00	03:30.00	03:30.00	03:30.00
400m I.M.	06:50.00	06:50.00	06:35.00	06:25.00	06:25.00	06:25.00	06:20.00	06:15.00	06:15.00	06:00.00

Multi-Classification Consideration Times

50m FREESTYLE	Girls	Boys
S1	01:27.26	01:48.46
S2	01:31.70	01:26.11
S3	01:08.54	01:15.92
S4	01:02.76	01:01.62
S5	00:57.87	00:50.63
S6	00:55.33	00:48.57
S7	00:53.79	00:46.55
S8	00:50.85	00:43.04
S9	00:46.44	00:40.73
S10	00:46.61	00:39.46
S11	00:49.64	00:44.01
S12	00:45.31	00:39.08
S13	00:45.15	00:39.46
S14	00:44.64	00:39.25

100m FREESTYLE	Girls	Boys
S1	03:07.82	03:50.91
S2	03:18.07	03:01.27
S3	02:28.95	02:37.57
S4	02:14.78	02:14.20
S5	02:14.78	01:53.93
S6	02:00.46	01:47.07
S7	01:57.66	01:42.15
S8	01:48.22	01:38.07
S9	01:42.34	01:28.79
S10	01:38.84	01:26.09
S11	01:51.77	01:35.45
S12	01:39.98	01:29.57
S13	01:37.48	01:26.11
S14	01:36.19	01:27.18

200m FREESTYLE	Girls	Boys
S1	06:46.33	07:54.83
S2	07:58.48	06:46.40
S3	05:32.32	05:39.03
S4	04:51.60	04:40.23
S5	04:44.09	04:09.49
S14	03:30.31	03:11.08

400m FREESTYLE	Girls	Boys
S6	08:37.77	08:17.11
S7	08:20.28	07:48.45
S8	08:01.80	07:30.77
S9	07:50.36	07:06.33
S10	07:28.94	06:44.11
S11	08:20.63	07:36.40
S12	07:25.98	06:58.11
S13	07:28.66	06:44.91
S14	07:34.04	06:57.30

50m BACKSTROKE	Girls	Boys
S1	01:53.10	01:46.73
S2	01:40.95	01:30.51
S3	01:27.28	01:16.09
S4	01:21.57	01:09.68
S5	01:03.07	00:53.41

100m BACKSTROKE	Girls	Boys
S1	04:07.57	03:45.76
S2	03:46.24	03:16.08
S6	02:15.27	02:03.62
S7	02:15.10	01:55.84
S8	02:02.59	01:46.33
S9	01:56.86	01:41.52
S10	01:53.39	01:37.22
S11	02:04.88	01:52.22
S12	01:56.35	01:42.02
S13	01:49.89	01:35.81
S14	01:51.86	01:36.70

50m BREASTSTROKE	Girls	Boys
SB1	02:17.87	02:13.31
SB2	01:49.36	01:35.06
SB3	01:33.92	01:19.03

100m BREASTSTROKE	Girls	Boys
SB4	02:57.50	02:36.33
SB5	02:51.00	02:24.72
SB6	02:35.28	02:12.87
SB7	02:35.45	01:59.54
SB8	02:15.88	01:54.31
SB9	02:00.68	01:51.09
SB11	02:15.63	01:59.53
SB12	02:04.32	01:48.92
SB13	02:05.97	01:47.05
SB14	02:02.43	01:46.67

50m BUTTERFLY	Girls	Boys
S1	01:26.92	03:20.84
S2	01:39.06	01:30.03
S3	01:18.32	01:19.88
S4	01:08.37	01:08.82
S5	01:05.91	00:52.05
S6	00:58.73	00:51.87
S7	00:56.08	00:49.16

100m BUTTERFLY	Girls	Boys
S8	01:58.78	01:45.45
S9	01:53.13	01:39.03
S10	01:51.32	01:32.05
S11	02:07.79	01:43.12
S12	01:47.29	01:36.56
S13	01:46.44	01:31.46
S14	01:47.66	01:32.11

200m IM	Girls	Boys
SM5	05:32.98	04:43.14
SM6	05:00.36	04:27.80
SM7	04:56.22	04:11.92
SM8	04:34.53	03:58.97
SM9	04:19.64	03:44.50
SM10	04:06.24	03:33.66
SM11	04:29.33	03:54.87
SM12	04:05.75	03:42.48
SM13	04:00.45	03:28.59
SM14	03:59.68	03:36.75

Session 1	**Warm-Up: 2:10pm**	**Start: 2:45pm**		
101	Female 11&O	400m	Freestyle	HDW
102	Male/Open 11&O	100m	Backstroke	HDW
103	Female 11&O	100m	Backstroke	HDW
104	Male/Open 11&O	50m	Butterfly	HDW
105	Female 11&O	50m	Butterfly	HDW
106	Male/Open 11&O	200m	Breaststroke	HDW
107	Female 11&O	200m	Breaststroke	HDW
108	Male/Open 12&O	800m	Freestyle	HDW
109	Female 11-13	200m	IM	HDW

Session 2	**Warm-Up: 5.10pm**	**Start: 5.45pm**		
201	Male/Open 11-13	200m	IM	HDW
202	Female 12&O	800m	Freestyle	HDW
203	Male/Open 11&O	100m	Breaststroke	HDW
204	Female 11&O	100m	Breaststroke	HDW
205	Male/Open 11&O	50m	Freestyle	HDW
206	Female 11&O	50m	Freestyle	HDW
207	Male/Open 11&O	200m	Backstroke	HDW
208	Female 11&O	200m	Backstroke	HDW
209	Male/Open 11&O	400m	Freestyle	HDW

Session 3	**Warm-Up: 2.10pm**	**Start: 2.45pm**		
301	Female 12&O	400m	IM	HDW
302	Male/Open 11&O	100m	Freestyle	HDW
303	Female 11&O	100m	Freestyle	HDW
304	Male/Open 11&O	200m	Butterfly	HDW
305	Female 11&O	200m	Butterfly	HDW
306	Male/Open 11&O	50m	Backstroke	HDW
307	Female 11&O	50m	Backstroke	HDW
308	Male/Open 12&O	1500m	Freestyle	HDW
309	Female 14&O	200m	IM	HDW

Session 4	**Warm-Up: 5.10pm**	**Start: 5.45pm**		
401	Male/Open 12&O	400m	IM	HDW
402	Female 11&O	100m	Butterfly	HDW
403	Male/Open 11&O	100m	Butterfly	HDW
404	Female 11&O	200m	Freestyle	HDW
405	Male/Open 11&O	200m	Freestyle	HDW
406	Female 11&O	50m	Breaststroke	HDW
407	Male/Open 11&O	50m	Breaststroke	HDW
408	Female 12&O	1500m	Freestyle	HDW
409	Male/Open 14&O	200m	IM	HDW

Appendix 1

No of Swimmers per Session	STOs Required by Club at District Championship/Meet
1 to 4	1 x Timekeeper or above
5 to 9	2 x TOs as follows: 1 x J1 or above Balance can be TKs
10 to 14	3 x TOs as follows: 1 x J1 or above 1 x J2 or above Balance can be TKs
15 to 19	4 x TOs as follows: 1 x J1 or above 1 x J2 or above Balance can be TKs
20+	5 x TOs as follows: 1 x J1 or above 1 x J2 or above 1 x J2S or above Balance can be TKs
For further information, please contact STO Convenor, Ross Stewart. stoconvenor@scotswimwest.co.uk	