



EDINBURGH INTERNATIONAL SWIM MEET 2024

(Under World Aquatics rules/Scottish Swimming Regulations)

Royal Commonwealth Pool, Edinburgh
8 – 10 March 2024

Licence number: L1/728/SS/MAR24

Supported by



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Times achieved at the Edinburgh International Swim Meet 2024 can be used for qualification to the Olympic Games. The event is also licensed with World Para Swimming. Times achieved can be used to claim European and World records and to achieve qualification times for the Paralympic Games.

MEET SPONSORS

The Edinburgh International Swim Meet is supported by the City of Edinburgh Council, British Swimming and Scottish Swimming.

DATES

FRIDAY 8TH – SUNDAY 10TH MARCH 2024.

VENUE

Royal Commonwealth Pool, 21 Dalkeith Road, Edinburgh, EH16 5BB
8 lane 50 metre pool with full electronic timing
6 lane 25m warm up and swim-down pool

AGE GROUPS

Male/Open & Female

- Over 18
- Junior – 18 and under

Age as at 31st December 2024.

EVENTS

50m Backstroke, Breaststroke, Butterfly, Freestyle	Junior, B and Super Final
100m Backstroke, Breaststroke, Butterfly, Freestyle	Junior, B and Super Final
200m Backstroke, Breaststroke, Butterfly, Freestyle	Junior, B and Super Final
150m IM (Para-Swimming)	Heats only
200m and 400m Individual Medley	Junior, B and Super Final
400m Freestyle	Junior, B and Super Final
800m and 1500m Freestyle	Heat Declared Winner

50m events are skins for the super finalists. The first round of the skins will constitute a super final with 8 athletes, reducing to 4, 2 and a winner. Male/Open and Female skins events will be run alternately during the finals' sessions. Rules for the skins events are detailed in appendix 1.

The fastest heats of each 800m and 1500m Freestyle event will be swum in the evening session.

The eight fastest athletes shall qualify for the Super Final regardless of age, the next eight athletes will qualify for the B Final regardless of age. The next eight Junior athletes will qualify for the Junior Final.

TRANSGENDER

As of the 1st January 2024 the Scottish Swimming Transgender & Non-Binary Competition Policy will be 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 Director 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. No further action is required.

PARA-SWIMMING ENTRIES

We will accept entries for certain events (see Appendices 2 and 3) from athletes with a recognised classification (WPS, BS, BBS, Sport Excel or Virtus) which must be held on the Scottish Swimming, British Swimming or WPS Database / Master List at time of entry.

The Para-Swimming events will be integrated into the heats, seeded by absolute time. There will be no separate Para-Swimming finals, but Para-Swimmers can qualify for finals based on time achieved. Please note that Para times are consideration times. The organisers reserve the right to make cuts to ensure a balanced programme and the smooth running of the meet. Athletes with higher British Para points will take priority.

SAFEGUARDING

The primary safeguarding point of contact for the event in relation to wellbeing and protection matters or accidents is the Meet Director or edinburghism@gmail.com. The secondary point of contact is the Scottish Swimming Safeguarding Manager who can be contacted on 07801 578967 or s.dawson@scottishswimming.com.

EVENT CONTACT

Lindsay Lewis, Event Manager

Tel: +44 7715 710581 Email: edinburghism@gmail.com

PROMOTER

City of Edinburgh Swimming International Trust

COMPETITION DISCLAIMER

In the event of cancellation or abandonment of the event, refunds if any, will be made at the absolute discretion of The City of Edinburgh Swimming International Trust. The City of Edinburgh Swimming International Trust 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.

ENTRY PROCESS

Entries will be by computer file using Hy-Tek – see Page 7 for more details.

