



HADDINGTON AND DISTRICT ASC

HADDINGTON 100s
Saturday 25 Oct 2025
Mercat Gait Centre
PRESTONPANS

Licence No. L2/ED/049/OCT25

Meet Information

Licensed by SASA East District

Accreditation The meet has a SASA level 2 license and accreditation will be applied for.

Date Saturday 25 Oct 2025

Closing Date Monday 06 Oct 2025

Venue Mercat Gait Centre, Prestonpans, East Lothian, EH32 9PY

Pool 6 lane, 25m pool, electronic timing, anti-wave lane ropes, spectator facilities

Events 100m Backstroke, Breaststroke, Butterfly, Freestyle
400m Freestyle and 400m Individual Medley
Events will be swum as mixed age groups with results sorted as age groups.
All events will be HDW
400m Events will be swum as open events.

Age groups: 10 years & under, 11 years, 12 years, 13years, 14 years & 15 & over.
Age on day of event

Sessions There will be two sessions as follows (approx., to be confirmed after draft):

Morning warm-up 09:00 Start 10:00

Afternoon warm up 13:15 Start 14:00

Entry Fees: £6 per 100m event

£8 per 400m event

Please pay via bank transfer to the account below

Haddington and District ASC

Sort Code 80-08-23

Account number 00437400

Entries: Entries should be made on Hy-Tek entry files which can be obtained by e-mailing the Meet Manager quoting your club name.
Entries should be received by midday on **Mon 06 Oct 2025**.
Start sheets will be prepared in advance of the meet. Any advance withdrawals should be made as early as possible to Ross Lethbridge
meetman.swimhaddington@gmail.com and by midday on **Thurs 23 Oct 2025**.
A draft meet sheet will be made available to entry secretaries prior to meet date.

Entry file requests and entries to : Ross Lethbridge (meetman.swimhaddington@gmail.com)

Awards Medals will be awarded to the 1st 3 places in each age group
There will be a medal table in the café area of the venue. Winners must attend to the medal table properly attired (T-shirt and shoes at a minimum) to allow for photographs.

Officials Clubs entering this meet should provide a minimum of two officials.
Please complete the attached form and return by 13 Oct 2025 to the Haddington STO convenor and/or competition secretary sto.swimhaddington@gmail.com
Requests for mentoring should also be returned by 13 Oct 2025 to the above address.

Lunch We will provide lunch for all STO's officiating all day. Please advise if any dietary requirement prior to the event (sto.swimhaddington@gmail.com or galaconv.swimhaddington@gmail.com).

Meet Rules

- The meet shall be held under current World Aquatics and SASA Rules of Competitive Swimming.
- The meet will be in accordance with SASA's Transgender & Non-Binary Competition Policy
- The organisers reserve the right to restrict entries to allow for the smooth running of the meet. Rejected entries on this basis will be refunded in full.
- All competitors must have current SASA or equivalent registration numbers.
- The meet will adhere to Scottish Swimming "Swimwear Policies". The policies can be found in the appendices of Scottish Swimming Regulation
- Athletes must act on the instructions given by meet officials and behave in a reasonable manner at all times.
- It is the responsibility of each club to ensure that their athletes are aware of the meet rules and guidelines.
- Athletes must report to the designated marshalling area a minimum of 4 heats in advance. It is the responsibility of the clubs/coaches to ensure that their athletes report to marshalling on time.
- Over the top starts may be used to help the smooth running of the meet.

Warm up

- Warm up may only commence when advised to do so
- No diving other than sprint lanes
- The announcer will determine sprint lanes.
- No congregating allowed at either end of the lanes.

Miscellaneous

- The use of mobile phones is prohibited in the changing rooms and showers.
- Neither Haddington & District ASC nor the Mercat Gait Leisure Centre be held responsible for loss or damage to any property. Athletes should use the lockers provided and not leave belongings lying around unattended.
- Bags should not be taken onto poolside they should remain in lockers.
- No glassware may be taken into the showers or poolside. Anyone doing so will be liable to expulsion from the meet.
- Outdoor footwear must not be worn on the poolside area.
- Athletes MUST wear dry clothing and footwear at all times when not in poolside area.
- The Haddington and District ASC committee retains the right to amend any of the above conditions as necessary.
- Anything not covered in the above or in the event program will be at the organisers' discretion.
- Transgender & Non-Binary Competition: The Scottish Swimming Transgender & Non-Binary Competition Policy was implemented on 1st January 2024. The policy and FAQs can be found at <https://www.scottishswimming.com/about-us/equality>. 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.
- Safeguarding: 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. Scottish Swimming Swimsuit Policy: Please note that for swimmers aged 13 or younger, the Scottish Swimsuit Policy will be in place. Please make sure your swimmers/parents have read the policy and understand which suits can / cannot be worn ahead of the weekend. If they are wearing one of the suits which have been banned for this age group, they will not be allowed to compete. The policy can be found at:
<https://www.scottishswimming.com/oursports/swimming/swimsuits> there is also a visual guide here - <https://ocssport.ams3.cdn.digitaloceanspaces.com/scotswim-full/2022/06/Technical-swimsuitposter2022.pdf>



PHOTOGRAPHY STATEMENT

Haddington 100s

The meet organisers are well 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 the majority of 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 Events Convenor immediately to disclose your concerns.

Please scan the QR code to read the Scottish Swimming wellbeing statement



EVENTS

Session 1: Warm up: 09:00 Start time: 10:00

101	Female	100m	Backstroke
102	Male and Open	100m	Backstroke
103	Female	400m	Freestyle
104	Male and Open	100m	Breaststroke
105	Female	100m	Breaststroke
106	Male and Open	400m	Freestyle

Session 2: Warm up: 13.15 Start time: 14:00

201	Female	100m	Butterfly
202	Male and Open	100m	Butterfly
203	Female	400m	Individual Medley
204	Male and Open	100m	Freestyle
205	Female	100m	Freestyle
206	Male and Open	400m	Individual Medley

SUMMARY SHEET

****In order to comply with accreditation and Health and Safety legislation, the sheet on the final page must be completed and returned with Entries via E-mail****

- I confirm that all swimmers are current members of the SASA and have paid the appropriate membership fee.
- I understand that any swimmer entered without a Registration number will be automatically rejected.
- I confirm that the photography statement has been brought to the attention of all swimmers, parents and coaches who will be attending the gala.

CLUB		
Contact Name		
Address		
Postcode		
Telephone		
Email		
Breakdown of fees	Total	COST £
Female entries		
Male entries		
TOTAL		
Sign/Date		
<p>Payment should be made by BACS (queries to treasurer.swimhaddington@gmail.com)</p> <p>Haddington & District ASC sort code 80-08-23 A/C 00437400</p> <p>Reference the payment – H100_25 and your club code eg. H100_25 EHNX</p>		
<p>Return to (email):</p> <p>Ross Lethbridge (meetman.swimhaddington@gmail.com)</p> <p>Please CC Haddington competition secretary (entries.swimhaddington@gmail.com)</p>		