2026 SC November AG Sprints Meet & Relay Championships

(Under WA Rules/Scottish Swimming Regulations)

Tollcross ISC - Glasgow

21st & 22nd November 2026

Licence No: L1/854/SS/NOV26

Dates	21st & 22nd November 2026
Venue	Tollcross ISC - Glasgow
Pool	10 Lane, 25 metre Competition Pool with full Electronic Timing.
Pool Hall Seating	Following the renovation works carried out in the Pool Hall over recent months, the "George" Gallery – on left side of Pool Hall when facing the Scoreboard/Changing Village - in past used by Clubs – having been refurbished, does not have a waterproof surface and therefore can no longer be used by persons who have wet bodies or clothing. For West District Championships and Meets, the George Gallery will now be used for Spectators, I**NSTEAD** of the Clydesdale Gallery, which is on the right side of Pool Hall when facing Scoreboard/Changing Village. All Clubs will be **seated on the poolside**, predominately on the Clydesdale side of the Pool and in the "Dry Training/Athletics" Area.
Lunches for Club Team Staff	Glasgow Life have confirmed they must be the sole catering providers on site. The cost for this catering service will be part funded by West District Swimming to encourage use of the facility and provide an affordable catering option to clubs and team staff. The cost is £6 per person per day, please email swim.convenor@scotswimwest.co.uk to confirm numbers by 8pm on Tuesday 10th November. Orders will be invoiced along with entries costs following the conclusion of the meet.
Session Times	**Saturday** Warm-Ups (40mins): S1 08:15am and S2 TBA Sessions: S1 09.00am and S2 TBA Break between Sessions: 75 mins. **Sunday** Warm-Ups (40mins): S3 08.15am and S4 TBA Sessions: S3 09.00am and S4 TBA Break between Sessions: 75 mins.
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	The Meet Entries will be processed using the 6 age bands (11/12,13, 14, 15, 16, 17+Yrs). Entries will be accepted on the following basis: **Juniors** – 11/12yrs (25%), 13yrs (25%) 14yrs (25%), last 25% for fastest entries left regardless of age. **Seniors** – 15yrs (25%), 16yrs (25%), 17+yrs (25%), last 25% for fastest entries left regardless of age.

	Relay Events: 11/12Yrs (B&G), 13-15Yrs, (B&G), 16+Yrs (Mixed) **Relay Teams per Event are LIMITED to 2 Teams/Club/Event** Please note for the 16+ age group, the Freestyle and Medley Relays are **MIXED** (2 x boys, 2 x girls, swum in any order).
Age Group Definition	The Age Groups have been designated Junior Age Group and Senior Age Group. The use of Junior DOES NOT refer to the Scottish Swimming definition, under 17 on 31st December. JAG and SAG are only convenient terms to differentiate the age groups of the Meet.
Competitors Age	As at 31st December 2026.
Minimum Age	The minimum age for entries is 11yrs, as of 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** Heats/Finals. Heats will be **Mixed Ages.** **Relay Events** HDW Swimmers can be swum up one or more age groups. Relay Teams that include swimmers that have been "swum up one or more age groups" **WILL NOT** be eligible for District Relay Records.
Awards and Presentation	11/12yrs, 13Yrs, 14Yrs, 15Yrs, 16Yrs, 17+Yrs Individual Finalists Awards for 1st, 2nd & 3rd per age group defined above. 11/12Yrs (B&G), 13-15Yrs, (B&G), 16+Yrs (Mixed) Relays Awards for 1st, 2nd & 3rd per age group defined above. Event Awards will be available for collection, after each HDW and Final, 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.
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 8. 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** Functional (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. Visual (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 There are Consideration Times as listed on Page 8. 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 8. 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 **NO Consideration Times** for the Meet. Submitted times ***MUST*** have been swum at a **Registered (L4) or Licenced Meet (L1/2/3)**. **Please note that NT entries will NOT be accepted.**
Submitted Times	To be 25 metre times, conversions can be used and need not be accredited.
Entries Acceptance	The Meet Entries will be processed using the 6 age bands (11/12,13, 14, 15, 16, 17+Yrs). Heats will swum in combined age groups (11/12, 13, 14,15/16,17+Yrs). **Juniors** – 11/12yrs (25%), 13yrs (25%) 14yrs (25%), last 25% for fastest entries left regardless of age. **Seniors** – 15yrs (25%), 16yrs (25%), 17+yrs (25%), last 25% for fastest entries left regardless of age. Finals with be swum in the following age groups (11/12, 13, 14, 15, 16, 17+Yrs) Submitted times must have been swum on or after 1st September 2025.
Reserves	Reserves, comprising of maximum of 2 x from each Age Grouping where available, will be allocated to each Event. 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, all Reserves **MUST** report to the Marshalling Area and Marshalling Steward, who will **REGISTER** their attendance in the Marshalling Area. Reserves will be placed in "empty lanes", if available, by fastest time order, regardless of Age Group. Reserves for Finals, 2 per Age Group, **MUST** report to the Marshalling Area and Marshalling Steward, who will **REGISTER** their attendance in the Marshalling Area. Reserves will be placed in "empty lanes", if available, by fastest time order.
Marshalling 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, whichever is the shortest time, before their swim. **Marshalling Steward will REGISTER their attendance in the Area.** **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**, whichever is the shortest, 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 for the Meet, available on the District Meets page on the District website by **5pm on Friday 20th November** Withdrawals will then be processed, Reserves will be allocated, Start Lists printed and published for use at the Meet. No further Withdrawals will be processed prior to the start of each Session. Any withdrawals after the deadline on Friday evening will be "No Shows" in the results and used purely to assist with marshalling.
Technical Officials	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 **Entry Closing Date: 8pm on Wednesday 4th November.**
Entry Fees Payment	**Please *DO NOT* submit Entry Fees with the Entry File.** Due Entry Fees, after reconciliation of Scratched/Medical Withdrawals will be invoiced to the Clubs **AFTER** each Meet. Payment of Invoice, by **BACS PAYMENT ONLY** will be due within 14 days of the issue date of Invoice. ***Entries for the next District Champs/Meet will not be accepted from a Club until payment is received for Entries Invoice for previous Champs/Meet.***
Invoiced Entry Fees	Invoiced Entry Fees will account for Accepted Entries, Withdrawals submitted prior to the Entries Closing dates and Reserves ***REGISTERED*** at the **Marshalling Area/Referee** and did not compete as no Empty Lanes during the Event. Entry Fees will be invoiced for any Entries withdrawn after the Entries Closing Date, except for Medical/Accident reasons, with submission of Medical Letter/Certificate. Entry Fees will not be invoiced for Reserves who were **REGISTERED** in the Marshalling Area by a Steward and there were no “empty lanes” lanes due to “No Shows” after the Event for which they were entered.
Spectating	Entrance to the Venue/Poolhall/Gallery as a swimmer, Coach, Team Manager or Spectator requires acceptance of the Rules and Guidelines set by Glasgow Life and enforced by the Facility and Meet staff. **Failure to comply with these Rules and Guidelines may result in being asked to leave the facility/venue.** Livestreaming may be available.