ENTRY DEADLINE

12:00 (GMT) on **Tuesday 6th February 2024**

TRAINING

Open training will be available on **Thursday 7th March 2024, 16:00 – 20:00**

SESSION TIMES

	Friday 8th March		Saturday 9th March		Sunday 10th March	
	Warm Up	Start	Warm Up	Start	Warm Up	Start
Faster Heats	07:30	08:30	07:30	08:30	07:30	08:30
Slower Heats	11:30	12:30	11:30	12:30	11:30	12:30
Finals	16:30	17:30	16:30	17:30	16:00	17:00

Athletes will be allocated to morning and afternoon heats based on time, with the fastest athletes competing in the morning sessions as follows:

- 50m events – fastest 6 heats
- 100m events and 200m Free/IM – fastest 5 heats
- Other 200m events and 400m events – fastest 4 heats
- 800m and 1500m events – 2nd & 3rd fastest heats (fastest heat in finals session)

The meet organisers reserve the right to change these arrangements depending on entries received.

QUALIFICATION AND CONSIDERATION TIMES

Qualification and consideration times are detailed below. Please do not submit times that are slower than the consideration times as detailed. Refunds will not be made for any submitted entries that are slower than the consideration times. The organisers reserve the right to make cuts to ensure a balanced programme and the smooth running of the meet. Athletes with a qualifying time will not be cut and athletes with faster consideration times will take priority.

Para-Swimming qualification times can be found in Appendix 2.

OVER 18					JUNIOR Athletes born in 2006 or later				
Male/Open			Female		Male/Open			Female	
QT	CT		QT	CT	QT	CT		QT	CT
0:23.80	0:25.25	50 Freestyle	0:26.95	0:28.60	0:24.50	0:26.00	50 Freestyle	0:27.40	0:29.05
0:51.95	0:55.10	100 Freestyle	0:58.35	1:01.85	0:53.50	0:56.75	100 Freestyle	0:59.40	1:03.00
1:54.40	2:01.30	200 Freestyle	2:06.65	2:14.25	1:57.70	2:04.80	200 Freestyle	2:08.45	2:16.20
4:02.65	4:17.25	400 Freestyle	4:25.75	4:41.70	4:09.00	4:23.95	400 Freestyle	4:29.20	4:45.35
8:25.00	8:55.30	800 Freestyle	9:06.80	9:39.65	8:40.00	9:11.20	800 Freestyle	9:12.50	9:45.65
16:16.80	17:15.45	1500 Freestyle	17:34.00	18:37.25	16:35.00	17:34.70	1500 Freestyle	17:44.00	18:47.85
0:29.70	0:31.50	50 Breaststroke	0:33.65	0:35.70	0:30.90	0:32.75	50 Breaststroke	0:34.30	0:36.40
1:05.70	1:09.65	100 Breaststroke	1:13.75	1:18.20	1:08.40	1:12.50	100 Breaststroke	1:14.90	1:19.40
2:25.30	2:34.05	200 Breaststroke	2:40.35	2:50.00	2:30.00	2:39.00	200 Breaststroke	2:42.80	2:52.60
0:25.40	0:26.95	50 Butterfly	0:28.55	0:30.30	0:26.20	0:27.80	50 Butterfly	0:29.05	0:30.80
0:56.45	0:59.85	100 Butterfly	1:03.50	1:07.35	0:58.40	1:01.90	100 Butterfly	1:04.50	1:08.40
2:06.60	2:14.20	200 Butterfly	2:20.20	2:28.65	2:10.20	2:18.05	200 Butterfly	2:22.350	2:30.85
0:27.20	0:28.85	50 Backstroke	0:30.40	0:32.25	0:28.05	0:29.75	50 Backstroke	0:31.05	0:32.95
0:58.80	1:02.35	100 Backstroke	1:05.20	1:09.15	1:00.50	1:04.15	100 Backstroke	1:06.50	1:10.50
2:09.35	2:17.15	200 Backstroke	2:22.20	2:30.75	2:12.75	2:20.75	200 Backstroke	2:24.00	2:32.65
2:09.40	2:17.20	200 IM	2:24.00	2:32.65	2:13.00	2:21.00	200 IM	2:25.20	2:33.95
4:36.30	4:52.90	400 IM	5:03.50	5:21.75	4:44.00	5:01.05	400 IM	5:07.00	5:25.45

QT = Qualification Time. Any athlete with a QT for a given stroke/event is **guaranteed** to swim in that event.

