



**Scottish
Swimming**

#SNAGS2026

2026 Scottish National Age Group Swimming Championships

**(Under World Aquatics Rules & Scottish Swimming
Regulations)**

**Aquatics Centre, Aberdeen Sports
Village, Regent Walk, Aberdeen
AB24 1SX**

4th April — 8th April 2026

Licence No: L1/811/SS/APR26

2026 Scottish National Age Group Swimming Championships

VENUE DETAILS, SESSION TIMES, EVENTS & ELIGIBILITY INFORMATION

Dates	Saturday 4 th April – Wednesday 8 th April 2026					
Venue	Aberdeen Sports Village, Regents Walk, Aberdeen AB24 1SX					
Pool	10 lane, 50 metre competition pool with full electronic timing 6 lane, 25 metre warm up/swim down pool					
Promoter	SASA National Swimming Committee					
Age Groups	Individual Events:		Age Group Youth	11-13 and 14 years 15, 16, 17/18 years		
	Relay Events:		Age Group Youth	11-13 years 14-16 and 17 & over		
	For individual and relay events: Age as at 31 st December 2026					
Session Times	Saturday - Wednesday	Morning	Heats	Warm up	08:00	NB. Session start times may be adjusted once all entries have been received and processed. Any new session times will be notified with confirmation of acceptances.
				Start	09:00	
		Afternoon	Heats	Warm up	12:40	
				Start	13:40	
		Evening	Finals	Warm up	16:25	
				Start	17:15	
Events	INDIVIDUAL EVENTS					
	YOUTH					
	Female & Male/Open: 15,16,17/18 years				Heats swum in the morning session	
	50m, 100m, 200m, 400m Freestyle 50m, 100m, 200m Backstroke 50m, 100m, 200m Breaststroke 50m, 100m, 200m Butterfly 200m, 400m Individual Medley				Heats and Final	
	800m, 1500m Freestyle				Heat Declared Winner	
	AGE GROUP					
	Female & Male/Open: 14 years				Heats swum in the afternoon sessions	
	50m Freestyle				Heats and Finals	
	Female & Male/Open:11-13 and 14 years				Heats swum in the afternoon sessions	
	100m, 200m Freestyle 100m, 200m Backstroke 100m, 200m Breaststroke 100m, 200m Butterfly 200m Individual Medley				Heats and Finals	
	400m, 800m, 1500m Freestyle 400m Individual Medley				Heat Declared Winner	

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	RELAY EVENTS	
	YOUTH	
	Female and Male & Open: 14-16 and 17 & over	Swum in the morning sessions
	4 x 100m Freestyle, 4 x 100m Medley 4 x 200m Freestyle	Heat Declared Winner
	4 x 100m Medley - Mixed	Swum in the finals session - HDW
	AGE GROUP	
	Female & Male & Open: 11-13 years	Swum in the afternoon sessions
	4 x 100m Freestyle, 4 x 100m Medley	Heat Declared Winner
	4 x 100m Medley – Mixed	Swum in the finals session - HDW
	PLEASE NOTE: This is the ONLY event where Scottish relay teams may qualify for the Aquatics GB Next Gen Meet. This applies to 14-16 yrs and 17/over relays only, the 11-13 years relays are not contested at the Aquatics GB Next Gen Meet.	
Scottish Swimming Contact	Lindsay Lewis, Event Manager, Scottish Swimming Tel: 07715 710581 Email: nationals@scottishswimming.com	
Promoter	SASA National Swimming Committee	
Entry Process	Entries will be by computer file	
Entry Deadline	12:00 noon on Tuesday 17th March 2026	
Competition Disclaimer	In the event of cancellation or abandonment of the event, refunds if any, will be made at the absolute discretion of Scottish Swimming. Scottish Swimming 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.	
Safeguarding	The primary safeguarding point of contact for the event in relation to wellbeing & protection matters or accidents is the event Meet Director. The secondary point of contact is the Scottish Swimming Safeguarding Manager. Further details will be issued in the Team Information pack prior to the event.	
Transgender & Non Binary	<p>The Scottish Swimming Transgender & Non-Binary Competition Policy was 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.</p> <p>By entering the Female category, athletes are therefore confirming their birth sex is female and are eligible to compete in the Female category.</p>	

