



Highland Swim Team

Masters Meet 2026

Sunday 12 April 2026
Inverness Leisure, Bught Lane, Inverness, IV3 5SS
MEET INFORMATION
(Under World Aquatics and Scottish Swimming rules)

Facilities

25m pool. 8 lanes, 2m depth, anti-turbulence ropes, full electronic timing, Omega blocks with back plates and backstroke start devices

Licence

A licence has been granted, licence number: L2/193/SS/APR26

Session times

Session 1 Warm up 09:00-09:50 Start 10:00

Session 2 Warm up 14:00-14:50 Start 15:00

Session two warm up and start time are subject to change; confirmation after entries close

Events

50m Butterfly, Backstroke, Breaststroke, Freestyle

100m Butterfly, Backstroke Breaststroke, Freestyle, IM

200m Freestyle, IM

400m Freestyle

4x 50 Mixed Freestyle Relay, 4x 50m Mixed Medley Relay

All heats will be swum by time with ages and female and male/open competitors combined. All events are HDW

Age Categories

(X) 18-24 years; (A) 25-29 years; (B) 30-34 years; (C) 35-39 years; (D) 40-44 years; (E) 45-49 years; (F) 50-54 years; (G) 55-59 years; (H) 60-65 years; (J) 65-69 years; (K) 70-74 years; (L) 75-79 years; (M) 80-84 years; (N) 85-89 years; etc

Meet packs

Meet packs will not be issued, participant information, warm up information and relay team line forms will be available ahead of the meet and in the Broadcast. Withdrawal forms and team line forms will be available on the day to pick up as needed. Start sheets will be circulated via the WhatsApp Broadcast and may appear on Meet Mobile

Programme of Events

Session 1

Event 101	Mixed	400m Freestyle*
Event 102	Mixed	100m Breaststroke
Event 103	Mixed	50m Butterfly
Event 104	Mixed	100m Backstroke
Event 105	Mixed	50m Freestyle
Event 106	Mixed	200m IM
Event 107	Mixed	4x 50m Freestyle Relay

Session 2

Event 201	Mixed	200m Freestyle
Event 202	Mixed	100m Butterfly
Event 203	Mixed	50m Breaststroke
Event 204	Mixed	100m IM
Event 205	Mixed	50m Backstroke
Event 206	Mixed	100m Freestyle
Event 207	Mixed	4x 50m Medley Relay



Highland Swim Team

Masters Meet 2026

*400m freestyle may be capped at 4 or 5 heats depending on entries in other events in the session

Relays

Teams will consist of 2 male/open competitors and 2 female competitors, in the following categories. Team lines must be in to the recorders at the beginning of each warmup

- A** Total age 72 years + must include at last one swimmer from the 18-24 age group
- B** Total age 100-119 years
- C** Total age 120-159 years
- D** Total age 160-199 years
- E** Total age 200-259 years

Entries

All entries must be completed online, including payment. Entries close at **2200 on Wednesday 01 April 2026**.

Individual entries will be £8.00 per event, relay events will be £12.00 per team

Competitors must be a registered member of an aquatics club affiliated to SASA or another World Aquatics affiliated national association

Online entries are made [HERE](#)

On the individual entry page, enter your registration number or family name, click enter and follow the given instructions. Please ensure to select the club you wish to represent. Your entry is not complete until you make payment and receive a PayPal receipt

The list of entries can be viewed through the entry pages in the online entry

Entries may have to be limited dependent upon number received. In the event the meet is over-subscribed, entries will be accepted on fastest first across age groups as evenly as is practical. If an age group is undersubscribed, any time made available will be allocated to other events or age groups in that session. Refunds will be issued where any event is oversubscribed

Withdrawals

Withdrawals prior to the event may be sent by email to hstmeetsec@gmail.com by 1700 at the latest on Thursday 09 April 2026. All details must be included on email withdrawals including competitor name, event number and stroke. Telephone withdrawals will not be accepted

Entry fee may be refunded in the event of a competitor being unable to take part due to illness or injury only in the circumstance where the swimmer can provide medical evidence confirming they are unfit to swim within 14 days following the meet. Email evidence to the meet convenor, hstchair@gmail.com. The evidence should be dated not more than 4 weeks before the meet and not more than 10 days following the competition

Withdrawals at the meet should be notified on the withdrawal forms included in club packs. These should be handed into the glass box at least 40 minutes prior to the start of the appropriate session

Records

Records should be addressed to the recorders desk in the glass box. All record applications should be completed by the application and submitted before the end of the meet to allow the