CT = Consideration Time. These allow athletes to enter but do not guarantee a swim. If we cannot accommodate everyone within a reasonable session length, we will reject the slowest entries, based on time, across the different events that day. This will be done proportionately across events in the session in both the open and junior categories.

EVENT PROGRAMME

Friday 8 th March		Saturday 9 th March		Sunday 10 th March	
Session 1&2: Morning & Afternoon – Heats		Session 4 & 5: Morning & Afternoon – Heats		Session 7 & 8: Morning & Afternoon – Heats	
Male/Open	1500m Free (HDW)	Male/Open	400m IM	Female	1500m Free (HDW)
Female	100m Back	Female	800m Free (HDW)	Male/Open	50m Breast
Male/Open	100m Back	Male/Open	50m Back	Female	50m Butterfly
Female	200m Butterfly	Female	50m Back	Male/Open	100m Free
Male/Open	200m Free	Male/Open	100m Breast	Female	200m Back
Female	50m Free	Female	100m Butterfly	Male/Open	200m Back
Male/Open	50m Butterfly	Male/Open	200m Butterfly	Female	200m Breast
Female	400m Free	Female	400m IM	Male/Open	100m Butterfly
Male/Open	200m Breast	Male/Open	50m Free	Female	100m Free
Female	100m Breast	Female	50m Breast	Male/Open	400m Free
Male/Open	150m IM	Male/Open	800m Free (HDW)	Female	150m IM
Male/Open	200m IM	Female	200m Free	Female	200m IM

Session 3: Evening - Finals		Session 6: Evening - Finals		Session 9: Evening - Finals	
Male/Open	1500m Free (HDW) fastest heat	Male/Open	400m IM Junior, B & Super Final	Female	1500m Free (HDW) Fastest heat
Female	100m Back Junior, B & Super Final	Female	800m Free (HDW) Fastest heat	Male/Open	50m Breast Junior & B Final
Male/Open	100m Back Junior, B & Super Final	Male/Open	50m Back Junior & B Final	Female	50m Butterfly Junior & B Final
Female	200m Butterfly Junior, B & Super Final	Female	50m Back Junior & B Final	Male/Open / Female	50 Breast / 50m Butterfly Super Finals / Skins
Male/Open	200m Free Junior, B & Super Final	Male/Open / Female	50m Back Super Finals / Skins	Male/Open	100m Free Junior, B & Super Final
Female	50m Free Junior & B Final	Male/Open	100m Breast Junior, B & Super Final	Female	200m Back Junior, B & Super Final
Male/Open	50m Butterfly Junior & B Final	Female	100m Butterfly Junior, B & Super Final	Male/Open	200m Back Junior, B & Super Final
Female / Male/Open	50m Free / 50m Butterfly Super Finals / Skins	Male/Open	200m Butterfly Junior, B & Super Final	Female	200m Breast Junior, B & Super Final
Female	400m Free Junior, B & Super Final	Female	400m IM Junior, B & Super Final	Male/Open	100m Butterfly Junior, B & Super Final
Male/Open	200m Breast Junior, B & Super Final	Male/Open	50m Free Junior & B Final	Female	100m Free Junior, B & Super Final
Female	100m Breast Junior, B & Super Final	Female	50m Breast Junior & B Final	Male/Open	400m Free Junior, B & Super Final
Male/Open	200m IM Junior, B & Super Final	Male/Open / Female	50m Free / 50m Breast Super Finals / Skins	Female	200m IM Junior, B & Super Final
		Male/Open	800m Free (HDW) Fastest Heat		
		Female	200m Free Junior, B & Super Final		

Events in **Bold** include Para-Swimming entries.