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SCHEDULE OF EVENTS

Saturday 4 th April 2025	Sunday 5 th April 2025	Monday 6 th April 2025	Tuesday 7 th April 2025	Wednesday 8 th April 2025
Session 1	Session 4	Session 7	Session 10	Session 13
Warm Up: 08.00 Start: 09.00	Warm Up: 08.00 Start: 09.00	Warm Up: 08.00 Start: 09.00	Warm Up: 08.00 Start: 09.00	Warm Up: 08.00 Start: 09.00
15, 16 and 17/18 years	15, 16 and 17/18 years	15, 16 and 17/18 years	15, 16 and 17/18 years	15, 16 and 17/18 years
Female 200m Backstroke	Female 200m Breaststroke	Male & Open 50m Freestyle	Female 50m Backstroke	Male & Open 50m Backstroke
Male & Open 100m Backstroke	Male & Open 200m Butterfly	Female 50m Freestyle	Male & Open 200m Freestyle	Female 50m Butterfly
Female 100m Freestyle	Female 100m Backstroke	Male & Open 100m Breaststroke	Female 100m Butterfly	Male & Open 200m Individual Medley
Male & Open 200m Breaststroke	Male & Open 50m Breaststroke	Female 200m Butterfly	Male & Open 100m Butterfly	Female 200m Freestyle
Female 50m Breaststroke	Female 400m Individual Medley	Male & Open 200m Backstroke	Female 200m Individual Medley	Male & Open 100m Freestyle
Male & Open 50m Butterfly	Male & Open 400m Freestyle	Female 400m Freestyle	Male & Open 400m Individual Medley	Female 100m Breaststroke
Female 1500m Freestyle (HDW)	Female 14-16 4x200m Freestyle Relay (HDW)	Male & Open 1500m Freestyle (HDW)	Female 800m Freestyle (HDW)	Male & Open 800m Freestyle (HDW)
Male & Open 14-16 4x200m Freestyle Relay (HDW)	Female 17/over 4x200m Freestyle Relay (HDW)	Female 14-16 4x100m Freestyle Relay (HDW)	Male & Open 14-16 4x100m Freestyle Relay (HDW)	Female 14-16 4x100m Medley Relay (HDW)
Male & Open 17/over 4x200m Freestyle Relay (HDW)		Female 17/over 4x100m Freestyle Relay (HDW)	Male & Open 17/over 4x100m Freestyle Relay (HDW)	Female 17/over 4x100m Medley Relay (HDW)
				Male & Open 14-16 4x100m Medley Relay (HDW)
				Male & Open 17/over 4x100m Medley Relay (HDW)
Session 2	Session 5	Session 8	Session 11	Session 14
Warm Up: 12.40 Start: 13.40	Warm Up: 12.40 Start: 13.40	Warm Up: 12.40 Start: 13.40	Warm Up: 12.40 Start: 13.40	Warm Up: 12.40 Start: 13.40
11-13 and 14 years	11-13 and 14 years	11-13 and 14 years	11-13 and 14 years	11-13 and 14 years
Female 200m Backstroke	Female 200m Breaststroke	Male & Open 50m Freestyle (14yr only)	Female 100m Butterfly	Male & Open 200m Individual Medley
Male & Open 100m Backstroke	Male & Open 200m Butterfly	Female 50m Freestyle (14yr only)	Male & Open 200m Freestyle	Female 200m Freestyle
Female 100m Freestyle	Female 100m Backstroke	Male & Open 100m Breaststroke	Female 200m Individual Medley	Male & Open 100m Freestyle
Male & Open 200m Breaststroke	Male & Open 400m Freestyle (HDW)	Female 200m Butterfly	Male & Open 100m Butterfly	Female 100m Breaststroke
Female 1500m Freestyle (HDW)	Female 400m Individual Medley (HDW)	Male & Open 200 Backstroke	Female 800m Freestyle (HDW)	Male & Open 800m Freestyle (HDW)
Male & Open 11-13 4x100m Freestyle Relay (HDW)	Female 11-13 4x100m Freestyle Relay (HDW)	Female 400m Freestyle (HDW)	Male & Open 400m Individual Medley (HDW)	Female 11-13 4x100m Medley Relay (HDW)
		Male & Open 1500m Freestyle (HDW)		Male & Open 11-13 4x100m Medley Relay (HDW)
Session 3 – FINALS	Session 6 - FINALS	Session 9 – FINALS	Session 12 – FINALS	Session 15 - FINALS
Warm Up: 16:25 Start: 17:15	Warm Up: 16.25 Start: 17:15	Warm Up: 16:25 Start: 17:15	Warm Up: 16:25 Start: 17:15	Warm Up: 16:25 Start: 17:15
Female 200m Backstroke	Female 200m Breaststroke	Male & Open 50m Freestyle	Female 50m Backstroke	Male & Open 50m Backstroke
Male & Open 100m Backstroke	Male & Open 200m Butterfly	Female 50m Freestyle	Male & Open 200m Freestyle	Female 50m Butterfly
Female 100m Freestyle	Female 100m Backstroke	Male & Open 100m Breaststroke	Female 100m Butterfly	Male & Open 200m Individual Medley
Male & Open 200m Breaststroke	Male & Open 50m Breaststroke	Female 200m Butterfly	Male & Open 100m Butterfly	Female 200m Freestyle
Female 50m Breaststroke	Female 400m Individual Medley	Male & Open 200m Backstroke	Female 200m Individual Medley	Male & Open 100m Freestyle
Male & Open 50m Butterfly	Male & Open 400m Freestyle	Female 400m Freestyle	Male & Open 400m Individual Medley	Female 100m Breaststroke
Mixed 14-16 4x100m Medley Relay (HDW)		Mixed 11-13 4x100m Medley Relay (HDW)		Mixed 17/over 4x100m Medley Relay (HDW)
Finals will be swum from youngest to oldest age groups				

