



**Scottish
Swimming**

2025 National Short Course Open Swimming Championships

(Under World Aquatics Rules/Scottish Swimming Regulations)

**Royal Commonwealth Pool,
Dalkeith Road, Edinburgh, EH16 5BB
12 — 14 December 2025**

Licence No: L1/797/SS/DEC25

VENUE DETAILS, SESSION TIMES, EVENTS & ELIGIBILITY INFORMATION

Dates	Friday 12 - 14 December 2025																				
Venue	Royal Commonwealth Pool, Edinburgh, EH16 5BB																				
Pool	8 Lane, 25 metre competition pool with full Electronic Timing 6 Lane, 25 metre swim down pool																				
Age Groups	Open: Male & Open and Female																				
Events	<p><u>Open Individual Events</u></p> <table> <tr> <td>50m Freestyle, Backstroke, Breaststroke, Butterfly</td><td>Heats, C, B & A Finals</td></tr> <tr> <td>100m Freestyle, Backstroke, Breaststroke, Butterfly</td><td>Heats, C, B & A Finals</td></tr> <tr> <td>100m Individual Medley</td><td>Heats, C, B & A Finals</td></tr> <tr> <td>200m, 400m Individual Medley</td><td>Heats, B & A Finals</td></tr> <tr> <td>200m Freestyle, Backstroke, Breaststroke, Butterfly</td><td>Heats, B & A Finals</td></tr> <tr> <td>400m Freestyle and 400m Individual Medley</td><td>Heats, B & A Finals</td></tr> <tr> <td>800m, 1500m Freestyle</td><td>Heat Declared Winner</td></tr> </table> <p><u>Open Relays</u></p> <table> <tr> <td>Mixed 4 x 50m Medley Relay</td><td>Heat Declared Winner</td></tr> <tr> <td>Mixed 4 x 50m Freestyle Relay</td><td>Heat Declared Winner</td></tr> <tr> <td>Team Scotland 4 x 50m Relays</td><td>Exhibition</td></tr> </table> <p>The five fastest heats of events with finals will be swum in the morning sessions. The remaining heats will be swum in the afternoon. Confirmed finalists will not be announced until the last heat of each afternoon event has been completed. Provisional finalists will be announced based on the morning heats only,</p> <p>The eight fastest athletes in the heats shall qualify for A Final and the next eight athletes shall qualify for the B final, with the next 8 athletes qualifying for the C Finals where a C Final is offered. Two reserves shall be nominated.</p> <p>The fastest heats of each 800m and 1500m Freestyle event will be swum in the finals session with the remaining heats in the afternoon sessions.</p> <p>The slower heats of both relay events will be swum in the morning session with the 2 fastest heats in each event being swum in the finals session.</p> <p>At the discretion of National Swimming Committee and under exceptional circumstances, on application, an athlete who does not meet the eligibility or entry criteria may be allowed to compete in the event.</p>	50m Freestyle, Backstroke, Breaststroke, Butterfly	Heats, C, B & A Finals	100m Freestyle, Backstroke, Breaststroke, Butterfly	Heats, C, B & A Finals	100m Individual Medley	Heats, C, B & A Finals	200m, 400m Individual Medley	Heats, B & A Finals	200m Freestyle, Backstroke, Breaststroke, Butterfly	Heats, B & A Finals	400m Freestyle and 400m Individual Medley	Heats, B & A Finals	800m, 1500m Freestyle	Heat Declared Winner	Mixed 4 x 50m Medley Relay	Heat Declared Winner	Mixed 4 x 50m Freestyle Relay	Heat Declared Winner	Team Scotland 4 x 50m Relays	Exhibition
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Team Scotland 4 x 50m Relays	Exhibition																				
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 which will be issued with the Meet Information																				
Entry Deadline	14.00 on 18 November 2025																				
Training	Thursday 11 December, 16:00 - 20:00																				

