



SASA Midland District League 2025

(Under World Aquatics Rules / Scottish Swimming Regulations)

**Round One – Sunday 23rd February 2025
Arbroath Sports Centre**

**Round Two – Sunday 4th May 2025
Montrose Sports Centre**

**Round Three – Sunday 15th June 2025
Olympia Leisure Centre**

Licence No: L2/171/SS/FEB25

sasamidlanddistrict.co.uk

MEET INFORMATION

Contents	Page
Venue Details, Session Times, Events & Eligibility Information	3
League Rules	5
Schedule of Events	6
Entry Information	7
Changes to Team Lines, Poolside Passes & General Information	8
Awards & Presentations	11

VENUE DETAILS, SESSION TIMES, EVENTS & ELIGIBILITY INFORMATION

Dates: Sunday 23rd February, Sunday 4th May & Sunday 15th June 2025
Venues: Arbroath Sports Centre, Keptie Road, Arbroath, DD11 3EW
Montrose Sports Centre, Marine Avenue, Montrose, DD1 8TR
Olympia Leisure Centre, 3 East Whale Lane, Dundee, DD1 3JU

Pool: 6 lane x 25m (Full Electronic Timing)
Promoters: SASA Midland District Swimming Committee

Age Groups

10 & Under	Male & Open and Female
11 – 12 Years	Male & Open and Female
13 – 14 Years	Male & Open and Female
15 & Over	Male & Open and Female

Age on day of competition

Leagues

Division One

Perth City
Dundee City Aquatics
Kinross Otters
Monifieth ASC
Menziesshill Whitehall

Division Two

Montrose Seals
St Thomas ASC
Carnoustie Claymores
Blairgowrie
Forfar Falcons
Brechin Beavers

SASA Midland District Contact

Jordan Young
Email: midlandsmeetentries@gmail.com

Promoter

SASA Midland District Swimming Committee

Entry Process

Entries will be by Computer File Only, files can be obtained from the SASA Midland District Website, & by emailing midlandsmeetentries@gmail.com

Note for entry secretary only enter the events for your league as below

Division One Teams will swim in events starting with 1 & 3 (example 101, 301)
Division Two Teams will swim in events starting with 2 & 4 (example 201, 401)

Entry Deadline

Round 1 – 2pm Friday 14th February 2025

Round 2 – 2pm Friday 25th April 2025

Round 3 – 2pm Friday 6th June 2025

Session Times

Date:	Session:	Warm Up:	Start:	Start times may be adjusted once entries have been received. This will be intimated on the Draft Programme.
Round 1	Session 1 (Division One)	9am – 10am	10.05am	
	Session 2 (Division Two)	12.30pm – 1.30pm	1.35pm	
Round 2	Session 1 (Division One)	9am – 10am	10.05am	
	Session 2 (Division Two)	12.30pm – 1.30pm	1.35pm	
Round 3	Session 1 (Both Divisions)	9am – 10am	10.05am	
	Session 2 (Both Divisions)	12.30pm – 1.30pm	1.35pm	

Spectating

Spectating will be available for a donation at all rounds where space allows

Competition Disclaimer

In the event of cancellation or abandonment of the event, refunds, if any, will be made at the absolute discretion of SASA Midland District. SASA Midland 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.

Eligibility

All competitors must be a registered member of a club affiliated to SASA Midland District and a registered member of the Scottish Amateur Swimming Association having paid their current registration fee.

A Swimmer can only compete for one Club/Team during the meet and must be eligible to swim for their Club/Team in accordance with Company Rule 5.1

Transgender & Non-Binary

As of the 1st January 2024 the Scottish Swimming Transgender & Non-Binary Competition Policy was implemented nationally across all aquatics sports. 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.

As a result of this policy being implemented, any competitor intending to compete within the Female category at this event will be required to provide confirmation that their birth sex is female when signing up to the meet conditions through entry. By entering the Female category, athletes are therefore confirming their birth sex is female and are eligible to compete in the Female category.