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Eligibility and Entry

All competitors must be registered with their National Federation to be eligible to compete (R4.5.1)

An athlete 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 5.1.4

To compete for a Scottish Club or Team at National Age Group Championships, competitors must be registered with SASA and must have paid their current registration fee.

Any athlete eligible to represent Scotland in accordance with Company Rules R4.5.3 who is not a member or a club affiliated to SASA, who wishes to be recognised as 'Scottish' must register with SASA.

National Eligibility – Scottish Swimming Company Rule R4.5.3a

A competitor selected to represent Scotland must be a registered member of SASA as per SASA Constitution C3.3 or C3.5 and must be either:

- a) For all meets, other than the Commonwealth Games either:
 - i) a native of Scotland **or**
 - ii) a person with a Scottish parent **or**
 - iii) a person with a Scottish grandparent **or**
 - iv) a person who has been resident in Scotland for a minimum of 12 months prior to the first day of competition
- b) For Commonwealth Games –
Qualified in line with current Commonwealth Games Federation Regulations or Guidelines.

No more than 3 athletes who do not qualify as Scottish (see above) will be allowed to progress into any final.

Individual Consideration Times (CT)

May be used by competitors registered with SASA if they:

- a) Are competing for a Scottish Club or Team, **or**
- b) Qualify for National Eligibility (as defined by Company Rule R4.5.3) and are registered with SASA having paid their current registration fee.
- c) Please Note: Consideration Times do not guarantee acceptance and may be restricted in order to manage session lengths.**

Individual Qualifying Times (QT)

Competitors as defined above with an entry time equal to or faster than the **Qualifying Times (QT)** will be guaranteed acceptance (subject to time verification).

Individual Non-Scottish Time (Non-Scot)

Entries submitted by all other Athletes must be equal to or faster than the **Non-Scottish Time (Non Scot)**. These Athletes will be guaranteed entry acceptance (subject to time verification) with the exception of 800m and 1500m events where the Non-Scot time will be treated as a consideration time rather than a qualifying time.

All competitors must enter times achieved in accredited competitions held between 1st January 2025 and 15th March 2026 and either be 50 metre pool times or conversions to 50 metre pool times (Official conversion tables: Hy-tek standard conversion or Swim England conversion tables may be used).

Team Entries and Relay Consideration Times

There are consideration times for Relays (see page 8) and these are applicable to all clubs and teams. Clubs must submit a time based on the cumulative individual times of the four (4) planned/anticipated team members. This will be used for seeding purposes and must be capable of verification. If it is necessary to restrict the number of relay entries, this will be done on the basis of entry time.

