



THE SASA SCOTTISH NATIONAL SHORT COURSE SWIMMING CHAMPIONSHIPS

THE CARNEGIE CENTRE - DUNFERMLINE

20, 21 and 22 December 1985

SESSIONS

| | | |
|----------------|---------|----------------|
| FRIDAY 20th: | 6.30 pm | Heats & Finals |
| SATURDAY 21st: | 9.30 am | Heats |
| | 2.30 pm | Heats |
| | 6.30 pm | Finals |
| SUNDAY 22nd: | 9.15 am | Heats |
| | 2.00 pm | Heats |
| | 5.00 pm | Finals |

Sponsored by:

THE CARNEGIE TRUST

in co-operation with:

DUNFERMLINE DISTRICT COUNCIL





Dunfermline District Council

PROVOST ROBERT W. MILL, J.P.

It gives me much pleasure to extend a warm welcome to everyone involved in the Scottish Amateur Swimming Association Short Course Championships.

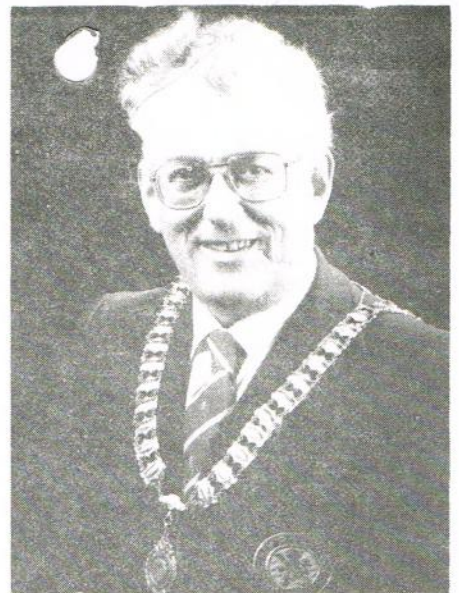
Dunfermline District Council are delighted that the Association have chosen the Carnegie Centre as the venue for the Championships, as they very much appreciate this opportunity to show off the modernised and extended facilities. It is a credit to you that you are participating in these National Championships, and I extend to you every good wish, with the sincere hope that your name may appear in the final list of awards.



ROBERT W. MILL
PROVOST

SCOTTISH SHORT COURSE CHAMPIONSHIPS

PRESIDENT'S ADDRESS



The Scottish National Short Course Championship is the final major event in the Scottish Swimming calendar. I extend a warm welcome to all swimmers who, together with their coaches and team officials, have come to compete in this important Meet. Two extra factors add particular interest to this year's Championship. As next year's Commonwealth Games draw ever nearer, some swimmers will be hoping an outstanding performance will catch the selectors' eye. Secondly, this is the first year that the Clubs taking part will be competing for the Wainwright Trophy for the most successful Club in the Championship. This Trophy was presented by Past President Jack Wainwright at the last Annual General Meeting. As always, I hope that those taking part will be successful in attaining whatever target they may have set for themselves.

This year we have moved to the magnificent new pool at the Carnegie Centre, Dunfermline. The addition of the modern deck-level pool to the refurbished but still familiar old pool makes this Centre ideal for competitions, with warm-up and swim-down facilities available throughout the Meet. We are, therefore, greatly indebted to Dunfermline District Council who have donated the pool for our use for the Championships, to their Director of Leisure, Recreation and Amenities, Tom Robson and his staff within the Carnegie Centre, a big thank you for all the hard work they have put in to getting the place looking so smart.

Born about 150 years ago, a young Dunfermline boy sailed off to America with his parents. At that time he was 12 years old. By the time he was 24 young Andrew Carnegie had entered the steel industry and started to make his mark. During his lifetime he amassed a vast fortune, much of which he applied to helping others especially in the field of education. He did not forget his birth place and now in 1985 the Carnegie Dunfermline Trust is helping us with a grant towards the costs of this Championship. We are most grateful that the Trustees are helping us in this way.

As always I am pleased to acknowledge our gratitude to all the many members of the Scottish Amateur Swimming Association who voluntarily give of their time to ensure the success of the Championship. The organising committee, technical officials, recorders, stewards, those who print result sheets, those who look after the electronic timing equipment and to Dr Bob Howat and his team of physiotherapists - all former leading swimmers - who are kept very busy soothing aching muscles when required. In a few days it will be Christmas and my wife joins me in wishing you all a Very Merry Christmas and a Happy, Prosperous and Successful New Year.

