



East Lothian Swim Team Autumn Meet 2026



East Lothian Swim Team Autumn Meet 2026

Saturday 10-11th October 2026

Mercat Gait Centre, Prestonpans



Licence Number: L2/ED/064/OCT26

#threeclubsoneteam



East Lothian Swim Team Autumn Meet 2026

Licenced by: SASA East District.

Accreditation: SASA Level 2 Licenced Meet.

Date: Saturday 10-11th October 2026

Venue: Mercat Gait Sports Centre, Prestonpans, East Lothian EH32 9EN

Pool: 6-Lane 25-Metre; full electronic timing with 6-lane display scoreboard; non-turbulent lane dividers.

Spectators: Spectator numbers may be restricted to give priority to swimmers. Swimmers may be accommodated in the spectator gallery.

Events: 100m – Backstroke, Breaststroke, Butterfly, Freestyle
400m Freestyle & Individual Medley.

All events are Heat Declared Winners.

Age Groups: 10/11, 12/13, 14/15, 16 & Over. **Age as at 11th October 2026.**
Events will be run in mixed age groups, with results sorted by age groups.

Sessions: Warm Up & Start Times may be subject to change.

	Warm-up	Start
Session 1	09:00 – 09:50	09:55
Session 2	13:15 – 14:05	14:10

Entry Fees: £7.00 per 100m and 200m events
£8.00 per 400m event

Friday 18th September (midday)

Entry Closing Date: Meet file can be obtained from elstmeets@gmail.com or www.swimscotland.co.uk.

Awards: Medals will be awarded to the first three places in each age group. A plaque will be awarded to Best Club. There will be no presentations, medals will be available from the medal desk which will be located upstairs.

Officials: To ensure accreditation, we would appreciate if visiting Clubs could assist by providing technical officials. Details of your STO support should be sent to elststo@gmail.com

Lunches: We will provide a sandwich lunch for officials attending **both** AM and PM sessions.

Meet Rules



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- The current World Aquatics and SASA rules of competitive swimming will apply
- Age as at 11thth October 2026
- All swimmers must have a current SASA or equivalent registration number.
- The pool is 25-metres long with 6-lanes separated by anti-turbulent lane ropes.
- Electronic timing will be in operation. In the event of electronic timing failure, then back-up manual timing will be used.
- Swimmers must act on the instructions given by the meet officials and behave in a reasonable manner at all times.
- It is the responsibility of each club to ensure that their swimmers are aware of the meet rules and guidelines. Aquatics GB and Scottish Swimming advise that World Aquatics BL8.1 only applies to Olympic Games and World Aquatics events. A suit check will only be made if a World or European record is claimed. There is no requirement for officials to check that costumes are on the approved World Aquatics list. Bylaws BL 8.2 and BL 8.3 cover our requirement for design and material.
 - SW8.0 Scottish Swimming Rules
 - SW8.8 Swimwear Policies SW8.8.1.

For events held under the direct jurisdiction and control of Scottish Swimming the Scottish Swimming "Swimwear Policies" shall also apply. The policies are included in full in the appendices of Scottish Swimming Regulations. These can be found here. At this meet only the policy on Agreed Swimwear is relevant.

Entries and Events

- Closing date for entries is 12.00 (midday) on Friday 18th September 2026. Late entries will not be accepted.
- All entries must be made by Hy-Tek entry files and these can be requested via email from elstmeets@gmail.com or downloaded from www.swimscotland.co.uk.
- Withdrawals on the day must be made to the recorders no later than 1 hour prior to the start of each session. There are no refunds for entries withdrawn after the draft programme is prepared.
- The organisers reserve the right to restrict entries in order to facilitate the smooth running of the meet. Entries will be accepted on time basis. It is the responsibility of Entry Secretaries to ensure all entry times and dates of birth are correct. In case of over subscription, the overall percentage of swimmers accepted in the meet will be applied to each age allowing all swimmers an equal chance of being accepted. Rejected entries will be refunded in full. A draft programme will be made available to Entry Secretaries prior to the meet date.
- All events are Heat Declared Winners.
- Swimmers must report to the designated marshalling area **a minimum of four heats in advance**. It is the responsibility of the competing squads to ensure that their swimmers report to the marshalling area on time.

Warm up



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- Warm up may only commence when advised to do so.
- No diving other than in sprint lanes.
- Swimmers must keep moving during warm-up, to avoid congestion in the pool.
- The meet stewards will determine sprint lanes.
- No congregating allowed at either end of the lanes.

Miscellaneous

- This will be a Level 2 Licensed Meet.
- The organisers reserve the right to exclude or refuse admission to any competitor, spectator or team official.
- Neither ELST nor the Mercat Gait Leisure Centre can be held responsible for loss or damage to any property. Swimmers should use the lockers provided and not leave belongings lying around unattended. Bags should not be taken onto poolside they should remain in lockers.
- Only swimmers, coaches and approved volunteers are allowed poolside.
- Any team staff or any technical officials/event staff carrying out a regulated role at the event must have a valid PVG disclosure check and CWPS workshop through Scottish Swimming.
- Swimmers must act on the instructions of the meet officials and behave in a responsible manner at all times.
- 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.
- Swimmers MUST wear dry clothing and footwear at all times when not in poolside area.
- The use of mobile phones is prohibited by the Mercat Gait Leisure Centre anywhere within changing areas or showers.
- The ELST committee retains the right to amend any of the above conditions as necessary.
- Anything not covered in the above or in the event programme will be at the organisers' discretion.
- No guarantee can be given by East Lothian Swim Team that the event will take place at a particular time, place or date and ELST reserve the right to reschedule the event without notice and without liability for doing so. It is expected that this would only be as a result of unforeseen circumstances, e.g., venue/facility failure or adverse weather.
- In the event of postponement, cancellation or abandonment of the event, refunds if any, will be made at the absolute discretion of East Lothian Swim Team. East Lothian Swim Team will have no liability to make a refund or to pay any form of consequential or indirect damage such as loss of enjoyment, travel and accommodation costs.