Individual Age Group events and relay events are defined as age at 31st December 2026

Proof of Entry

A proof of entry times report is required in accordance with SW2.1.2.5. Random checks on entry times will be carried out prior to and during the event. Any Athletes submitting an unaccredited entry time will automatically be withdrawn from all entered events and will forfeit all entry fees.

The organisers reserve the right to restrict entries to ensure a good standard of competition. If it is necessary to reject entries, this will be done on the basis of entry time, slowest to fastest, excluding guaranteed acceptances as detailed above.

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MALE & OPEN ENTRY TIMES

Age as at 31st December 2026

Male & Open	11 - 13			14			15			16			17/18		
	Non-Scot	QT	CT	Non-Scot	QT	CT	Non-Scot	QT	CT	Non-Scot	QT	CT	Non-Scot	QT	CT
50m Freestyle				0:26.87	0:27.61	0:29.00	0:25.87	0:26.75	0:27.82	0:25.17	0:25.99	0:26.77	0:24.28	0:24.87	0:25.62
100m Freestyle	1:01.89	1:06.33	1:08.98	0:58.41	1:01.71	1:03.56	0:56.02	0:58.53	1:00.87	0:54.82	0:56.99	0:58.70	0:52.83	0:54.97	0:56.62
200m Freestyle	2:13.73	2:26.40	2:32.26	2:07.36	2:16.62	2:20.02	2:02.38	2:11.10	2:13.69	2:00.20	2:05.95	2:09.73	1:55.42	2:02.07	2:05.10
400m Freestyle	4:43.08	5:03.11	5:13.76	4:22.88	4:40.96	4:52.20	4:18.50	4:31.78	4:37.11	4:16.01	4:27.08	4:35.09	4:06.56	4:18.03	4:25.78
800m Freestyle	9:39.29	10:25.89	10:51.18	9:09.14	9:40.32	10:00.75	8:54.22	9:21.35	9:32.41	8:44.76	9:05.60	9:21.97	8:29.54	8:47.59	9:03.42
1500m Freestyle	18:18.88	19:50.62	20:26.34	17:24.95	18:47.40	19:15.42	17:00.17	18:01.15	18:22.45	16:46.04	17:42.57	18:08.97	16:11.92	17:07.13	17:27.36
50m Backstroke							0:29.55	0:31.58	0:32.53	0:28.85	0:30.44	0:31.35	0:27.56	0:28.97	0:29.69
100m Backstroke	1:10.55	1:15.30	1:18.34	1:06.37	1:10.49	1:13.36	1:03.58	1:07.14	1:09.15	1:02.39	1:05.63	1:07.26	0:59.40	1:02.68	1:04.24
200m Backstroke	2:30.15	2:43.23	2:49.83	2:22.98	2:34.37	2:39.00	2:17.41	2:25.53	2:30.67	2:15.12	2:22.73	2:26.27	2:09.55	2:16.85	2:22.39
50m Breaststroke							0:32.54	0:34.92	0:35.96	0:31.94	0:33.96	0:34.63	0:30.45	0:32.05	0:32.68
100m Breaststroke	1:19.80	1:27.33	1:30.86	1:15.32	1:20.37	1:23.64	1:11.84	1:16.92	1:19.20	1:10.64	1:13.60	1:15.77	1:06.96	1:10.96	1:12.36
200m Breaststroke	2:50.74	3:10.30	3:16.01	2:41.89	2:53.66	3:00.60	2:35.82	2:46.22	2:51.12	2:33.33	2:44.00	2:48.85	2:24.77	2:37.20	2:40.22
50m Butterfly							0:27.56	0:29.30	0:30.18	0:27.06	0:28.14	0:28.98	0:26.07	0:26.96	0:27.49
100m Butterfly	1:09.65	1:17.32	1:21.23	1:04.97	1:11.97	1:14.13	1:01.39	1:06.43	1:08.39	1:00.10	1:04.00	1:06.90	0:57.41	1:00.25	1:02.38
200m Butterfly	2:34.42	2:57.40	3:06.38	2:24.08	2:42.70	2:49.21	2:17.31	2:31.77	2:37.84	2:14.72	2:25.73	2:33.09	2:07.96	2:17.81	2:23.38
200m I.M.	2:31.44	2:44.20	2:52.51	2:23.48	2:33.75	2:38.36	2:18.30	2:26.33	2:30.70	2:16.22	2:25.03	2:29.38	2:10.74	2:18.90	2:21.64
400m I.M.	5:20.19	5:47.00	6:00.88	5:03.38	5:25.36	5:35.15	4:54.79	5:15.12	5:24.57	4:51.24	5:07.39	5:16.62	4:41.09	4:53.02	4:58.65