Good luck to all.

A handwritten signature in dark ink, which appears to read 'Douglas Cape'. The signature is written in a cursive, flowing style.

DOUGLAS CAPE
President

OFFICIALS OF THE SCOTTISH AMATEUR SWIMMING ASSOCIATION

President: Mr Douglas Cape

General Secretary
Mr William Black

Vice-President
Mr Norrie Beattie

General Treasurer
Mr Leslie Turberville

TECHNICAL OFFICIALS

Appointed by the Scottish Amateur Swimming Association

ORGANISING COMMITTEE CONVENER

Mr Andrew Taylor

Honorary Medical Officer:
Director of Swimming:
Administrator:

Dr Bob Howat
Mr H Hamilton Smith
Mrs Rita Hallam

ACKNOWLEDGEMENTS

The Scottish Amateur Swimming Association wish to acknowledge the kind assistance and co-operation in running these Championships received from the Department of Leisure, Recreation and Amenities of Dunfermline District Council.

The Manager and staff of the Carnegie Centre.

Rank Xerox for photocopying facilities.

PARTICIPATING CLUBS WITH ABBREVIATIONS

| | | | |
|------|---------------------|------|----------------------|
| N/AN | Aberdeen | M/CD | City of Dundee |
| MD | Moray District | DA | Dundee Arnhall |
| OY | Orkney | ML | Menziesshill |
| PD | Peterhead | AS | St Thomas (Arbroath) |
| SD | Sutherland | | |
| TO | Thurso | | |
| | | W/AR | Ayr |
| | | BL | Bellshill Sharks |
| E/BS | Barracudas | CG | City of Glasgow |
| CE | Carnegie | CE | CES (Glasgow) |
| DS | Duns | CD | Cumbernauld |
| DC | Dunfermline College | CH | Cunninghame |
| DU | Dunfermline WPC | EK | East Kilbride |
| FS | Fins | GH | Grangemouth |
| GS | Glenrothes | HB | Hamilton Baths |
| IS | Incas | KH | Kirkintilloch |
| IH | Inverleith | LA | Larkhall Avondale |
| KY | Kirkcaldy | MB | Milngavie & Bearsden |
| MS | Midas | PY | Paisley |
| WB | Warrender | SG | Stirling |
| X/UN | Unattached | | |

RESULT SHEETS

These will be available at the conclusion of each session - 20p session -
and a Complete Set - £1.50 : Postal - £2.00.

MEET INFORMATION

1 **CARDS** should be posted **ONLY** for Heat Declared Winner Events - 30 minutes before the start of the relevant session.

2 **WITHDRAWALS**

a) From Heats: These **MUST** be reported to the Recorder not less than 30 minutes prior to the start of the session. Failure to do so will result in Rule 34 (10) being applied.

b) From Finals: These should be notified to the Recorder as soon as possible. Rule 34 (10) **WILL** apply.

NB Rule 34 (10) Withdrawals

In the case of withdrawal from heats, semi-finals or finals in swimming, diving or synchronised swimming events at any Scottish Championships, the competitor or club shall pay without any excuse (except in the case of genuine illness or proven emergency) such sum as may be determined by Council and confirmed by the A.G.M.

Any competitor withdrawing from a final in such a manner as to prevent a reserve taking part (except as stated above) shall be suspended immediately from all further events at that Championship.

3 **RESERVES**

They should report to the Recorder in plenty of time prior to the event. If accepted, they will be allocated to the slowest available empty lane.

4 **PRESENTATIONS OF MEDALS**

These will take place after the following event to the first three placed in each event. Recipients should assemble "appropriately dressed" in Club gear at the presentation assembly area. Anyone not present at the correct time will risk not receiving their medal.

5 **WARM UPS**

These will be conducted in a controlled manner. Both the 25 metre and 25 yard pool will be available during the allocated period prior to the start of each session. The 25 yard pool will be available throughout the period of the meet.

6 **TEAM LINES**

These will be available at the Recorder's Table and should be returned duly completed prior to the start of the session.

7 **REFUNDS**

£1 will be returned automatically after the Championships to the club by the Association Office in respect of all swims achieving the Considered Time. Reserves who are not accepted will have the full fee similarly returned.