Session Times	Friday 12 th December			Saturday 13 th December			Sunday 14 th December		
	Session	Warm Up	Start	Session	Warm Up	Start	Session	Warm Up	Start
	1	07:45	09:00	4	07:45	09:00	7	07:45	09:00
	2	12:00	12:50	5	12:00	12:50	8	12:00	12:50
	3	16:30	17:30	6	16:30	17:30	9	16:00	17:00
	Please note: Session times may be adjusted when all entries have been processed. Any new session times will be notified when the draft programme is issued.								
Spectating	Spectating will be available, and all sessions will be live streamed. Card payment only is accepted. Tickets will be available to purchase in venue per session, there is no pre-sale of spectator tickets. Heats - £3.00, Finals - £5.00								
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.								
Eligibility	<p>All competitors must be registered with their National Federation to be eligible to compete (R4.5.1).</p> <p>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.</p> <p>To compete for a Scottish Club or Team at National Open Championships, competitors must be registered with SASA and must have paid their current registration fee.</p> <p>National Eligibility – Scottish Swimming Company Rule R4.5.3a</p> <p>R4.5.3a - A competitor selected to represent Scotland must be a registered member of SASA as per SASA Constitution C3.3 or C.3.5.1. and must be either:</p> <ul style="list-style-type: none"> • A native of Scotland, or • A person with a Scottish mother or father, or • A person with a Scottish Grandparent • Satisfy either of the following residential criteria: <ul style="list-style-type: none"> I. For the Commonwealth Games - In line with current Commonwealth Games Federation Regulations or Guidelines (see Commonwealth Games Swimming selection policy for details). II. For all other Meets - A person who has been resident in Scotland for a minimum of 12 months prior to the first day of competition. 								

ENTRY INFORMATION

Entry Guide

- Entries will be by Hy-tek computer files
- The entry file is available [here](#)
- The competed entry file should be emailed to: nationals@scottishswimming.com
- The subject line must be: **[Club Code] - Scottish Short Course Championships**
- Competitors must enter times achieved in accredited competitions held since **1 January 2024** and in 25m short course format (or conversion to 25m pool times). Official conversion tables: both Hy-tek standard conversion or Swim England conversion tables may be used.
- A proof of time report must also be emailed with the entry file. Random checks will be made on entry times and Clubs may be asked for additional information about their entries.
- **Once the computer entry file has been submitted the Club Entry Secretary must also complete the Online Application Entries Summary by clicking [here](#).**

Club Entry Secretaries with Scottish Clubs should request an invoice at checkout on the online application summary. This invoice should be passed to the relevant person in the Club who has responsibility for making payments.

For clubs entering from outwith Scotland, to request an invoice, please email nationals@scottishswimming.com.

BACS: Please use the PR number as the reference, this is produced once the online summary is completed.

ENTRIES CLOSE at 14:00 on Tuesday 18 November 2025

Entry fee(s): £11.00 Individual Entry £22.00 Relay Entry

Relay Team Entries

- There are no restrictions on the number of relay entries that a Clubs can enter.
- Should it be necessary to restrict the number of relays, teams will be selected on a time basis, whether they are A or B teams etc.
- Please submit individual licenced times for each team member and reserves.
- The submitted relay entry time should be the sum of the licenced times for each provisional team member.

Important: The names of athletes who are not taking part in an individual event, but competing in relays only, must be emailed in advance to nationals@scottishswimming.com. These athletes must also apply for an athlete accreditation pass.

Entries without the correct fee, or with the Entry Files incorrectly completed will not be accepted.

No refunds will be given once the final programme has been published.

As soon as possible after closing date, an entry list will be posted on the Scottish Swimming website for Clubs to check, enabling any mistakes to be rectified.

- Any queries from the entry list must be directed to: nationals@scottishswimming.com
- Once entry checks are complete, a draft programme will be posted on the Scottish Swimming website.

Relay Team Lines and Changes to Relay Teams

- Team lines for morning relays should be lodged **no later than 08:00 on the day of the event**. Team lines for the evening relays should be lodged **no later than 16:30 on the day of the event**. The team lines should list all potential reserves.
- Changes to previously submitted team lines, including reserves, can be made up to 1 hour prior to the start of the appropriate session on relay team line forms at the recorders desk. No change to swim order or athletes shall be permitted after that time except in the event of a medical emergency and in that event, only athletes named on the form can be used.
- Relay team line forms can be found [here](#).