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.

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.
Meet Cancellation	No guarantee can be given by SASA West District that the Meet will take place at a particular time, on any particular date or at any particular Venue. SASA West District reserves the right to cancel the Meet without notice and without liability for doing so if required. The Meet will not be rescheduled if it is unable to take place on the scheduled dates. In the event of cancellation or abandonment of the Meets, refunds if any, will be made at the absolute discretion of SASA West District. SASA West District 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.

Multi Classification Swimmers – 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

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

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

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

Programme of Events

Saturday - Session 1

101H	Male/Open 15&O 50 Fly
102H	Female 15&O 50 Fly
103H	Male/Open 11-14 50 Free
104H	Female 11-14 50 Free
105H	Male/Open 15&O 100 IM

Saturday – Session 1A

102/3F	Female 15&O 50 Fly
101/3F	Male/Open 15&O 50 Fly
103/3F	Male/Open 11-14 50 Free
104/3F	Female 11-14 50 Free
105/3F	Male/Open 15&O 100 IM
106HD	Male/Open 11/12 4x50 Med Relay
107HD	Female 13/15 4x50 Free Relay
108HD	Mixed 16&O 4x50 Med Relay

Saturday - Session 2

201H	Female 15&O 50 Breast
202H	Male/Open 15&O 50 Breast
203H	Female 11-14 50 Back
204H	Male/Open 11-14 50 Back
205H	Female 15&O 100 IM

Saturday – Session 2A

202/3F	Male/Open 15&O 50 Breast
201/3F	Female 15&O 50 Breast
203/3F	Female 11-14 50 Back
204/3F	Male/Open 11-14 50 Back
205/3F	Female 15&O 100 IM
206HD	Female 11-12 4x50 Free Relay
207HD	Male/Open 13-15 4x50 Med Relay

Sunday -Session 3

301H	Male/Open 11-14 50 Fly
302H	Female 11-14 50 Fly
303H	Male/Open 15&O 50 Free
304H	Male/Open 11-14 100 IM
305H	Female 15&O 50 Free

Sunday – Session 3A

301/3F	Male/Open 11/14 50 Fly
302/3F	Female 11-14 50 Fly
303/3F	Male/Open 15&O 50 Free
304/3F	Male/Open 11-14 100 IM
305/3F	Female 15&O 50 Free
306HD	Female 11-12 Med Relay
307HD	Male/Open 13-15 Free Relay

Sunday - Session 4

401H	Female 11-14 50 Breast
402H	Male/Open 11-14 50 Breast
403H	Female 15&O 50 Back
404H	Female 11-14 100 IM
405H	Male/Open 15&O 50 Back

Sunday - Session 4A

401/3F	Female 11-14 50 Breast
402/3F	Male/Open 11-14 50 Breast
403/3F	Female 15&O 50 Back
404/3F	Female 11-14 100 IM
405/3F	Male/Open 15&O 50 Back
406HD	Male/Open 11-12 4x50 Free Relay
407HD	Female 13-15 4x50 Med Relay
408HD	Mixed 16&O Free Relay

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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	

IMPORTANT NOTICE – PLEASE READ !!

Clubs are reminded to consider that the overall running and success of any District Meet, relies on the strength of the support received from the Clubs themselves.
Please encourage your members to look at the various volunteering positions available and help where possible. Mentoring positions have been added to several roles to help new volunteers settle in the role.

For further information, please contact Swimming and Championships Convenor, Jamie Nelson
swim.convenor@scotswimwest.co.uk