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FEMALE ENTRY TIMES

Age as at 31st December 2026

Female	11 - 13			14			15			16			17-18		
	Non-Scot	QT	CT	Non-Scot	QT	CT	Non-Scot	QT	CT	Non-Scot	QT	CT	Non-Scot	QT	CT
50m Freestyle				0:28.56	0:29.58	0:30.47	0:27.86	0:29.30	0:29.88	0:27.76	0:28.85	0:29.57	0:27.16	0:27.97	0:28.81
100m Freestyle	1:03.58	1:07.14	1:09.15	1:01.99	1:04.23	1:06.16	1:00.10	1:03.56	1:04.81	0:59.70	1:02.61	1:04.48	0:58.51	1:01.39	1:02.92
200m Freestyle	2:16.61	2:26.80	2:30.45	2:13.13	2:20.98	2:25.21	2:10.15	2:17.81	2:21.94	2:08.65	2:17.15	2:21.26	2:06.27	2:13.38	2:18.09
400m Freestyle	4:48.45	5:01.86	5:14.13	4:41.29	4:56.87	5:04.25	4:33.43	4:51.24	4:58.47	4:32.53	4:43.48	4:51.98	4:27.16	4:40.52	4:46.01
800m Freestyle	9:46.65	10:26.77	10:48.83	9:29.34	10:09.80	10:21.33	9:16.80	9:51.10	10:08.60	9:13.42	9:48.90	10:00.50	9:07.05	9:31.83	9:54.99
1500m Freestyle	18:51.02	19:59.13	20:22.75	18:16.59	19:26.12	19:55.10	17:57.39	18:42.49	19:27.70	17:51.91	18:37.00	19:16.44	17:38.78	18:26.42	19:11.24
50m Backstroke							0:31.64	0:33.56	0:34.91	0:31.34	0:32.79	0:34.11	0:30.65	0:31.66	0:32.61
100m Backstroke	1:11.94	1:15.46	1:19.31	1:10.45	1:13.13	1:16.09	1:07.66	1:11.97	1:14.13	1:07.06	1:10.98	1:13.11	1:05.67	1:08.11	1:10.15
200m Backstroke	2:32.83	2:44.62	2:49.56	2:30.05	2:36.80	2:41.50	2:25.77	2:36.02	2:40.70	2:24.08	2:33.25	2:37.85	2:21.69	2:28.12	2:32.56
50m Breaststroke							0:35.22	0:37.69	0:39.21	0:34.92	0:37.17	0:38.67	0:34.33	0:35.60	0:37.04
100m Breaststroke	1:21.49	1:27.61	1:30.24	1:19.80	1:24.77	1:27.32	1:17.31	1:23.60	1:26.11	1:16.81	1:22.29	1:24.76	1:14.72	1:18.20	1:21.78
200m Breaststroke	2:53.63	3:09.80	3:15.42	2:50.74	3:02.00	3:08.33	2:45.37	2:59.10	3:06.26	2:45.17	2:57.40	3:02.72	2:40.69	2:51.96	2:58.02
50m Butterfly							0:29.65	0:31.62	0:32.57	0:29.45	0:30.93	0:31.86	0:28.76	0:29.93	0:31.14
100m Butterfly	1:10.74	1:17.32	1:20.41	1:08.65	1:14.35	1:16.97	1:06.27	1:11.60	1:14.46	1:05.47	1:11.20	1:13.34	1:03.78	1:07.82	1:10.21
200m Butterfly	2:37.01	2:52.46	3:02.98	2:31.24	2:45.92	2:56.05	2:27.46	2:41.20	2:49.32	2:25.57	2:38.40	2:44.80	2:21.89	2:32.02	2:39.75
200m I.M.	2:35.02	2:46.20	2:52.86	2:31.04	2:41.30	2:46.14	2:27.46	2:36.70	2:41.40	2:26.76	2:33.75	2:39.94	2:22.98	2:31.49	2:36.04
400m I.M.	5:26.56	5:49.67	6:00.02	5:19.59	5:38.87	5:52.42	5:12.93	5:29.57	5:42.76	5:11.83	5:30.17	5:38.35	5:05.17	5:21.37	5:31.00

ENTRY INFORMATION

Entry Guide

Entries will be by official computer file only.