CONSIDERATION TIMES

FEMALE		MALE & OPEN
OPEN	EVENT	OPEN
00:27.90	50m Freestyle	00:24.90
01:00.80	100m Freestyle	00:54.51
02:13.86	200m Freestyle	02:01.05
04:42.31	400m Freestyle	04:22.56
09:30.00	800m Freestyle	08:55.00
18:15.00	1500m Freestyle	17:10.00
00:36.06	50m Breaststroke	00:32.04
01:19.33	100m Breaststroke	01:10.02
02:51.13	200m Breaststroke	02:37.95
00:31.92	50m Backstroke	00:28.85
01:08.77	100m Backstroke	01:02.16
02:29.24	200m Backstroke	02:17.01
00:30.18	50m Butterfly	00:26.90
01:08.25	100m Butterfly	01:00.57
02:36.49	200m Butterfly	02:24.92
01:10.90	100m Individual Medley	01:03.00
02:31.70	200m Individual Medley	02:18.60
05:25.71	400m Individual Medley	04:59.63
01:48.00	4 x 50m Mixed Freestyle Relay	01:48.00
02:00.00	4 x 50m Mixed Medley Relay	02:00.00

SCHEDULE OF EVENTS

Day 1 (Friday 12 December)

SESSION 1 - MORNING Fastest Heats

400m Individual Medley	MALE&OPEN
400m Individual Medley	FEMALE
100m Freestyle	MALE&OPEN
100m Freestyle	FEMALE
50m Breaststroke	MALE&OPEN
50m Breaststroke	FEMALE
200m Backstroke	MALE&OPEN
200m Backstroke	FEMALE
50m Butterfly	MALE&OPEN
50m Butterfly	FEMALE
4 x 50m Freestyle Relay	MIXED
<i>Slower Heats (HDW)</i>	

Day 2 (Saturday 13 December)

SESSION 4 - MORNING Fastest Heats

200m Individual Medley	FEMALE
200m Freestyle	MALE&OPEN
100m Butterfly	FEMALE
100m Breaststroke	MALE&OPEN
50m Freestyle	FEMALE
50m Backstroke	MALE&OPEN
200m Breaststroke	FEMALE
200m Butterfly	MALE&OPEN
100m Backstroke	FEMALE
100m Individual Medley	MALE&OPEN
400m Freestyle	FEMALE
4x50m Medley Relay	MIXED
<i>Slower Heats (HDW)</i>	

Day 3 (Sunday 14 December)

SESSION 7 - MORNING Fastest Heats

200m Individual Medley	MALE&OPEN
200m Freestyle	FEMALE
100m Butterfly	MALE&OPEN
100m Breaststroke	FEMALE
50m Freestyle	MALE&OPEN
50m Backstroke	FEMALE
200m Breaststroke	MALE&OPEN
200m Butterfly	FEMALE
100m Backstroke	MALE&OPEN
100m Individual Medley	FEMALE
400m Freestyle	MALE&OPEN

SESSION 2 - AFTERNOON Remaining Heats

400m Individual Medley	MALE&OPEN
400m Individual Medley	FEMALE
100m Freestyle	MALE&OPEN
100m Freestyle	FEMALE
50m Breaststroke	MALE&OPEN
50m Breaststroke	FEMALE
200m Backstroke	MALE&OPEN
200m Backstroke	FEMALE
50m Butterfly	MALE&OPEN
50m Butterfly	FEMALE
800m Freestyle (HDW)	MALE&OPEN
800m Freestyle (HDW)	FEMALE

SESSION 5 - AFTERNOON Remaining Heats

200m Individual Medley	FEMALE
200m Freestyle	MALE&OPEN
100m Butterfly	FEMALE
100m Breaststroke	MALE&OPEN
50m Freestyle	FEMALE
50m Backstroke	MALE&OPEN
200m Breaststroke	FEMALE
200m Butterfly	MALE&OPEN
100m Backstroke	FEMALE
100m Individual Medley	MALE&OPEN
400m Freestyle	FEMALE
1500m Freestyle (HDW)	MALE&OPEN

SESSION 8 - AFTERNOON Remaining Heats

200m Individual Medley	MALE&OPEN
200m Freestyle	FEMALE
100m Butterfly	MALE&OPEN
100m Breaststroke	FEMALE
50m Freestyle	MALE&OPEN
50m Backstroke	FEMALE
200m Breaststroke	MALE&OPEN
200m Butterfly	FEMALE
100m Backstroke	MALE&OPEN
100m Individual Medley	FEMALE
400m Freestyle	MALE&OPEN
1500m Freestyle (HDW)	FEMALE

