

SCOTTISH AMATEUR SWIMMING ASSOCIATION

THE ESSO SCOTTISH AGE GROUP CHAMPIONSHIPS 1989

RT

(under SASA Rules)

Dollan Baths, East Kilbride

29 June - 2 July 1989

INFORMATION



SCOTTISH AMATEUR SWIMMING ASSOCIATION

Presents

THE ESSO SCOTTISH NATIONAL AGE GROUP CHAMPIONSHIPS 1989
(Sponsored by ESSO Petroleum Company)
(Under SASA Laws)

MEET INFORMATION

Dates: Thursday 29 June to Sunday 2 July 1989

Venue: Dollan Baths, East Kilbride
Telephone: 03552 21357

Pool: 6 lane, 50 metre pool
Full Electronic Timing

Sessions: Thursday - Saturday:

warm up:	08.00	warm up:	12.45	warm up:	17.15
start:	09.00	start:	13.45	start:	18.15

Sunday:

warm up:	08.00	warm up:	12.15	warm up:	16.15
start:	09.00	start:	13.00	start:	17.15

Times: Consideration times attached.

ENTRY TIMES FROM 1 DECEMBER 1988

The organisers reserve the right to restrict entries in order to ensure not only a good standard but a smoothly operated Meet. Times should be 50m times or 50m conversion times. Times for 19 - 24 years age group are the same as 17 - 18 years age group.

Entry Fees: Individual Events: £2.00
Team Events: £3.00

All cheques/postal orders should be made payable to Scottish Amateur Swimming Association. No entries will be accepted without the correct fee, or with forms incorrectly completed.

Entries: Closing date for entries: MIDNIGHT MONDAY 5 JUNE 1989
all entries should be submitted on the Meet consolidated entry forms, one for each swimmer. Photocopies in correct colour are accepted.

Team Entries: Please note that there is separate entry form for team entries. Clubs may enter 1 team per age group.

Coaches: Passes are available from the SASA Office as follows:

Annual Pass: £5.00 plus passport sized photograph
Single Event Pass: £3.00

Team Lines: Team Line Forms will be available at the Recorder's table and should be returned to the Recorder duly completed with swimmers names before the start of the session.

All completed entries with time cards and monies must be returned to:-

Scottish Amateur Swimming Association
Airthrey Castle, University of Stirling,
STIRLING FK9 4LA

Requests for entry forms and Time Cards should be accompanied by a large stamped addressed envelope. Please state amount of male/female cards required. ONLY APPROVED SASA TIME CARDS should be used. These are available through the SASA Office on request.

Awards: Medals will be presented to the first three placed competitors in each event.

The Mrs J Waldie Cup shall be awarded to the Club gaining most medals in the finals.

The Sharp Trophy is awarded to the boy and girl (12 years and under) who, in the opinion of the Executive or their nominees, have produced the best performance of the Championship.

The Esso Trophy is awarded to the person who scores the highest number of points at the Championship according to the German Points Table.

Age Groups: The Age Groups are as follows:-

Individual Events:

12 years and under
13 years
14 years
15/16 years
19/24 years

Relay Events:

12 years and under
13/14 years
15/16 years
*17/18 years
*19/24 years

* Incorporated into National Championships

Heats for 19/24 years will be incorporated with the 17/18 years events.

Age shall be by birthday in the year of competition. Competitors may only swim in their own age group.

NB: The Girls 800m/Boys 1500m Freestyle and 400m IM shall take place at the Milk in Sport Scottish National Long Course Championships in Edinburgh from 16 - 19 June. The 400m Freestyle will be combined Open and 17/18 - 19/24 years event.

THURSDAY 29 JUNE**Session 1:****Warm Up:****08.00****Start:****09.00**

1/1	G	15/16 years	400m Freestyle	HDW
1/2	G	13 years	100m Butterfly	H
1/3	B	13 years	100m Butterfly	H
1/4	G	14 years	200m Breaststroke	H
1/5	B	14 years	200m Breaststroke	H
1/6	G	17/18 years	100m Breaststroke	H
	G	19/24 years		
1/7	B	17/18 years	100m Breaststroke	H
	B	19/24 years		
1/8	G	12/u years	200m Freestyle	H
1/9	B	12/u years	200m Freestyle	H
1/10	G	15/16 years	200m Backstroke	H
1/11	B	15/16 years	200m Backstroke	H
1/12	G	13/14 years	4x50m Medley Relay	H
1/13	B	13/14 years	4x50m Medley Relay	H

Session 2:**Warm Up:****12.45****Start:****13.45**

2/1	G	13 years	400m Freestyle	HDW
2/2	G	15/16 years	100m Butterfly	H
2/3	B	15/16 years	100m Butterfly	H
2/4	G	14 years	100m Freestyle	H
2/5	B	14 years	100m Freestyle	H
2/6	G	17/18 years	200m IM	H
	G	19/24 years		
2/7	B	17/18 years	200m IM	H
	B	19/24 years		
2/8	G	12/u years	100m Butterfly	H
2/9	B	12/u years	100m Butterfly	H
2/10	G	13 years	200m Breaststroke	H
2/11	B	13 years	200m Breaststroke	H
2/12	G	15/16 years	4x50m Freestyle Relay	H
2/13	B	15/16 years	4x50m Freestyle Relay	H