- The entry file is [here](#)
- The completed entry file should be emailed to: nationals@scottishswimming.com
- The subject line of the email **MUST** be: **[Club Code] – SNAGs**
- An acknowledgement email will be sent when entries are received and processed
- A proof of entry times report is required in accordance with SW2.1.2.5 and must be submitted with the entry file.
- Once the computer entry file has been submitted, the Club Entry Secretary **must** complete the Online Application Entry Summary by clicking [here](#), no later than noon on 17th March 2026. The information from the summary will be used to communicate important information about the event. Only Scottish club entry secretaries have the option to create an invoice those who are not Scottish Swimming members can create an invoice and payment is made by card.

Payment details for Scottish clubs

BACS: Please use Ref - Invoice no.

The Royal Bank of Scotland,

Sort Code: **832709** Account No: **00292938**

ENTRIES CLOSE at 12:00 noon on 17th March 2026

Entry fee(s): £11.50 Individual Entry £22.00 Relay Entry

Important: The names of Athletes who are taking part in relay events only, must be emailed by the entry secretary to nationals@scottishswimming.com – and these Athletes must also apply for a Athlete accreditation pass.

Relay Entries

- There is no restriction on the number of relay teams that clubs may enter - subject to achieving the Relay Consideration Time.
- If it becomes necessary to restrict the number of relay entries received, teams will be selected by time basis (fastest to slowest) whether they are A, B, C or D teams etc.
- Please submit individual accredited times for each relay team member and all reserves.
- The submitted team members in each relay must be equal to or faster than the times below.

Team events for Athletes aged 14–16 and 17/over, excluding the mixed medley relay, may be combined at the discretion of the National Championships Convener in consultation with the National Coach in order to maximise the opportunity to compete. This decision will be made at the time of the draft programme being produced.

Mixed Medley

For the Mixed (two Male & Open and two Female) 4 x 100m Medley relay event, the maximum number of heats for this is as follows and will be swum at the end of the finals session. Please see programme of events.

17/over – 2 heats: 14–16 – 3 heats: 11–13 – 2 heats

RELAY CONSIDERATION TIMES

	11 – 13 years		14 – 16 years		17 years and over	
	Male & Open	Female	Male & Open	Female	Male & Open	Female
4 x 100m Freestyle	05:00.00	05:00.00	04:05.00	04:25.00	03:50.00	04:20.00
4 x 100m Medley	05:35.00	05:35.00	04:30.00	04:55.00	04:20.00	04:50.00
4 x 200m Freestyle			08:55.00	09:25.00	08:25.00	09:15.00
	Mixed		Mixed		Mixed	
4 x 100m Medley	05:25.00		04:30.00		04:20.00	