SESSION 3 - EVENING Finals

800 Freestyle (Fastest)	MALE&OPEN
800 Freestyle (Fastest)	FEMALE
400m Ind. Medley B + A	MALE&OPEN
400m Ind. Medley B + A	FEMALE
100m Freestyle C, B + A	MALE&OPEN
100m Freestyle C, B + A	FEMALE
50m Breaststroke C, B+A	MALE&OPEN
50m Breaststroke C B+A	FEMALE
200m Backstroke B + A	MALE&OPEN
200m Backstroke B + A	FEMALE
50m Butterfly C, B + A	MALE&OPEN
50m Butterfly C, B + A	FEMALE
4 x 50m Freestyle Relay	MIXED
<i>2 Fastest Heats (HDW)</i>	

SESSION 6 - EVENING Finals

1500m Free (Fastest)	MALE&OPEN
200m Ind. Medley B + A	FEMALE
200m Freestyle B + A	MALE&OPEN
100m Butterfly C, B + A	FEMALE
100m Breaststroke C,B+A	MALE&OPEN
50m Freestyle C, B + A	FEMALE
50m Backstroke C, B + A	MALE&OPEN
200m Breaststroke B + A	FEMALE
200m Butterfly B + A	MALE&OPEN
100m Backstroke C, B + A	FEMALE
100m Ind. Medley C, B+A	MALE&OPEN
400m Freestyle B + A	FEMALE
4 x 50m Medley Relay	MIXED
<i>2 Fastest Heats (HDW)</i>	

SESSION 9 -EVENING Finals

1500 Freestyle (Fastest)	FEMALE
200m Ind. Medley B+A	MALE&OPEN
200m Freestyle B + A	FEMALE
100m Butterfly C, B + A	MALE&OPEN
100m Breaststroke C B+A	FEMALE
50m Freestyle C, B + A	MALE&OPEN
50m Backstroke C, B + A	FEMALE
200m Breaststroke B+A	MALE&OPEN
200m Butterfly B + A	FEMALE
100m Backstroke C, B+ A	MALE&OPEN
100m Ind.Medley C, B+ A	FEMALE
400m Freestyle B + A	MALE&OPEN
<i>Scotland National Team Exhibition Relays</i>	
<i>4 x 50m Freestyle and 4 x 50m Medley</i>	

WITHDRAWALS / POOLSIDE PASSES / GENERAL INFORMATION

Withdrawals	<p>Heats: Any withdrawals (including reserves) prior to the first day of the Meet should be notified using the online form by clicking here. Withdrawals for Session 1 must be notified no later than 18:00 on Thursday, 11 December 2025. Withdrawals for subsequent morning sessions not previously notified must be lodged at the Recorders Desk no later than 18:00 on the day prior to the event and for afternoon sessions by 10:00 on the day of the event. Athletes failing to comply with the above (except in the case of a genuine illness or proven emergency) will be liable to a £10 fine for each late or undeclared withdrawal.</p> <p>Finals: Competitors wishing to withdraw from a Final (including reserves) must inform the Recorders in writing on the form provided within 30 minutes of Finalists Lists having been published or announced.</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 from all further events at the Championships.</p> <p>Please note: Any late withdrawals from Heats or Finals on medical grounds during the event should be discussed with the Meet Director prior to being submitted to the Recorders.</p>
Event Regulations	<p>Entry to all events is expressly subject to the Event Regulations on the Scottish Swimming website which can be found here and may, where appropriate, also require compliance with the facility providers 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>
Athlete Passes	<p>All athletes participating in the Meet (including relay team only athletes) must apply for an athlete pass via their membership by clicking here. Passes will not be issued to athletes who are not competing in the Event. Closing date for pass applications is 14:00 on Tuesday 25 November 2025.</p> <p>Athletes are responsible for printing their own pass. The pass will be emailed to all accepted athletes on Tuesday 2 December 2025 at the latest. The pass allows access to the changing village, designated seating areas and poolside. Athletes must wear their pass and have it visible at all times within the venue.</p> <p>Plastic wallets will be available for collection from the Team Staff/athlete event information desk located in the foyer.</p>
Swimwear	<p>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.</p> <p style="text-align: center;">SW8.0 Scottish Swimming Rules</p> <p style="text-align: center;">SW8.7 Swimwear Policies</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 policies are included in full in the appendices of Scottish Swimming Regulations. The policy can be found here.</p>