THURSDAY 29 JUNESession 3:

Warm Up: 17.15

Start: 18.15

3/1	G	13 years	100m Butterfly	F
3/2	B	13 years	100m Butterfly	F
3/3	G	14 years	200m Breaststroke	F
3/4	B	14 years	200m Breaststroke	F
3/5	G	15/16 years	200m Backstroke	F
3/6	B	15/16 years	200m Backstroke	F
3/7	G	17/18 years	100m Breaststroke	F
3/8	B	17/18 years	100m Breaststroke	F
3/9	G	19/24 years	100m Breaststroke	F
3/10	B	19/24 years	100m Breaststroke	F
3/11	G	12/u years	200m Freestyle	F
3/12	B	12/u years	200m Freestyle	F
3/13	G	13 years	200m Breaststroke	F
3/14	B	13 years	200m Breaststroke	F
3/15	G	14 years	100m Freestyle	F
3/16	B	14 years	100m Freestyle	F
3/17	G	15/16 years	100m Butterfly	F
3/18	B	15/16 years	100m Butterfly	F
3/19	G	17/18 years	200m IM	F
3/20	B	17/18 years	200m IM	F
3/21	G	19/24 years	200m IM	F
3/22	B	19/24 years	200m IM	F
3/23	G	12/u years	100m Butterfly	F
3/24	B	12/u years	100m Butterfly	F
3/25	G	13/14 years	4x50m Medley Relay	F
3/26	B	13/14 years	4x50m Medley Relay	F
3/27	G	15/16 years	4x50m Freestyle Relay	F
3/28	B	15/16 years	4x50m Freestyle Relay	F

FRIDAY 30 JUNE:**Session 4:****Warm up:****08.00****Start:****09.00**

4/1	B	15/16 years	400m Freestyle	HDW
4/2	G	12/u years	100m Backstroke	H
4/3	B	12/u years	100m Backstroke	H
4/4	G	13 years	100m Freestyle	H
4/5	B	13 years	100m Freestyle	H
4/6	G	14 years	200m Butterfly	H
4/7	B	14 years	200m Butterfly	H
4/8	G	17/18 years	100m Butterfly	H
	G	19/24 years		
4/9	B	17/18 years	100m Butterfly	H
	B	19/24 years		
4/10	G	15/16 years	200m Breaststroke	H
4/11	B	15/16 years	200m Breaststroke	H
4/12	G	13 years	200m IM	H
4/13	B	13 years	200m IM	H
4/14	G	12/u years	4x50m Medley Relay	H
4/15	B	12/u years	4x50m Medley Relay	H

Session 5:**Warm up:****12.45****Start:****13.45**

5/1	G	12/u years	400m Freestyle	HDW
4/2	G	14 years	200m IM	H
5/3	B	14 years	200m IM	H
5/4	G	13 years	200m Butterfly	HDW
5/5	B	13 years	200m Butterfly	HDW
5/6	G	15/16 years	100m Freestyle	H
5/7	B	15/16 years	100m Freestyle	H
5/8	G	17/18 years	200m Backstroke	H
	G	19/24 years		
5/9	B	17/18 years	200m Backstroke	H
	B	19/24 years		
5/10	G	12/u years	200m Breaststroke	H
5/11	B	12/u years	200m Breaststroke	H
5/12	G	13/14 years	4x50m Freestyle Relay	H
5/13	B	13/14 years	4x50m Freestyle Relay	H

FRIDAY 30 JUNE:Session 6:Warm up:
Start:17.15
18.15

6/1	G	12/u years	100m Backstroke	F
6/2	B	12/u years	100m Backstroke	F
6/3	G	13 years	100m Freestyle	F
6/4	B	13 years	100m Freestyle	F
6/5	G	14 years	200m Butterfly	F
6/6	B	14 years	200m Butterfly	F
6/7	G	15/16 years	200m Breaststroke	F
6/8	B	15/16 years	200m Breaststroke	F
6/9	G	17/18 years	100m Butterfly	F
6/10	B	17/18 years	100m Butterfly	F
6/11	G	19/24 years	100m Butterfly	F
6/12	B	19/24 years	100m Butterfly	F
6/13	G	12/u years	200m Breaststroke	F
6/14	B	12/u years	200m Breaststroke	F
6/15	G	13 years	200m Individual Medley	F
6/16	B	13 years	200m Individual Medley	F
6/17	G	14 years	200m Individual Medley	F
6/18	B	14 years	200m Individual Medley	F
6/19	G	15/16 years	100m Freestyle	F
6/20	B	15/16 years	100m Freestyle	F
6/21	G	17/18 years	200m Backstroke	F
6/22	B	17/18 years	200m Backstroke	F
6/23	G	19/24 years	200m Backstroke	F
6/24	B	19/24 years	200m Backstroke	F
6/25	G	12/u years	4x50m Medley Relay	F
6/26	B	12/u years	4x50m Medley Relay	F
6/27	G	13/14 years	4x50m Freestyle Relay	F
6/28	B	13/14 years	4x50m Freestyle Relay	F