ENTRIES AND TIMELINES

All entry times must have been set at an accredited competition since 1st January 2023. These should be from meets recorded in the British Swimming or World Aquatics rankings, or from a meet sanctioned by a National Governing Body. An exception exists for the Female 1500m Freestyle, where entries (with submitted times within the consideration time) will be accepted from athletes without an accredited time but who meet the consideration time for the 800m Freestyle.

Entries must be submitted as long course times. Conversions from short course, split times and lead off relay times are permitted. A proof of times report must be submitted.

No refunds will be given after acceptances are published or for entries submitted outside the consideration times. Fees for rejected entries will be returned to clubs as soon as possible after the event.

Closing date for entries 12.00 (GMT)	Tuesday 6 February 2024.
Draft programme issued on	Thursday 15 February 2024.
Final programme & other information to clubs by	Thursday 22 February 2024.

ENTRIES PROCESS

Entries will be by computer files and only official files are acceptable.

- Entry file will be available from **Friday 5th January 2024** on the EISM website.
- Click [here](#) to access Hy-Tek website for Team Manager Lite, should you not have a copy of Team Manager
- The competed entry file should be emailed to: edinburghism@gmail.com
- The subject line **MUST** be **Club – EISM Entries**
- The email must highlight the inclusion of any Para-Swimmers within the entry file.
- A proof of time report is required on entry. There will be random checks on times and clubs may be asked for additional information about the times entered.

ENTRY FEES AND PAYMENT

Entry Fee per Event: £12.00

Payment is by bank transfer as follows:

Account name	SASA East District
Bank	Bank of Scotland
Branch	Musselburgh
Account No	06001834
Sort Code	80-17-68
IBAN	GB 16 BOFS 80176806001834

Reference: *eism24/then add club code or team name*

The final date for payment is **Friday 9th February**. The organisers reserve the right to withdraw athletes if payment has not been received by the due date.

WITHDRAWALS, RESERVES AND REPORTING TIMES

Withdrawals - 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 Day 1 must be notified no later than 18.00 on Thursday, 7th March 2024. Withdrawals for subsequent days not previously notified must be lodged at the Recorders Desk no later than 18.00 on the day prior to the event.

Withdrawals - 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.

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 in the meet.

Reserves:

A maximum of four reserves will be selected for the heats of each event. Four reserves will be named for finals in the 50m, 100m and 200m events. There will be two reserves for 400m and Junior finals. Where a reserve is brought in at short notice, they will occupy a vacant lane. There will be no reseeding.

Reporting Times:

Team staff will be provided with a timeline for each session. Athletes must report to the call room/marshalling area in line with this timeline or any subsequent amendment issued.

ACCREDITATION

Athletes and Team Staff will only be permitted poolside if they can show official accreditation.

Athletes' accreditation passes will be available for athletes participating in the meet to collect in the venue from 15:00 on Thursday 7th March 2024.

Team staff with a Scottish Swimming 2024 annual pass can use this as accreditation for the EISM. Team Staff requiring accreditation should submit their request [here](#). Applicants must submit one recent photograph (jpeg format) to edinburghism@gmail.com. This can be done once the request has been processed. Photographs should be taken under the same rules regarding passport photographs.

Accreditation will not be issued to any Team Staff unless a person has a valid Disclosure Certificate/PVG/CRB through Scottish Swimming/Swim England/Swim Wales. In line with current legislation, valid Disclosure Certificates/PVG/CRB from any other agency, will not be accepted.

Team staff applying for accreditation from outside the UK should make arrangements for their National Governing Body to forward a letter of declaration to edinburghism@gmail.com confirming that all applicants have conformed with their home country's policy concerning child protection. Passes will not be issued without such a letter.

Once approved, Team staff will be emailed their accreditation for printing. A plastic wallet and lanyards will be issued at the event.

Closing date for applications – **Wednesday 28th February 2024.**

PHOTOGRAPHY

Throughout the Meet, there may be 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 request a form. If at any time a competitor wishes a static image to be removed from our website, 7 days' notice must be given to edinburghism@gmail.com after which the data will be removed.

