

MASTERS

SCOTTISH *swimming*

Scottish Gas National Open Short Course Masters Championships 2010

(under FINA and SASA Rules)



Tollcross Leisure Centre, Glasgow

Friday 23rd April 2010

Saturday 24th April 2010

'Fitness, Fun and Friendship through Swimming is the Masters Motto'



sportscotland

widening opportunities • developing potential • achieving excellence



SCOTTISH SWIMMING

invites you to enter

THE SCOTTISH GAS NATIONAL OPEN SHORT COURSE MASTERS SWIMMING CHAMPIONSHIPS

at

TOLLCROSS LEISURE CENTRE, GLASGOW

on

Friday/Saturday 23rd & 24th April 2010

MEET PROGRAMME

50m + 100m + 200m - All Strokes + 400m + 800 Freestyle

100m + 200m + 400m - Individual Medleys

4 x 50m - Freestyle and Medley Relays

Incorporating all Age Groups from 18 yrs to 90+

- | | | | |
|---|---|------------------------------------|---|
| * | 10 Lane Deck Level Pool | Results Service | * |
| * | Anti-Turbulence Ropes | Championships Medals 1st to 3rd | * |
| * | Electronic Timing | Special Medals - Overall Age Group | * |
| * | Heat Declared Winners | Scottish Club Championship Trophy | |
| * | 50m events – Individual Championship Trophies | | |

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CLOSING DATE FOR ENTRIES – Wednesday 24th March 2010

For further information contact:

Melanie Orr, Scottish Swimming,
National Swimming Academy, University of Stirling, Stirling, FK9 4LA
Tel: 01786 466520
Email: m.orr@scottishswimming.com

Or Visit the Web-Site at:
www.scottishswimming.com

**Scottish Gas National Open Short Course Masters Championships 2010
(under FINA and SASA Rules)**

Friday 23rd April 2010

Session One	Warm up:	1.45–2.15pm
	Start:	2.30pm

Event	101	Mixed	800m	Freestyle(see page 6)
	102	Male	400m	Individual Medley
	103	Female	400m	Individual Medley

Session Two	Warm up:	5pm-6pm
	Start:	6.15pm

Event	201	Male	100m	Breaststroke
	202	Female	100m	Breaststroke
	203	Male	200m	Backstroke
	204	Female	200m	Backstroke
	205	Male	100m	Freestyle
	206	Female	100m	Freestyle
	207	Male	50m	Butterfly
	208	Female	50m	Butterfly
	209	Male	100m	Individual Medley
	210	Female	100m	Individual Medley
	211	Male	4x50m	Medley Relays
	212	Female	4x50m	Freestyle Relays

Saturday 24th April 2010

Session Three	Warm up:	8.30-9.15am
	Start:	9.30am

Event	301	Male	200m	Individual Medley
	302	Female	200m	Individual Medley
	303	Male	200m	Freestyle
	304	Female	200m	Freestyle
	305	Male	50m	Backstroke
	306	Female	50m	Backstroke
	307	Male	100m	Butterfly
	308	Female	100m	Butterfly
	309	Male	200m	Breaststroke
	310	Female	200m	Breaststroke
	311	Male	4x50m	Medley Relays
	312	Female	4x50m	Medley Relays

Session Four	Warm up:	1-1.30pm
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Start:	1.45pm
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Event				
401	Male	400m	Freestyle	
402	Female	400m	Freestyle	
403	Male	50m	Breaststroke	
404	Female	50m	Breaststroke	
405	Male	200m	Butterfly	
406	Female	200m	Butterfly	
407	Male	100m	Backstroke	
408	Female	100m	Backstroke	
409	Male	50m	Freestyle	
410	Female	50m	Freestyle	
411	Male	4x50m	Freestyle Relays	
412	Female	4x50m	Freestyle Relays	

Session Five

Ceilidh and Presentation of Awards

at

University of Glasgow Dining Rooms

The presentations will be held during the Ceilidh on Saturday evening.

- Best in Group Awards
- City of Glasgow Scottish Club Championships Cup
 - Swim Decathlon Awards
 - The Norrie Beattie Trophy
- The Elizabeth McCallum Trophy
 - Brogan Trophies
- Inverclyde Council Trophies
 - Speedo Trophies

For further information on events and the Scottish Masters Calendar contact Melanie Orr, SASA Office, Tel No: 01786 466520 or email m.orr@scottishswimming.com, or why not visit the web site at www.scottishswimming.com

CONDITIONS

- 1 All Masters Competitors must be a registered member of a swimming club within their own Swimming Federation (FINA rules) and be 25 years or over on 31 December 2010. Each competitor may only represent one club in the relay events. Entries are open and all Masters are welcome. Registration numbers must be given on the entry form.