Highland Swim Team

Masters Meet 2026

referee and recorders to endorse the form as required. Record application forms will be available from the meet desk in the upper gallery

Marshalling

There will be no marshalling in place for this competition. All competitors must report to their lane before their event. The start of a race will not be delayed for absent competitors

Awards

Medals will be awarded for 1st, 2nd, 3rd places. There will be no medal presentations. Medals can be collected from the meet desk in the upper gallery

Technical Officials

In order to meet accreditation, we ask clubs to support the competitors and the competition with officials. Please email Lesley Gatton hstmeetsec@gmail.com no later than Sunday 04 April 2026 with list of technical officials

Photos/ Video

The use of mobile phones or other devices capable of photography/ filming are not permitted at any time in the changing village, toilets or shower areas, and they are to be switched to silent in the pool hall.

Anyone wishing to use photographic equipment must complete a form at the Meet Desk in the upper gallery

Transgender and Non-Binary Competition Policy

As of 1st January 2024, the Scottish Swimming Transgender and Non-Binary Competition Policy was implemented nationally across all aquatic sports. The policy and FAQ's 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

Data Protection

In order to operate this meet, we have a legitimate interest to collect and process some basic personal data from all competitors, specifically name, gender, date of birth.

This data will be held securely and only used for the purpose of managing the meet and reporting results. Dates of birth will only be shared with Swim England for inclusion on Rankings

Names, gender and age (but not date of birth) will be retained and will be shared with attending clubs and may be published for the purpose of reporting and keeping records



Highland Swim Team

Masters Meet 2026

Safety Conditions

IMPORTANT – Please read the safety conditions carefully prior to submitting your entry. By submitting entries, you agree with the safety conditions

1. I am aware of the need to seek appropriate medical advice if I have any concerns as to the state of my health. I have not been informed by any medical practitioner, and I do not have any knowledge of any medical condition which would make it inadvisable for me to participate in Masters Swimming events or any other associated activities. Accordingly, I hereby certify that I am physically fit and well to participate in the competition
2. I am aware of and appreciate the inherent risks involved in such competition including the possibilities of injury and accident. I undertake to always conduct myself in a responsible and professional manner
3. I undertake at all times to use my best endeavours and compete in a safe and proper manner and not to do anything which would expose myself or fellow swimmers to unnecessary risk of injury
4. I undertake at all times to take all reasonable safety measures for the protection of myself and fellow swimmers and to inform the Referee of any concerns I may have regarding safety
5. I acknowledge that Highland Swim Team and its representatives at the competition cannot be held responsible for any loss or damage to personal belongings and that I must take all reasonable steps against any such loss or damage
6. I hereby agree to abide by and be governed by the rules of Scottish Swimming and all other laws and regulations applicable
7. I have read and understood the above provisions and by submitting my electronic entry, I agree to abide by them

Additional notes

1. A licence has been received for the competition and accreditation will be applied for
2. All competitors are required to adhere to the Scottish Swimming Code of Ethics and relevant Code of Conduct
3. The meet organisers are available throughout the meet should there be any concerns or queries
4. Please ensure footwear is worn around the poolside, particularly on the stairs which are very slippery when wet. All competitors are reminded to take care on the stairs at all times
5. Lockers are available in the changing village for clothing and other belongings; items left in cubicles will be removed by pool staff
6. The leisure waters, changing village, health suite and dry side facilities will be open to members of the public throughout the competition
7. Competitors must follow the instructions given to them by the meet organisers, referee and Inverness Leisure staff
8. Competitors are asked to ensure their area is tidy at the end of each session, bin bags will be available around the pool hall, please ensure all rubbish and unwanted items are disposed of appropriately
9. Results will be posted in the upper gallery during each session, and available on Meet Mobile. Results will also be sent to clubs and individual rankings



Highland Swim Team

Masters Meet 2026

WhatsApp Broadcast

A WhatsApp broadcast will be in place for this event. Information and documentation such as start sheets, results, warm up information and other useful information will be sent out in a broadcast when necessary and appropriate. Registration for the broadcast is open to all coaches, team staff and competitors attending the event and registration **MUST** be completed by 8am on Thursday 9th April.

Broadcast instructions

1. Save the following contact in your phone Lisa Houston – 07740419498
2. WhatsApp Lisa the following information: your Name, your number and your role at the event
3. Lisa will then add you to the Event Broadcast

Meet Convenor

Our meet convenor is Lisa Houston, please contact on hstheadcoach@gmail.com