2026 Scottish National Age Group Swimming Championships

	<p>No entries will be accepted without the correct fee, or with the Entry Files incorrectly completed. No refunds will be given after the programme has been finalised.</p> <p><u>Website Information</u></p> <ul style="list-style-type: none"> As soon as possible after closing date, an entry list will be emailed to the entries secretary and posted on Scottish Swimming website for clubs to check (there will be a time limit on queries) The entry list will show a list of your entries only. This will allow any mistakes to be rectified. Any queries from the entry list should be directed to nationals@scottishswimming.com A few days after checks have been done, a draft programme will be posted on Scottish Swimming website Once the draft programme is posted no subsequent updates will be shown. <p><u>Team Lines and Changes to Relay Teams</u></p> <ul style="list-style-type: none"> Team Lines for Day 1 Morning session must be submitted by email no later than 6:00pm on the day prior to the event to nationals@scottishswimming.com Team Lines for Days 2, 3, 4 & 5 Morning Sessions must be submitted to the recorders desk by 6:00 pm on the day prior to the event. For Afternoon sessions, Team Lines must be submitted to the recorders desk no later than 10:00 am on the day of the event. For Finals sessions, Team Lines must be submitted to the recorders desk by the start of the afternoon session on the day of the event. Changes to the submitted Team Lines can be made up to 1 hour prior to the start of the appropriate session at the Recorder's Desk. After this time, no changes to submitted Team Lines shall be permitted except in the event of medical emergency. Relay team line forms can be found on the Scottish Swimming website, click here.
<p>Withdrawals</p>	<p><u>Heats</u></p> <p>Any withdrawals (including reserves) or amendments prior to the first day of the Championships should be notified online by clicking here.</p> <p>Withdrawals for Session 1 (including reserves) must be notified no later than 18:00 on Friday 3rd April 2026. Withdrawals for Sessions 4, 7, 10 and 13 – including reserves (morning sessions) not previously notified must be lodged at the Recorder's Desk no later than 18:00 on the day prior to the event. Withdrawals for Sessions 2, 5, 8, 11 and 14 – including reserves (afternoon sessions) not previously notified must be lodged at the Recorder's Desk no later than 10:00 on day of the event.</p> <p>Athletes failing to comply with the above (except in the case of a genuine illness or proven emergency) will be liable to a £10.00 fine for each inappropriate withdrawal.</p> <p><u>Finals</u></p> <p>Anyone wishing to withdraw from a Final (including reserves), must inform the Recorder's Desk in writing on the appropriate form within 30 minutes of finalist's lists having been published or announced. Athletes who fail to appear for Finals will be fined and may be subject to further disciplinary action. A maximum of 2 reserves will be nominated for Finals.</p> <p>Any competitor withdrawing from a Final in such a manner as to prevent a reserve taking part (except in the case of a genuine illness or proven emergency), shall be suspended immediately from all further events at the Championships). Where a reserve is brought in at short notice, the reserve shall occupy the vacant lane – there will be no re-seeding.</p> <p><u>Team withdrawals</u></p> <p>Withdrawals for relays swum in the morning sessions must be lodged no later than 18:00 on the day prior to the event. Withdrawals for relays swum in the afternoon sessions must be lodged by 10:00 on the day of the event. Withdrawals for relays swum in the final sessions must be lodged by the end of the afternoon session on the day of the event. All withdrawals must be lodged at the Recorder's Desk.</p> <p>Any late withdrawals on medical grounds from heats or finals should be discussed with the Meet Director prior to submission to the Recorders.</p>

GENERAL INFORMATION

Event Regulations	<p>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.</p> <p>Scottish Swimming reserves absolutely the right to eject from events any person failing to comply with each and all of the Event Regulations.</p>
Anti-Doping	<p>Please note that anti-doping may be in operation at any Scottish event. All Athletes not registered with SASA or Swim England (SE) / Welsh Amateur Swimming Association (WASA) will be required to sign an agreement to undergo tests as required in accordance with World Aquatics Law. N.B. SASA, SE and WASA Athletes will have signed an agreement when submitting their registration fee.</p>
Athlete Passes	<p>All Athletes participating in the Meet (including relay team only Athletes) must apply for an Athlete pass via their membership. Details on how to apply for a pass along with the link can be found here. Passes will not be issued to an Athlete who is not competing in the event. Closing date for pass applications is 12:00 noon on Thursday 26th March 2026.</p> <p>Each Athlete is responsible for printing their pass. The pass will be emailed to all accepted Athletes on or before Wednesday 1st April. The pass will allow access to the changing village, designated seating areas and poolside. Within the venue Athletes must wear their pass and have it visible at all times.</p> <p>There will be a £5.00 charge applied for a replacement pass which requires to be printed at the event.</p>
Swimwear	<p>Aquatics GB and SE 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.</p> <p>SW8.0 Scottish Swimming Rules SW8.7 Swimwear Policy</p> <p>SW8.8.1. For events held under the direct jurisdiction and control of Scottish Swimming the Scottish Swimming 'Swimwear Policy' shall apply. The policy can be found at here.</p>
Media & Photography Information	<p>Throughout this event Scottish Swimming 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.</p> <p>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 Scottish Swimming after which the data will be removed.</p>
Awards & Presentations	<p><u>Individual Awards</u></p> <p>Medals will be presented as follows:</p> <ul style="list-style-type: none"> Scottish National Age Group Open Champion 1st, 2nd, 3rd Scottish National Age Group Champion 1st (provided the individual is not also the Scottish Open Age Group Champion) <p>The Scottish National Age Group Champion must be a registered member of Scottish Swimming.</p> <p><u>Special Awards</u></p> <p>Trophies (1 male/1 female) to be awarded to the best performance by a male & open and female aged 16 and under as at 31st December 2026, calculated on the basis of the World Aquatics points for one single event.</p> <p>Sharp Trophies (one male & one female) to be awarded to the fastest male & open and female Athlete from the youngest age group for the 200m Individual Medley (age as at 31st December 2026).</p>