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. **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.**

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.

The use of professional camera equipment and flash photography is prohibited at the Event. Only accredited media can use this type of equipment. Media wishing to gain accreditation must put the request in writing to the event organiser prior to the start of the competition.

LIVE STREAMING

The event will be live streamed and a link will be available on the EISM website.

PARKING

Parking is limited on a first come basis. If there are team minibuses, spaces need to be reserved in advance and this can be done by emailing edinburghism@gmail.com

MEET CONDITIONS

A full list of meet conditions is available on our website and will be published in the programme. Please note:

- The meet organisers reserve full powers over the Edinburgh International Swim Meet.
- The competition will be held under World Aquatics Rules, and the conditions printed in the meet information and on the EISM website. For areas not covered by World Aquatics Rules, SASA regulations as set by Scottish Swimming, and Edinburgh Leisure facility guidelines, will apply.
- The meet is licensed by Scottish Swimming.
- Entries will only be accepted from competitors registered as members of countries affiliated to World Aquatics and whose athletes have the permission of the relevant Governing Body to attend.
- A competitor must be a registered member, or equivalent, of the club in whose name they are entered, at the date of entry.
- Drug testing facilities may be available on site. Random drug tests may also be made, in line with British and Scottish Swimming standard procedure.
- Mobile phones / other photography devices must not be used in the changing rooms, showers, and toilet areas. Those found using mobile phones, breaching this rule, may be excluded from the meet.
- Athletes should use the facilities provided in the changing village. They should not change in the seating area or toilets.
- Anything not covered above or included in ancillary information will be at the promoter's discretion.

APPENDIX 1

SKINS RULES

The fastest eight athletes from the open 50m heats will progress to the final in the evening session.

All eight will compete in the first round, after which the slowest four are eliminated. In the second round the slowest two are eliminated. In the third round, the final two athletes will swim head-to-head to produce a winner.:

- Round 1: – from 8 to 4 athletes
- Round 2: – from 4 to 2
- Round 3: – the final 2 go head-to-head to produce a winner.

Round one will be seeded as a final. Surviving athletes into the second round will remain in their allocated lane. In the third round the last two athletes will compete in lanes 4 and 5.

Round one will start under normal starting procedures. Only times set in round one will count as accredited times for future events. Rounds two and three will start at three minute intervals. For rounds two and three, the starter will give a warning whistle 10 seconds prior to the start. The signal to start will then sound without any verbal commands.

Any athletes starting before the starting signal or breaching the stroke rules will be disqualified and will count as one of the four (Round 1) or two (Round 2) athletes eliminated.

World Aquatics start and stroke rules apply to all starts and strokes.

The male/open and female event will alternate. This will give the effect of a round starting every 90 seconds.