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Controlling the Use of Photographic Equipment

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.

Parents and carers of participants under the age of 18 who wish to take images are requested to focus on their own children as much as reasonably possible and to avoid including other children in images, particularly if those images are being shared with family and friends or through social media platforms.

Whilst it is acknowledged that parents/carers wish to celebrate the achievements of their own children when taking part in aquatic events, it should be recognised and respected that other parents/carers may not wish for their child's images to be taken and shared in this way.

The meet organisers are committed to ensuring that all children who participate in this meet can 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.

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 [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.

Safeguarding



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Events - Warm Up & Start Times may be subject to change.

Session 1: Saturday 10th October				
Warm up 09:00 – 09:50 / Start 09:55				
101	Male & Open	10 & Over	400m Freestyle	HEAT DECLARED WINNERS
102	Female	10 & Over	100m Freestyle	
103	Male & Open	10 & Over	200m Breaststroke	
104	Female	10 & Over	200 IM	
105	Male & Open	10 & Over	100m Backstroke	
106	Female	10 & Over	200m Butterfly	
Medals to be collected from medal desk post result announcement for each event.				
Session 2: Saturday 10th October				
Warm up 13:15 – 14:05 / Start 14:10				
201	Female	10 & Over	400m IM	HEAT DECLARED WINNERS
202	Male & Open	10 & Over	200m Freestyle	
203	Female	10 & Over	100m Breaststroke	
204	Male & Open	10 & Over	100m Butterfly	
205	Female	10 & Over	200m Backstroke	
Medals to be collected from medal desk post result announcement for each event.				

Session 3: Sunday 11th October				
Warm up 09:00 – 09:50 / Start 09:55				
301	Female	10 & Over	400m Freestyle	HEAT DECLARED WINNERS
302	Male & Open	10 & Over	100m Freestyle	
303	Female	10 & Over	200m Breaststroke	
304	Male & Open	10 & Over	200 IM	
305	Female	10 & Over	100m Backstroke	
306	Male & Open	10 & Over	200m Butterfly	
Medals to be collected from medal desk post result announcement for each event.				
Session 4: Sunday 11th October				
Warm up 13:15 – 14:05 / Start 14:10				
401	Male & Open	10 & Over	400m IM	HEAT DECLARED WINNERS
402	Female	10 & Over	200m Freestyle	
403	Male & Open	10 & Over	100m Breaststroke	
404	Female	10 & Over	100m Butterfly	
405	Male & Open	10 & Over	200m Backstroke	
Medals to be collected from medal desk post result announcement for each event.				

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Entry Times – Athletes should be equal to or slower than

Event	Female (Age as of 11th October 2026)			
	10/11	12/13	14/15	16&Over
100 Butterfly	01:32.62	01:19.76	01:13.55	01:07.81
100 Backstroke	01:30.58	01:19.30	01:13.40	01:08.32
100 Breaststroke	01:44.26	01:30.50	01:24.35	01:19.06
100 Freestyle	01:20.32	01:10.86	01:05.92	01:01.85
200 Butterfly	03:28.50	02:55.59	02:42.77	02:40.46
200 Backstroke	03:11.69	02:48.94	02:37.27	02:34.39
200 Breaststroke	03:41.97	03:14.38	03:01.98	02:58.20
200 Freestyle	02:52.27	02:32.81	02:22.10	02:19.95
200 IM	03:00.57	02:53.21	02:41.21	02:38.61
400 Freestyle	06:03.98	05:14.17	05:00.37	04:42.32
400 Individual Medley	06:55.39	05:56.57	05:37.13	05:23.69

Event	Male & Open (Age as of 11th October 2026)			
	10/11	12/13	14/15	16&Over
100 Butterfly	01:32.97	01:16.45	01:07.54	01:00.41
100 Backstroke	01:31.57	01:17.19	01:08.68	01:02.14
100 Breaststroke	01:45.99	01:27.49	01:17.73	01:09.72
100 Freestyle	01:20.02	01:07.78	01:01.03	00:54.20
200 Butterfly	03:30.63	02:50.58	02:31.34	02:26.36
200 Backstroke	03:13.85	02:44.50	02:27.65	02:23.68
200 Breaststroke	03:44.15	03:09.52	02:48.93	02:44.41
200 Freestyle	02:52.08	02:26.83	02:12.68	02:08.76
200 IM	03:16.30	02:47.90	02:30.40	02:26.21
400 Freestyle	06:02.85	05:04.34	04:42.57	04:18.35
400 Individual Medley	06:58.42	05:47.04	05:16.65	04:45.94

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SUMMARY SHEET

****This sheet must be completed and returned with entries via email****

Club:			
Contact Name:			
Address:			
Town:		Postcode:	
Tel No:		E-mail:	
Breakdown of fees:			
Total Male & Open Entries: @£7.00		£	
Total Female Entries: @£7.00		£	
Total Male & Open Entries: @£8.00		£	
Total Female Entries: @£8.00		£	
		Total	£

Payment can be made by BACS. Reference should be AUT followed by your club code e.g., AUT UELX
 Bank Account Details: Sort Code: 80-17-68 Account No: 06002423
 Contact: elstfinance@gmail.com

Cheques to be made payable to: EAST LOTHIAN SWIM TEAM to be received within 7-days of closing date.

**Return this form with entry file no later than
 12.00 (midday) on Friday 18th September 2026
elstmeets@gmail.com**