WITHDRAWALS / POOLSIDE PASSES / GENERAL INFORMATION

Media & Photography Information	<p>Throughout this Event Scottish Swimming may 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>Any competitor wishing not to be photographed should 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> <p>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.</p> <p>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.</p> <p>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.</p> <p>The use of flash photography is prohibited at the Event.</p> <p>All media personnel attending the Event must apply for an accreditation pass in writing to the Event organiser prior to the start of the competition.</p>
Team Staff	<p>All Club/Team staff must apply for an accreditation pass. Information can be found here</p> <p>Full Meet: £25.00 (3-day access)</p> <p>Scottish Swimming Members Non-Scottish Swimming Members</p> <p>Day Pass: £10.00 (Access is only for the day the pass has been requested for)</p> <p>Scottish Swimming Members Non-Scottish Swimming Member</p> <p>Application deadline: 14:00 Tuesday 25 November</p> <p>Scottish Swimming Annual Passes are valid at this event.</p> <p>Lost/replacement passes will be charged a fee of £10.00 for the issue of a replacement pass.</p> <p>A pass entitles the holder entry to the Meet, poolside access, and the WhatsApp Broadcast.</p> <p>All passes must be printed and worn by all Club/Team staff and be visible at all times.</p>
Safeguarding	<p>The primary safeguarding point of contact for the event in relation to wellbeing and protection matters or accidents is the event Meet Director. The secondary point of contact is the Scottish Swimming Safeguarding Manager.</p>
Transgender & Non Binary	<p>The Scottish Transgender & Non Binary Competition Policy was implemented nationally across all aquatic sports on 1 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 Director/Meet 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>

AWARDS AND PRESENTATIONS

Open Events (including relays)	<p>Medals will be awarded as follows:</p> <ul style="list-style-type: none"> • Scottish Open Champion 1st, 2nd and 3rd • Scottish National Champion 1st (where the winner is not also the Open Champion) • Scottish Junior Champion 1st (aged under 17 as at 31st December 2025) <p>The Scottish National Champion and Scottish Junior Champion must be registered with Scottish Swimming. Please refer to Eligibility on Page 3.</p> <p>A junior relay team must consist of 4 athletes, all of whom will be aged under 17 years on 31 December 2025.</p>
Special Awards	<p>The following Trophies will be awarded:</p> <ul style="list-style-type: none"> • Alistair Sankey Memorial Trophy - Best combined performance in the senior men's 100m and 200m Butterfly Championships using World Aquatics points. Restricted to athletes based in Scotland or eligible to swim for Scotland. • Paisley 500 - Best overall performance by a male or female as determined by points calculated as below for individual events. <ul style="list-style-type: none"> 1st: 20 points 2nd: 18 points 3rd: 16 points 4th-16th: 13 points down to 1 point. • Citrus Trophies - Best performance by a junior male and female as determined by World Aquatics points. • Aberdeen 200 - Best single performance for male and female as determined by World Aquatics points. • Best Team Cup – Most points earned by a Scottish Club/Team in the Open competition. Points will be calculated as follows for all eligible individual events: <ul style="list-style-type: none"> 1st 20 points 2nd 18 points 3rd 16 points 4th-16th 13 points down to 1 point. <p>The first eight relay teams will score points as follows:</p> <ul style="list-style-type: none"> 1st 20 points 2nd 18 points 3rd 16 points 4th-8th 13 points down to 9 points
Presentations	<p>Medal/trophy winning athletes must report to the Presentation Marshall immediately upon completing their race, and collecting their dry clothes from the holding area. Appropriate Club kit clothing must be worn for the presentations. It is the responsibility of the respective Coach/Team Manager to ensure that medallists or a deputy be available for presentation as per the presentation schedule, a copy of which will be included in the Club Information Pack.</p> <p>An athlete (or their deputy) who fails to attend the appropriate presentation will result in them forfeiting their medal.</p> <p>Please note: Presentation procedures may be subject to change.</p>