Age Groups as at 31 December 2010

A	25 - 29 years	H	60 - 64 years
B	30– 34 years	J	65 - 69 years
C	35 - 39 years	K	70 - 74 years
D	40 - 44 years	L	75 - 79 years
E	45 - 49 years	M	80 - 84 years
F	50 - 54 years	N	85 - 89 years
G	55 - 59 years	O	90 +
X	Special Category - 18-24 years		

Please note: competitors in the X category must be 18 years of age as of first day of competition.

2 **Events**

- a) All events will be Heat Declared Winners in Age Classification. In each event swimmers will be seeded according to their entry time and will compete against those with similar times from the various groups.
- b) For all Groups: 50m, 100m, 200m, 400m,800m Freestyle
50m, 100m and 200m Backstroke, Breaststroke and Butterfly
100m, 200m and 400m Individual Medley
- c) Team Races (4 x 50m Freestyle and Medley Relays):
(i) 72 - 96 years
(ii) 100 - 119 years
(iii) 120 - 159 years
(iv) 160 - 199 years
(v) 200 - 239 years
(vi) 240 - 279 years
- d) **Special category competitors (X Group) may only participate in the team event 72-96 years.**
- e) **Please note: competitors in the X group must be 18 years of age as of first day of competition.**
- e) The bottom 25m pool will be available for swim down/warm up during the competition. The pool will be closed to the public

3 Awards

- a) Medals to be awarded down to 3rd place. Should medal winners wish to donate their medals Scottish Masters will make a charitable donation of £1.00 for each medal. Details will be available at the event.

Medals can be collected at the front desk during the session. **It would be appreciated if winners could pick up their medals during the session.** Please note that the desk will only be open for **15min after the end of the final session** each day for the collection of medals.

- b) Best in group awards -
- | Points | 1st | 10 |
|--------|-----|----|
| | 2nd | 6 |
| | 3rd | 4 |
| | 4th | 3 |
| | 5th | 2 |
| | 6th | 1 |

- c) The 'City of Glasgow' Championship Cup will be awarded to the Scottish Club with the highest total of points. **Please note: For this club trophy X Age group swimmers' points will be included.**

- d) The Norrie Beattie, Elizabeth McCallum, Brogan and Speedo Trophies are open to any registered Scottish Masters Swimmer, male or female, who compete in either the 50m backcrawl, 50m butterfly 50m Breaststroke or 50m Freestyle events.

The trophies will be awarded in each event to the fastest Scottish Male/Female swimmer whose placing has been determined by utilising the Age Correction Factor.

4. Dependent on the number of entries received, the organisers reserve the right to

- (i) introduce over the top starts.
(ii) adjust the start time of the sessions

5. Entries

Swimmers wishing to participate in the 800 freestyle **MUST** reconfirm their intention to swim. This may be done by email on Thursday 22nd April **only** to: margriach@aol.com, or at the pool (front desk) up to **one hour prior to the start of Session 1. Failure to do so will result in the competitor being withdrawn from that event.**

Poolside entries WILL NOT be accepted.

Registration fee included in entry fees below

Individual Entry Fee: £ 7.00
Relay Entry Fee: £12.00

All entries must be sent to the following:

John Bruce
Meet Entry Secretary
50 Station Road
Roslin
Midlothian
EH25 9LR

**Please Note: No entries will be accepted without the appropriate entry fee.
*Large envelopes require a large stamp.***

CLOSING DATE FOR ENTRIES – Wednesday 24th March 2010

INFORMATION FOR COMPETITORS SAFETY CODE

IMPORTANT - Please read this document carefully before signing the related entry form. Any queries should be raised with the SASA Office.

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 Scottish Masters Short Course Championships.
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 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 further 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 the organisers of Masters Swimming events, i.e. the Amateur Swimming Federation of Great Britain, the Scottish Amateur Swimming Association Limited or any body affiliated thereto, cannot be held responsible for any loss or damage or 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 the Scottish Amateur Swimming Association Limited and all other laws and regulations applicable.

I have read and understood the above provisions and agree to abide by them.

Signed.....

Return this form with your entry

Accommodation

Accommodation list is enclosed with this meet information. This will also be posted on our web site or available on request from SASA Office.

