MASTERS

SCOTTISH swimming

Scottish National Open Short Course Masters Championships 2006

(under FINA and SASA Rules)

SCOTTISH AMATEUR SWIMMING ASSOCIATION

Tollcross Leisure Centre, Glasgow

Friday 21st April 2006

Saturday 22nd April 2006

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

SPEEDO®

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widening opportunities • developing potential • achieving excellence

SCOTTISH SWIMMING

invites you to enter

THE SCOTTISH NATIONAL OPEN SHORT COURSE MASTERS SWIMMING CHAMPIONSHIPS

at

TOLLCROSS LEISURE CENTRE, GLASGOW

on

Friday/Saturday 21st/22nd April 2006

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 20 yrs to 80+

*	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		

*

CLOSING DATE FOR ENTRIES – Friday 24th March 2006

For Further Information and Entry Forms / Disk Please Contact:

Melanie Findlay, Scottish Swimming,
National Swimming Academy, University of Stirling, Stirling, FK9 4LA
Tel: 01786 466520 Fax: 01786 466526
Email: m.findlay@scottishswimming.com

Or Visit the Web-Site at:

www.scottishswimming.com

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Friday 21st April 2006

Session One

Warm Up: 2.30pm – 3.00pm
Start: 3.15pm

Event	101	Mixed	800m	Freestyle

Session Two

Warm Up: 5.00pm - 6.00pm
Start: 6.15pm

Event	201	Male	400m	Individual Medley
	202	Female	400m	Individual Medley
	203	Male	100m	Breaststroke
	204	Female	100m	Breaststroke
	205	Male	200m	Backcrawl
	206	Female	200m	Backcrawl
	207	Male	100m	Freestyle
	208	Female	100m	Freestyle
	209	Male	50m	Butterfly
	210	Female	50m	Butterfly
	211	Male	100m	Individual Medley
	212	Female	100m	Individual Medley
	213	Mixed	4 x 50m	Medley Relays

Saturday 22nd April 2006

Session Three

Warm Up: 8.30am - 9.15am
Start: 9.30am

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

Saturday 22nd April 2006

Session Four

Warm Up: 1.00pm - 1.30pm
Start: 1.45pm

Event	401	Male	400m	Freestyle
	402	Female	400m	Freestyle
	403	Male	200m	Butterfly
	404	Female	200m	Butterfly
	405	Male	100m	Backcrawl
	406	Female	100m	Backcrawl
	407	Male	50m	Freestyle
	408	Female	50m	Freestyle
	409	Male	50m	Breaststroke
	410	Female	50m	Breaststroke
	411	Male	4 x 50m	Freestyle Relays
	412	Female	4 x 50m	Freestyle Relays

Session Five Ceilidh and Presentation of Awards

at

Venue to be confirmed.

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 Findlay, SASA Office, Tel No: 01786 466520 or email m.findlay@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 2006. 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 2006

A	25 - 29 years	G	55 - 59 years
B	30 - 34 years	H	60 - 64 years
C	35 - 39 years	J	65 - 69 years
D	40 - 44 years	K	70 - 74 years
E	45 - 49 years	L	75 - 79 years
F	50 - 54 years	M	80 years and over
X	Special Category - 20-24 years		

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) 80 - 99 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 80-99 years

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 elect not to collect their medals Scottish Masters will make a charitable donation of £1.00 for each medal. Details will be available at the event.

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.

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

Poolside entries WILL NOT be accepted.

Registration fee included in entry fees below

Individual Entry Fee: £6.00
Relay Entry Fee: £10.00

All entries must be sent to the following:

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

Closing Date for Entries: Friday 24th March 2006

7. **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.

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