

**EVENTS:****Morning Registration (Events 1, 2 & 3 ) 09:00 to 09:45****Briefing: 9:45****Races Start: 10:30****Event 1: 250m Novice non-championship race (age 10\*-12) (13-15)**

Cut-off time of 15 minutes applies

\*Minimum age 10 years on day. Medals : 10-12, 13-15 ( awarded only for those in their 1<sup>st</sup> or 2nd season of competing for but anyone in this age category may swim)Entry Fee: £9 +  
booking fee**Event 2: 5K Championship (age 14-15) (16+)**

Cut-off time of 100 minutes applies

Entrants must be aged 14+

Medals: 14-15, 16+ and masters (age adjusted)

Entry Fee: £27.50  
+ booking fee**Event 3: 500m Junior Championship (age 10\* and 11)(12-13)**

Cut-off time of 20 minutes applies

\*Minimum age of 10 years on the day

Medals: 10-11y, 12-13y

Entry Fee: £13.50  
+ booking fee**Afternoon Registration (Events 3, 4 & 5) 12:30 to 13:15****Briefing: 13:15****Races Start: 14:00****Event 4: 2 km Junior & Senior Championship (age 12 and over)**

Cut-off time of 75 minutes applies

Medals: 12-13, 14-15, 16+, Masters (age adjusted)

Entry Fee: £20.00  
+ booking fee**Event 5: Team Relay Race 4x250m (approx.) (age 10\* and over)****(Relay and Grand Prix)**

\*Minimum age 10 years on the day

Medals: 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Teams- Junior and open category.Entry Fee: £25.00 per  
team + booking fee

## Licence no. OW/2026/L1/03

All competitors must be SASA registered (or registered with another World Aquatics governing body).

- Entry is open to swimmers who are not currently members of SASA or another governing body providing they apply for temporary membership through the available link and pay the additional fee of £10.
- Entry is open to swimmers who are members of another World Aquatics governing body
- Entry data will be held in accordance with Scottish Swimming Policy. Medical information is under the control of Scottish Swimming and may be used by safety and first aid teams on the day.
- Relay entries will be accepted from Scottish Swimming composites as well as clubs.
- Swimmers can only represent one club on the day.
- **Entry fees are Non-Refundable.**
- The event will comply with SASA/World Aquatics Regulations.
- World Aquatics open water costume requirements apply to championship events.
- Wetsuit World Aquatics rules. See Scottish Swimming website for up-to-date rules and regulations.

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### Conditions

- Swimmers may be required to submit to a medical examination prior to the event.
- The Organising Committee reserves the right not to accept entries from swimmers who they believe may not be capable of completing the event.
- Competitors must wear numbered swimming caps as provided.
- Competitors still swimming on expiry of the cut-off times will be required to leave the water without completing the race.
- The organisers reserve the right to change the proposed event programme at any time.
- The promoter, or any affiliated body, cannot be held responsible for any loss or damages to personal belongings.

### Notes

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- Event will be held at Monikie Country Park, Monikie, Angus, DD5 3QN. What3words ///logs.group.benched
  - There are various activities and a cafe. See Website <https://angusalive.scot/countryside-adventure/visit-us/monikiecountry-park/> for directions and facilities.
  - For 11 years and over age as of 31st December 2026 will apply.
  - For 10 years age by event date will apply.
  - Attendance at Safety Briefings is compulsory.
  - Times above are approximate and are subject to change on the day.
  - Teams for the mixed relay race are 2 Female and 2 Male & Open. Minimum age 10 years on day of event. Teams that cannot meet this requirement may swim, but will not be eligible for medals.
  - Events are Open to swimmers from SASA, ASA, WASA or other World Aquatics-affiliated governing body (or take temporary membership)
  - For each category, medals will be awarded for 1<sup>st</sup> 2<sup>nd</sup> and 3<sup>rd</sup> place. In addition, the overall fastest Midland District Swimmer in each category will be awarded the Midland District Championship medal.
  - Entry is open to swimmers who are not currently members of SASA or another governing body providing they submit an application for temporary membership and pay an additional fee of £10.
  - Grand Prix Points awarded on one GP event for each relay team, for highest placing, in accordance with GP Rules
  - Safety provision will be provided in partnership with Open Water Rescue.

### **Transgender & Non-Binary**

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.

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**Closing date for entries Saturday 23<sup>rd</sup> May 2026**