LEAGUE RULES

- Each team can be a maximum of 36 swimmers as follows
 - 16 Female, 16 Male & Open & 4 relay only swimmers
- Swimmers are interchangeable with the exception they can only swim in one division per season.,
- Swimmers can only swim for one team within a club across the three rounds
- There are no restrictions on which swimmers a club enters
- A swimmer can swim up to 2 events plus relays at each meet.
- Each Team must appoint a Captain & Vice Captain
- Each Club must appoint a Team Manager
- Swimmers must only swim in their own age group and one swimmer must be entered in a maximum of two events at each meet excluding relays
- Over the top starts will be used.
- All events will be HDW.
- All swimmers must have paid their current SASA & Midlands District registration fee.
- Points will be awarded as follows
 - Individual Events
 - 1st – 6pts
 - 2nd – 5pts
 - 3rd – 4pts
 - 4th – 3pts
 - 5th – 2 pts
 - 6th – 1 pt
 - Relay Events
 - 1st – 12pts
 - 2nd – 10pts
 - 3rd – 8pts
 - 4th – 6pts
 - 5th – 4 pts
 - 6th – 2 pts
- The team with the lowest points in Division One after Round 3 will be relegated to Division Two for the next year.
- The team with the highest points in Division Two after Round 3 will be promoted to Division One for the next year.

SCHEDULE OF EVENTS

Rounds 1 & 2				Round 3			
Session 1 – Division One		Session 2 – Division Two		Session One			
101	Mixed 10 & U	4x 50m Free	201	Mixed 10 & U	4x 50m Free	101 & 201	Mixed 10 & U 4x 50m Free
102	Mixed 11 – 12	4x 50m Free	202	Mixed 11 – 12	4x 50m Free	102 & 202	Mixed 11 – 12 4x 50m Free
103	Mixed 13 – 14	4x 50m Free	203	Mixed 13 – 14	4x 50m Free	103 & 203	Mixed 13 – 14 4x 50m Free
104	Mixed 15 & O	4x 50m Free	204	Mixed 15 & O	4x 50m Free	104 & 204	Mixed 15 & O 4x 50m Free
105	Female 10 & U	50m Back	205	Female 10 & U	50m Back	105 & 205	Female 10 & U 50m Back
106	M & O 10 & U	50m Back	206	M & O 10 & U	50m Back	106 & 206	M & O 10 & U 50m Back
107	Female 11 – 12	100m Back	207	Female 11 – 12	100m Back	107 & 207	Female 11 – 12 100m Back
108	M & O 11 – 12	100m Back	208	M & O 11 – 12	100m Back	108 & 208	M & O 11 – 12 100m Back
109	Female 13 – 14	100m Back	209	Female 13 – 14	100m Back	109 & 209	Female 13 – 14 100m Back
110	M & O 13 – 14	100m Back	210	M & O 13 – 14	100m Back	110 & 210	M & O 13 – 14 100m Back
111	Female 15 & O	100m Back	211	Female 15 & O	100m Back	111 & 211	Female 15 & O 100m Back
112	M & O 15 & O	100m Back	212	M & O 15 & O	100m Back	112 & 212	M & O 15 & O 100m Back
113	Female 10 & U	50m Breast	213	Female 10 & U	50m Breast	113 & 213	Female 10 & U 50m Breast
114	M & O 10 & U	50m Breast	214	M & O 10 & U	50m Breast	114 & 214	M & O 10 & U 50m Breast
115	Female 11 – 12	100m Breast	215	Female 11 – 12	100m Breast	115 & 215	Female 11 – 12 100m Breast
116	M & O 11 – 12	100m Breast	216	M & O 11 – 12	100m Breast	116 & 216	M & O 11 – 12 100m Breast
117	Female 13 – 14	100m Breast	217	Female 13 – 14	100m Breast	117 & 217	Female 13 – 14 100m Breast
118	M & O 13 – 14	100m Breast	218	M & O 13 – 14	100m Breast	118 & 218	M & O 13 – 14 100m Breast
119	Female 15 & O	100m Breast	219	Female 15 & O	100m Breast	119 & 219	Female 15 & O 100m Breast
120	M & O 15 & O	100m Breast	220	M & O 15 & O	100m Breast	120 & 220	M & O 15 & O 100m Breast
15 Minute Break		15 Minute Break		Session Two			
301	Female 10 & U	50m Fly	401	Female 10 & U	50m Fly	301 & 401	Female 10 & U 50m Fly
302	M & O 10 & U	50m Fly	402	M & O 10 & U	50m Fly	302 & 402	M & O 10 & U 50m Fly
303	Female 11 – 12	100m Fly	403	Female 11 – 12	100m Fly	303 & 403	Female 11 – 12 100m Fly
304	M & O 11 – 12	100m Fly	404	M & O 11 – 12	100m Fly	304 & 404	M & O 11 – 12 100m Fly
305	Female 13 – 14	100m Fly	405	Female 13 – 14	100m Fly	305 & 405	Female 13 – 14 100m Fly
306	M & O 13 – 14	100m Fly	406	M & O 13 – 14	100m Fly	306 & 406	M & O 13 – 14 100m Fly
307	Female 15 & O	100m Fly	407	Female 15 & O	100m Fly	307 & 307	Female 15 & O 100m Fly
308	M & O 15 & O	100m Fly	408	M & O 15 & O	100m Fly	308 & 408	M & O 15 & O 100m Fly
309	Female 10 & U	50m Free	409	Female 10 & U	50m Free	309 & 409	Female 10 & U 50m Free
310	M & O 10 & U	50m Free	410	M & O 10 & U	50m Free	310 & 410	M & O 10 & U 50m Free
311	Female 11 – 12	100m Free	411	Female 11 – 12	100m Free	311 & 411	Female 11 – 12 100m Free
312	M & O 11 – 12	100m Free	412	M & O 11 – 12	100m Free	312 & 412	M & O 11 – 12 100m Free
313	Female 13 – 14	100m Free	413	Female 13 – 14	100m Free	313 & 413	Female 13 – 14 100m Free
314	M & O 13 – 14	100m Free	414	M & O 13 – 14	100m Free	314 & 414	M & O 13 – 14 100m Free
315	Female 15 & O	100m Free	415	Female 15 & O	100m Free	315 & 415	Female 15 & O 100m Free
316	M & O 15 & O	100m Free	416	M & O 15 & O	100m Free	316 & 416	M & O 15 & O 100m Free
317	Mixed 10 & U	4x50m Medley	417	Mixed 10 & U	4x50m Medley	317 & 417	Mixed 10 & U 4x50m Medley
318	Mixed 11-12	4x50m Medley	418	Mixed 11-12	4x50m Medley	318 & 418	Mixed 11-12 4x50m Medley
319	Mixed 13-14	4x50m Medley	419	Mixed 13-14	4 50m Medley	319 & 419	Mixed 13-14 4x50m Medley
320	Mixed 15 & O	4x50m Medley	420	Mixed 15 & O	4 x 50m Medley	320 & 420	Mixed 15 & O 4x50m Medley

