



Tranent Amateur Swimming Club

invites you to the

XMAS GALA

Saturday 5th and 6th December 2026

Mercat Gait Centre, Prestonpans

Licence number: L2/ED/054/DEC26 (Sat 5th) + L3/ED/055/DEC26 (Sun 6th)

General Information

- Date:** Saturday 5th and 6th December 2026
- Venue:** Mercat Gait Centre, Prestonpans, East Lothian, EH32 9EN
- Pool:** 6 lane, 25 metre pool with anti-wave lane ropes; full electronic timing with 3 lane display board. The pool has a spectator area.
- Ages:** Age on day of meet.
- Age Groups:** Saturday: 11-12 years, 13-14 years, 15+ years
Sunday: 7 years, 8-9 years, 10-11 years
- 11 year olds should enter only one day of either the Saturday or the Sunday.**
- Awards:** Medals for top 3 in each age group. There will be presentations on the Sunday and a medal table for the Saturday. Medals can be collected on the Saturday following the posting of results.
- Xmas spot prizes will be awarded to winners of randomly selected heats. These heats will be made known prior to the heat start.**
- Events:** All events are heat declared winners. All events will be swum as open and split for results into age groups.
- Sessions:** Saturday:
Session 1: 9am warm up for 9:45am session start.
Session 2: 1:15pm warm up for 2:00pm session start.
Sunday:
Session 1: 10am warm up for 10:45am session start.
Session 2: 1:00pm warm up for 1:45pm session start.
WARM UP TIMES MAYBE SUBJECT TO CHANGE WHEN A DRAFT PROGRAMME IS PREPARED.
- Entry Fees:** £6.00 per 25/50m event
£7.00 per 100/200m event
£5.00 per relay event
- Entries:** Entries should be made on Hy-tek entry files no later than **midday on 11th November 2026**.
Entries should be sent to **Susan Liddle** by email at susan.liddle@googlemail.com
- Officials:** We ask that clubs entering please indicate officials willing to officiate at this event.
- Club staff:** We ask that clubs entering provide a list of names of those attending. Also please note the number of deck staff may be limited according to numbers of swimmers attending from their club. Only participants of the meet, meet staff, technical officials and coaches with appropriate District or National meet passes will be admitted on to the poolside and must adhere to Scottish Swimming requirements with regard to PVGs and Child Protection training. Passes must be on show at all times.
- Access to the Deck/Spectating:**
There will be no access to the deck for team staff prior to 08:15 and no access for spectators before 8:30am.

Schedule of Events:

SATURDAY AM	SATURDAY PM
101 – Female 50m Freestyle	201 – Female 100m Freestyle
102 – Male/Open 50m Freestyle	202 – Male/Open 100m Freestyle
103 – Female 50m Backstroke	203 – Female 50m Butterfly
104 – Male/Open 50m Backstroke	204 – Male/Open 50m Butterfly
105 – Female 200m Individual Medley	205 – Female 50m Breaststroke
106 – Male/Open 200m Individual Medley	206 – Male/Open 50m Breaststroke
	207 – Female 100m Individual Medley
	208 – Male/Open 100m Individual Medley
	209 – Mixed 4x50m Free Relay
SUNDAY AM	SUNDAY PM
301 – Female 7yrs 25m Butterfly	401 – Female 50m Backstroke
302 – Male/Open 7yrs 25m Butterfly	402 – Male/Open 50m Backstroke
303 – Female 8-11yrs 50m Butterfly	403 – Female 50m Breaststroke
304 – Male/Open 8-11yrs 50m Butterfly	404 – Male/Open 50m Breaststroke
305 – Female 50m Freestyle	405 – Female 8-11yrs 100m Freestyle
306 – Male/Open 50m Freestyle	406 – Male/Open 8-11yrs 100m Freestyle
307 – Female 100m Individual Medley	407 – Mixed 4x50m Free Relay
308 – Male/Open 100m Individual Medley	

Relays must be made up of 2 Female and 2 Male/Open.

Saturday relays must consist of 2 swimmers aged 13+Under and 2 swimmers aged 14+Over

Sunday relays must consist of 2 swimmers aged 9+Under and 2 swimmers aged 10-11 years

Rules

- The current World Aquatics and SASA rules of competitive swimming will apply.
- The meet shall be run in accordance with SASA's Transgender & Non-Binary Competition Policy.
- All events will be **Heat Declared Winners**.
- All swimmers must have a current SASA or equivalent registration number.
- Age is as on day of competition.
- Electronic timing will be in operation. In the event of electronic failure, back-up manual timing will be used.
- The organisers reserve the right to restrict entries to allow for the smooth running of the meet. Rejected entries will be refunded in full.
- 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.
- Swimmers must report to the designated marshalling area **a minimum of four heats in advance**. It is the responsibility of the clubs/coaches to ensure that their swimmers report to marshalling on time. If an athlete does not report to marshalling on time there will be no adjustments made to allow them to swim.
- Over the top starts may be used to help the smooth running of the event.
- **IN THE EVENT OF THE MEET BEING OVERSUBSCRIBED, ONLY 'A' TEAMS WILL BE ACCEPTED FOR RELAY EVENTS**

Warm Up

- Warm up may only commence when advised to do so.
- Diving only in sprint lanes when introduced.
- Meet stewards will determine sprint lanes.
- No congregating allowed at either end of the lanes.

Transgender & Non-Binary Competition Policy

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.

Swimwear Policy

Aquatics GB and Scottish Swimming advise that World Aquatics Regulations 7.1 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. WA Regulations 7.2 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 the policy on Agreed Swimwear is relevant.

Miscellaneous

- The use of mobile phones is prohibited in the changing rooms.
- The organisers reserve the right to exclude or refuse admission to any competitor, spectator, or team official.
- Neither Tranent ASC or 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 be stored in lockers and not brought onto poolside.
- Any belongings left in unlocked lockers or changing rooms will be removed.
- Swimmers must act on the instructions of meet officials and behave in a responsible manner at all times.
- No glassware may be taken into 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 on the poolside area.
- The Tranent ASC 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.

Health and Safety Announcement

PHOTOGRAPHY STATEMENT

Tranent ASC XMAS Gala:

By attending the event either as a participant, volunteer, team staff or spectator, you 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.

The use of professional camera equipment and flash photography is prohibited at the Event. Only accredited media can use this type of equipment. Media wishing to gain accreditation must put the request in writing to the event organiser prior to the start of the competition.

Please scan the QR code to read the East District & Scottish Swimming photography statement:



Tranent Amateur Swimming Club
Christmas Gala – Saturday 5th/Sunday 6th December 2026

Entry Form Summary

This summary sheet should be completed and returned with meet entries

Name of Club -

Club Code -

Contact Name -

Telephone -

Number of Male/Open entries	@ £6.00 each (25m) =	Total:
	@ £6.00 each (50m) =	Total:
	@ £7.00 each (100m) =	Total:
	@ £7.00 each (200m) =	Total:

Number of Female entries	@ £6.00 each (25m) =	Total:
	@ £6.00 each (50m) =	Total:
	@ £7.00 each (100m) =	Total:
	@ £7.00 each (200m) =	Total:

Number of relay entries	@ £5.00 each =	Total:
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Total Amount Enclosed:

Signed:

Position:

Please make payments by bank transfer to the following

Account Name	Tranent Amateur Swimming Club
Bank	Bank of Scotland
Branch	Haddington
Account	06002237
Sort Code	80-08-23
Reference (please quote)	Club Code/TASC Xmas

Payments may be made by cheque on request.