8 **MEDICAL/PHYSIOTHERAPY SERVICE**

Dr Howat and the Association's Physiotherapy Team will be available for advice and assistance throughout the Championships.

MEET INFORMATION

1 **CARDS** should be posted **ONLY** for Heat Declared Winner Events - 30 minutes before the start of the relevant session.

2 **WITHDRAWALS**

a) From Heats: These **MUST** be reported to the Recorder not less than 30 minutes prior to the start of the session. Failure to do so will result in Rule 34 (10) being applied.

b) From Finals: These should be notified to the Recorder as soon as possible. Rule 34 (10) **WILL** apply.

NB Rule 34 (10) Withdrawals

In the case of withdrawal from heats, semi-finals or finals in swimming, diving or synchronised swimming events at any Scottish Championships, the competitor or club shall pay without any excuse (except in the case of genuine illness or proven emergency) such sum as may be determined by Council and confirmed by the A.G.M.

Any competitor withdrawing from a final in such a manner as to prevent a reserve taking part (except as stated above) shall be suspended immediately from all further events at that Championship.

3 **RESERVES**

They should report to the Recorder in plenty of time prior to the event. If accepted, they will be allocated to the slowest available empty lane.

4 **PRESENTATIONS OF MEDALS**

These will take place after the following event to the first three placed in each event. Recipients should assemble "appropriately dressed" in Club gear at the presentation assembly area. Anyone not present at the correct time will risk not receiving their medal.

5 **WARM UPS**

These will be conducted in a controlled manner. Both the 25 metre and 25 yard pool will be available during the allocated period prior to the start of each session. The 25 yard pool will be available throughout the period of the meet.

6 **TEAM LINES**

These will be available at the Recorder's Table and should be returned duly completed prior to the start of the session.

7 **REFUNDS**

£1 will be returned automatically after the Championships to the club by the Association Office in respect of all swimmers achieving the Considered Time. Reserves who are not accepted will have the full fee similarly returned.

8 **MEDICAL/PHYSIOTHERAPY SERVICE**

Dr Howat and the Association's Physiotherapy Team will be available for advice and assistance throughout the Championships.

OFFICIALS OF THE SCOTTISH AMATEUR SWIMMING ASSOCIATION

President: Mr Douglas Cape

General Secretary
Mr William Black

Vice-President
Mr Norrie Beattie

General Treasurer
Mr Leslie Turberville

TECHNICAL OFFICIALS

Appointed by the Scottish Amateur Swimming Association

ORGANISING COMMITTEE CONVENER

Mr Andrew Taylor

Honorary Medical Officer:
Director of Swimming:
Administrator:

Dr Bob Howat
Mr H Hamilton Smith
Mrs Rita Hallam

ACKNOWLEDGEMENTS

The Scottish Amateur Swimming Association wish to acknowledge the kind assistance and co-operation in running these Championships received from the Department of Leisure, Recreation and Amenities of Dunfermline District Council.

The Manager and staff of the Carnegie Centre.

Rank Xerox for photocopying facilities.

PARTICIPATING CLUBS WITH ABBREVIATIONS

| | | | |
|------|---------------------|------|----------------------|
| N/AN | Aberdeen | M/CD | City of Dundee |
| MD | Moray District | DA | Dundee Arnhall |
| OY | Orkney | ML | Menzieshill |
| PD | Peterhead | AS | St Thomas (Arbroath) |
| SD | Sutherland | | |
| TO | Thurso | | |
| | | W/AR | Ayr |
| | | BL | Bellshill Sharks |
| E/BS | Barracudas | CG | City of Glasgow |
| CE | Carnegie | CE | CES (Glasgow) |
| DS | Duns | CD | Cumbernauld |
| DC | Dunfermline College | CH | Cunninghame |
| DU | Dunfermline WPC | EK | East Kilbride |
| FS | Fins | GH | Grangemouth |
| GS | Glenrothes | HB | Hamilton Baths |
| IS | Incas | KH | Kirkintilloch |
| IH | Inverleith | LA | Larkhall Avondale |
| KY | Kirkcaldy | MB | Milngavie & Bearsden |
| MS | Midas | PY | Paisley |
| WB | Warrender | SG | Stirling |
| X/UN | Unnattached | | |

RESULT SHEETS

These will be available at the conclusion of each session - 20p session - and a Complete Set - £1.50 : Postal - £2.00.