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Top Scottish Age Group Club Award

Points will be calculated as follows: 1st - 13 points: 2nd - 11 points: 3rd - 9 points: 4th to 10th place: 7 points down to 1 point. Relays will be awarded points as follows: 1st - 26 points: 2nd - 22 points: 3rd - 18 points: 4th to 10th place: 14 points down to 2 points.

The conditions for this award are as follows:

- Clubs must be registered with Scottish Swimming. For the purposes of the competition, "Club" is defined as any individual club or composite team registered with Scottish Swimming
- An individual Athlete can only score in one (1) individual event per day, using their best scoring event of each day.
- Athletes are only eligible to score points for clubs/composites in either individual or relay events if they are resident in Scotland **AND** undertake the majority of their daily training at the club (or composite team) for which they are entered.
- **Coaches must declare all Athletes entered for their club who do not meet this criteria HERE prior to the entry closing date.**
- In each relay event, only the highest ranked team from each club will be eligible to score points.
- Scores will be derived from finals and HDW events (from the position finished within the final or HDW event) only.
- Final points will be calculated following the completion of the last event with updates given as soon as possible.
- The Scottish Club or Composite team with the most points earned following the completion of the final event will be presented with the "Top Age Group Club" Award.
- No points shall be scored from 17 & over relays.

Presentations

Athletes must report to the Presentation Marshal immediately upon completing their race and picking up their dry clothes from the holding area. Appropriate clothing must be worn for the presentations. It is the responsibility of the Team Staff to ensure that medallists, or a deputy be available for presentation as per the presentation schedule. Failure of an Athlete or depute to attend the appropriate presentation will result in the Athlete forfeiting his/her medal.

Please note: Presentations may be subject to change

TEAM STAFF INFORMATION

Training Prior to Championships	Subject to availability, it may be possible to arrange some training times directly with the venue on Friday 3 rd April 2026. Please contact The Duty Manager at Aberdeen Aquatics Centre 01224 438900
Poolside Pass Information / Accreditation	<p>Team Staff who are not in possession of an annual pass may purchase an individual pass for the Championship:-</p> <p>Full Meet £30.00 (5-day access) Day Pass £10.00 (Access is only granted for the day the pass has been purchased)</p> <p>Links can be found here</p> <p>Lost/replacement passes will be charged a fee of £10.00 for the issue of a temporary pass. A pass is required for any team staff wishing to be poolside and entitles you to entry for the whole of the Meet, poolside access, WhatsApp Broadcast, complimentary tea/coffee in the specified area. Without a valid pass any team staff will NOT be permitted on poolside. Passes must be worn by all team personnel and made visible at all times.</p> <p><u>Applying for a Pass</u></p> <ul style="list-style-type: none"> • All applications must be submitted online, you can find more information by clicking here • Please Note: All team staff passes 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 either: Scottish Swimming/Swim England/Swim Wales. • All Applicants must hold a valid Child Wellbeing and Protection in Sport (CWPS) (formally Safeguarding and Protection Children Workshop) certificate or CWPS Renewal Award or equivalent for Swim England / Swim Wales • Scottish Swimming will not issue any Team Staff Pass unless a person has a valid PVG/CRB/DBS through the Scottish Swimming/Swim England/Swim Wales. In-line with current legislation, valid PVG/CRB/DBS from any other agency, will not be accepted. • Team Staff applying for passes from outside the UK should make arrangements for their National Governing Body to forward a letter of declaration to the CEO of Scottish Swimming that all applicants have conformed with their 'home country's' policy concerning child protection; Passes will not be issued without such a letter. • 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. • Passes, apart from the day passes, will be emailed direct to the applicant to print themselves. Day passes can be collected from the Team Staff / Athlete information desk. Plastic wallets will be available for collection from the Team Staff/Athlete information desk at our Scottish Swimming National Events <p>Applications close at 14:00 on Thursday 26th March 2026 Please Note: Any late applications will be charged £45.00 per pass</p>