APPENDIX 2

CONSIDERATION TIMES: PARA EVENTS

	Male/Open	Female	Male/Open	Female
	50m Freestyle		100m Freestyle	
S1	2:16.66	1:40.93	3:29.88	4:59.56
S2	1:09.30	1:28.43	2:39.22	3:21.55
S3	0:55.26	1:09.95	2:03.55	2:28.74
S4	0:46.31	0:47.80	1:41.47	1:49.52
S5	0:39.73	0:44.87	1:27.88	1:40.81
S6	0:35.93	0:40.24	1:19.03	1:28.85
S7	0:34.08	0:40.32	1:13.50	1:28.43
S8	0:33.07	0:37.63	1:12.12	1:21.43
S9	0:30.79	0:34.68	1:06.54	1:15.65
S10	0:28.51	0:34.04	1:03.48	1:13.43
S11	0:31.96	0:37.32	1:11.00	1:27.12
S12	0:29.42	0:33.55	1:04.80	1:13.50
S13	0:28.97	0:33.42	1:04.12	1:12.64
S14	NA	NA	1:02.96	1:12.86
	200m Freestyle		400m Freestyle	
S1	7:30.22	7:56.92	NA	NA
S2	5:03.98	7:12.54	NA	NA
S3	4:16.99	5:23.23	NA	NA
S4	3:38.93	3:51.44	NA	NA
S5	3:03.74	3:46.22	NA	NA
S6	NA	NA	6:09.44	6:37.80
S7	NA	NA	5:39.73	6:26.53
S8	NA	NA	5:28.04	6:06.48
S9	NA	NA	5:04.86	5:42.83
S10	NA	NA	4:58.90	5:48.88
S11	NA	NA	5:36.78	6:32.81
S12	NA	NA	5:57.28	6:41.20
S13	NA	NA	4:57.10	5:35.34
S14	2:17.29	2:34.27	5:14.14	5:39.91
	50m Backstroke		100m Backstroke	
S1	1:31.50	2:43.09	3:28.88	5:23.17
S2	1:07.69	1:26.87	2:26.46	3:07.75
S3	0:55.94	1:09.50	NA	NA
S4	0:51.14	1:01.97	NA	NA
S5	0:45.58	0:55.52	NA	NA
S6	NA	NA	1:35.33	1:39.02
S7	NA	NA	1:26.47	2:53.30
S8	NA	NA	1:21.05	1:33.49
S9	NA	NA	1:13.84	1:24.41
S10	NA	NA	1:13.22	1:24.29
S11	NA	NA	1:24.44	1:40.20
S12	NA	NA	1:18.11	1:28.38
S13	NA	NA	1:12.20	1:21.42
S14	NA	NA	1:12.38	1:22.14

	Male / Open	Female	Male / Open	Female
	50m Breaststroke		100m Breaststroke	
SB1	2:48.77	2:42.98	NA	NA
SB2	1:15.17	2:01.79	NA	NA
SB3	1:01.34	1:11.26	NA	NA
SB4	NA	NA	2:23.27	2:34.04
SB5	NA	NA	2:04.72	2:21.34
SB6	NA	NA	1:54.90	2:01.40
SB7	NA	NA	1:39.79	1:55.73
SB8	NA	NA	1:37.04	1:39.50
SB9	NA	NA	1:26.94	1:32.10
SB11	NA	NA	1:25.25	1:48.38
SB12	NA	NA	1:31.16	1:42.28
SB13	NA	NA	1:22.34	1:31.74
SB14	NA	NA	1:18.85	1:32.70
	50m Butterfly		100m Butterfly	
S1	5:00.00	5:00.00	NA	NA
S2	2:57.55	3:57.64	NA	NA
S3	1:00.26	1:28.30	NA	NA
S4	0:57.90	1:38.33	NA	NA
S5	0:43.18	0:56.50	NA	NA
S6	0:38.33	0:44.62	NA	NA
S7	0:35.53	0:42.48	NA	NA
S8	NA	NA	1:16.10	1:32.42
S9	NA	NA	1:13.51	1:22.04
S10	NA	NA	1:09.04	1:22.20
S11	NA	NA	1:15.64	2:00.55
S12	NA	NA	1:11.15	1:22.80
S13	NA	NA	1:07.61	1:20.29
S14	NA	NA	1:08.44	1:18.92
	150m Individual Medley		200m Individual Medley	
SM1	6:24.37	7:00.00	NA	NA
SM2	5:30.68	6:03.18	NA	NA
SM3	3:44.29	4:39.89	NA	NA
SM4	3:17.62	3:44.33	NA	NA
SM5	NA	NA	3:54.01	4:19.13
SM6	NA	NA	3:20.10	3:32.90
SM7	NA	NA	3:02.52	3:37.96
SM8	NA	NA	2:58.01	3:21.43
SM9	NA	NA	2:49.19	3:06.77
SM10	NA	NA	2:40.66	2:56.44
SM11	NA	NA	2:57.80	3:18.73
SM12	NA	NA	3:03.22	3:00.26
SM13	NA	NA	2:38.86	2:57.50
SM14	NA	NA	2:39.34	2:59.05