M A S T E R S
SCOTTISH swimming

Scottish Gas National Short Course Masters Championships

23rd & 24th April 2010, Tollcross Leisure Centre, Glasgow

INDIVIDUAL ENTRY FORM

MALE	<input type="checkbox"/>	FEMALE	<input type="checkbox"/>	(PLEASE TICK ✓)	
Forename:			Surname:		
Address:					
			Post Code:		
Tel No:			Membership No:		
Date of Birth:			Nationality:		
Email:					

Please circle appropriate age category

A	B	C	D	E	F	G	H	J	K
25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74

L	M	N	O		X
75-79	80-84	85-89	90+		18-24

I WISH TO ENTER THE FOLLOWING EVENT (TIMES SHOULD BE 25m or 25m CONVERSION TIMES)

Stroke/Distance	Time	Stroke/Distance	Time	Stroke/Distance	Time	Stroke/Distance	Time
800Free		50 Fly		100 Fly		50 Free	
400 IM		100 IM		200 Breast		50 Breast	
100 Breast		200 IM		400 Free			
200 Back		200 Free		200 Fly			
100 Free		50 Back		100 Back			

ENTRY FEE - £7.00 PER EVENT

YOU MUST SUBMIT A TIME IN ORDER TO ENTER AN EVENT. IF YOU DO NOT GIVE A TIME, EVEN IF ONLY AN ESTIMATE YOU WILL NOT BE ACCEPTED FOR THE EVENT AND ANY FEE WILL BE FORFEITED. HEALTH AND INSURANCE ARE THE RESPONSIBILITY OF THE ENTRANT.

Time Cards Will Not Be Used

MASTERS

SCOTTISH *swimming*

PAYMENT DETAILS

I enclose the following fees:

Number of Events entered:		X £7.00	=£
Ceilidh Ticket(s)		X £18.00	=£

AMOUNT DUE:

TOTAL =£

Payment of the fee should be by cheque or Postal Order and made payable to: SASA Ltd.

The Entry Form /Disk together with the relevant Entry Fee should be forwarded to:

John Bruce (Meet Entry Secretary)
50 Station Road
Roslin, Midlothian
EH25 9LR
Email: jbruce2160@aol.com
Tel: 0131-440-1752

DECLARATION

I declare that the above particulars are correct and in signing and submitting this Entry Form I confirm that I have read, understood and agree to abide by both the Conditions and the Health and Safety Code appertaining to these Championships as outlined within the related Championship Information Booklet.

Signature:		Date:	
Name Printed in Full:			

CLOSING DATE FOR ENTRIES – Wednesday 24th March 2010

M A S T E R S

S C O T T I S H *swimming*

Scottish Gas National Short Course Masters Championships

23rd & 24th April 2010, Tollcross Leisure Centre, Glasgow

SWIMMING RELAY TEAM ENTRY FORM

Please Print Clearly

1. PERSONAL INFORMATION

TEAMS REPS FULL NAME:			
ADDRESS:			
		POST CODE:	
TEL NO:		CLUB NAME:	

2. RELAY EVENTS ENTERED

- ◆ All Relay Swimmers must be affiliated to the same Swimming Club
- ◆ A Swimmer cannot swim for more than one team per relay event and can only represent one club in the championships
- ◆ Ages of teams are total age as at 31st December 2010
- ◆ X Category swimmers must be 18 years of age on the first day of competition
- ◆ X Category swimmers may only swim in the 72 – 96 Age Group
- ◆ Please submit entry time for seeding purposes only.
- ◆ Entries will not be accepted without the appropriate fee.
- ◆ **ENTRY FEE PER TEAM - £12.00**

EVENT	SEX	72 – 96	100 – 119	120 – 159	160 – 199	200 – 239	240 – 279
4 X 50 M FREESTYLE RELAY	MALE						
	FEMALE						
	MIXED						
4 x 50 M MEDLEY RELAY	MALE						
	FEMALE						
	MIXED						

3. PAYMENT DETAILS

I enclose the following fees:

Number of Events entered:		X £12.00	=£
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AMOUNT DUE:

TOTAL	=£
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Payment of the fee should be by cheque or Postal Order and made payable to: SASA Ltd.

The Entry Form /Disk together with the relevant Entry Fee should be forwarded to:

John Bruce (Meet Entry Secretary)
50 Station Road
Roslin, Midlothian
EH25 9LR
Email: jbruce2160@aol.com
Tel: 0131-440-1752

Ceilidh tickets to be ordered with individual entry form

4. DECLARATION

I declare that the above particulars are correct and would confirm that the Club Members who comprise the Relay Team I have read, understood and agree to abide by both the conditions and Health and Safety code appertaining to this Championship as outline within the related Championship Information Booklet.

Signature:		Date:	
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Name Printed in Full:	
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<u>CLOSING DATE FOR ENTRIES – Wednesday 24th March 2010</u>