Subject to Change

Entry Guide

Entries will be by computer file only

- Entry file is available the SASA Midland District website
- The completed entry file must be emailed to: midlandsmeetentries@gmail.com
- The subject line **MUST** be **Club Code – League(R1, R2, R3)**
- Please ensure that you request a read receipt if you wish confirmation of entries being received
- **Once the computer entry file has been submitted**, the Entry Secretary must complete the [Online Application Entries Summary](#) This only needs to be completed for Round 1

The details of the summary sheet should be passed onto the relevant person in your club who has responsibility for making payments.

BACS: Please use Ref League_Club Code
The Royal Bank of Scotland,
Sort Code: 83-50-00, Account No: 00760821

Entry fee(s): £500 per Team (Covers all 3 Rounds)

No entries will be accepted without the correct fee, or with the Entry Files incorrectly completed. No refunds will issued after the entries have been submitted

Changes to Team Lines

Changes to Submitted team lines must be emailed to midlandsmeeetires@gmail.com by the following dates.

Round 1 – 2pm Friday 21st February 2025

Round 2 – 2pm Friday 2nd May 2025

Round 3 – 2pm Friday 13th June 2025

New Swimmers being added must include Name, DOB, SASA Number, Event & Entry Time

Changes can be made on the day at the recorders table up 15 minutes prior to the start of the warmup

Event Regulations

Entry and Entries to all events is expressly subject to the Event Regulations on our website which can be found [here](#) and may, where appropriate, also require compliance with the facility provider's regulations.

SASA Midland District reserves absolutely the right to eject from events any person failing to comply with each and all of the Event Regulations.

Swimwear

Aquatics GB and Scottish Swimming advise that FINA BL 8.1 only applies to Olympic Games and FINA events. A suit check will only be made if a World or European record is being claimed. There is not a requirement for officials to check that costumes are on the approved FINA list. Bylaws BL 8.2 and BL 8.3 cO our requirements for design and material.

SW8.0 Scottish Swimming Rules

SW8.8 Swimwear Policy

SW 8.8.1 For events held U the direct jurisdiction and control of Scottish Swimming the Scottish Swimming "Swimwear Policy" shall also apply. This policy is included in full in Appendix 1 of these regulations.

At this meet the policy on Agreed Swimwear & the policy on Technical Swim Suits shall apply

Media & Photography Information

Throughout this event SASA Midland District will have a number of authorised media partners taking static photographs and video footage. These images are intended solely for the purposes of promotion and celebration of the activities and may include live streaming on the internet. Images will be made available to our media partners and uploaded to our website and our social network sites.

Should any competitor wish not to be photographed please [complete this form](#). If at any time a competitor wishes a static image to be removed from our website, 7 days' notice must be given to SASA Midland District.

Team Staff

Scottish Swimming have introduced a new pass system, which will allow coaches to apply for an annual District pass, covering all District events, which is verified and checked by Scottish swimming for compliance, prior to issue. This District pass can be applied for at no charge.

For this event only, the following passes will be accepted:

- New Scottish Swimming District pass
- Scottish Swimming National event pass

All poolside Staff must have one of the above in place. Without a valid pass the member of staff will NOT be permitted entry to the event.

All passes must be printed and worn by all team personnel and always made visible.

Teams will be limited to 4 members of staff per session

Applying for a Pass

Applicants:- The following criteria needs to be met to allow you to apply for a pass:-

Scottish Swimming Members	Non-Scottish Swimming Members
be a current member of Scottish Swimming	be a current member of your Governing Body
have a current PVG with your Scottish Swimming affiliated club	be CRB/DBS checked through either: Swim England/Swim Wales
must hold a valid Child Wellbeing and Protection in Sport (CWPS) certificate or CWPS Renewal Award	must hold a valid Safeguarding certificate with your Governing Body
have a photograph on your Just Go Membership profile (Photographs should be taken under the same rules as passport photographs)	

District Annual Poolside Passes cannot be used at National Events, a separate pass should be purchased from Scottish Swimming.

Go to the Scottish Swimming Login page:- [click here](#) and follow the Scottish swimming instructions attached (these are based on applying for a national event pass).

Once logged into Just Go, you can use the links below, which will take you directly to the pass application. If you are not logged in the links will just take you to the log in page.

Midland District pass link [EventsAndBookings - JustGo](#)

Pass Application Deadline

Round 1 – 2pm Friday 14th February 2025

Round 2 – 2pm Friday 25th April 2025

Round 3 – 2pm Friday 6th June 2025

Lunch will be provided free of charge for Team Staff at Round 3

Technical officials

Sign Up

Technical officials should sign up to officiate on the SASA Midland District website [here](#).

Mentoring may be provided depending on numbers of qualified officials and must be requested at sign up.

STO Poolside Uniform

In accordance with the Aquatics GB and Scottish Swimming Rules, the poolside uniform for technical officials at Midland District Events is:

White top,

Black trousers, dress or skirt and must be below the knees, shorts are not permitted

Black poolside shoes, white socks and white accessories

Catering & Refreshments

All technical officials will be issued with a Midland District Water Bottle if they do not already have. Water fountains will be available at the pool. Officials will be provided with lunch if they are volunteering for both sessions in a round.

Expenses

Officials Expenses will be paid in line with the SASA Midland District Volunteer Expense Policy

Medals

Winning Team

All members of the winning team of each Division after Round 3 will be awarded with a Gold Medal

2nd & 3rd Placing

Teams placing 2nd & 3rd in each Division will be awarded with Silver & Bronze Medals to Round 3 Swimmers Only.

Trophies

Division Winner

A trophy will be awarded to the winning team of each Division after Round 3