SATURDAY 1 JULY**Session 7:**Warm up:
Start:08.00
09.00

7/1	G	14 years	400m Freestyle	HDW
7/2	G	12/u years	200m IM	H
7/3	B	12/u years	200m IM	H
7/4	G	15/16 years	200m Butterfly	H
7/5	B	15/16 years	200m Butterfly	H
7/6	G	13 years	200m Freestyle	H
7/7	B	13 years	200m Freestyle	H
7/8	G	17/18 years	100m Backstroke	H
	G	19/24 years		
7/9	B	17/18 years	100m Backstroke	H
	B	19/24 years		
7/10	G	14 years	100m Backstroke	H
7/11	B	14 years	100m Backstroke	H
7/12	G	12/u years	100m Freestyle	H
7/13	B	12/u years	100m Freestyle	H
7/14	G	15/16 years	4x50m Medley Relay	H
7/15	B	15/16 years	4x50m Medley Relay	H

Session 8:Warm up:
Start:12.45
13.45

8/1	B	13 years	400m Freestyle	HDW
8/2	G	17/18 years	200m Freestyle	H
	G	19/24 years		
8/3	B	17/18 years	200m Freestyle	H
	B	19/24 years		
8/4	G	14 years	100m Breaststroke	H
8/5	B	14 years	100m Breaststroke	H
8/6	G	12/u years	200m Butterfly	HDW
8/7	B	12/u years	200m Butterfly	HDW
8/8	G	15/16 years	100m Backstroke	H
8/9	B	15/16 years	100m Backstroke	H
8/10	G	13 years	100m Backstroke	H
8/11	B	13 years	100m Backstroke	H
8/12	G	14 years	100m Butterfly	H
8/13	B	14 years	100m Butterfly	H
	G	17/18 years		
8/14	G	19/24 years	200m Breaststroke	H
	G	17/18 years		
8/15	B	17/18 years	200m Breaststroke	H
	B	19/24 years		

SATURDAY 1 JULYSession 9:

Warm up:

17.15

Start:

18.15

9/1	G	14 years	100m Backstroke	F
9/2	B	14 years	100m Backstroke	F
9/3	G	17/18 years	100m Backstroke	F
9/4	B	17/18 years	100m Backstroke	F
9/5	G	19/24 years	100m Backstroke	F
9/6	B	19/24 years	100m Backstroke	F
9/7	G	15/16 years	200m Butterfly	F
9/8	B	15/16 years	200m Butterfly	F
9/9	G	12/u years	200m Individual Medley	F
9/10	B	12/u years	200m Individual Medley	F
9/11	G	13 years	200m Freestyle	F
9/12	B	13 years	200m Freestyle	F
9/13	G	14 years	100m Breaststroke	F
9/14	B	14 years	100m Breaststroke	F
9/15	G	17/18 years	200m Freestyle	F
9/16	B	17/18 years	200m Freestyle	F
9/17	G	19/24 years	200m Freestyle	F
9/18	B	19/24 years	200m Freestyle	F
9/19	G	15/16 years	100m Backstroke	F
9/20	B	15/16 years	100m Backstroke	F
9/21	G	13 years	100m Backstroke	F
9/22	B	13 years	100m Backstroke	F
9/23	G	14 years	100m Butterfly	F
9/24	B	14 years	100m Butterfly	F
9/25	G	17/18 years	200m Breaststroke	F
9/26	B	17/18 years	200m Breaststroke	F
9/27	G	19/24 years	200m Breaststroke	F
9/28	B	19/24 years	200m Breaststroke	F
9/29	G	15/16 years	4x50m Medley Relay	F
9/30	B	15/16 years	4x50m Medley Relay	F

SUNDAY 2 JULYSession 10:

Warm up:

08.00

Start:

09.00

10/1	B	14 years	400m Freestyle	HDW
10/2	G	13 years	200m Backstroke	H
10/3	B	13 years	200m Backstroke	H
10/4	G	12/u years	100m Breaststroke	H
10/5	B	12/u years	100m Breaststroke	H
10/6	G	15/16 years	200m Freestyle	H
10/7	B	15/16 years	200m Freestyle	H
10/8	G	17/18 years	100m Freestyle	H
	G	19/24 years		
10/9	B	17/18 years	100m Freestyle	H
	B	19/24 years		
10/10	G	14 years	200m Backstroke	H
10/11	B	14 years	200m Backstroke	H
10/12	G	12/u years	4x50m Freestyle Relay	H
10/13	B	12/u years	4x50m Freestyle Relay	H

Session 11:

Warm up:

12.15

Start:

13.00

11/1	B	12/u years	400m Freestyle	HDW
11/2	G	15/16 years	200m IM	H
11/3	B	15/16 years	200m IM	H
11/4	G	13 years	100m Breaststroke	H
11/5	B	13 years	100m Breaststroke	H
11/6	G	14 years	200m Freestyle	H
11/7	B	14 years	200m Freestyle	H
11/8	G	17/18 years	200m Butterfly	H
	G	19/24 years		
11/9	B	17/18 years	200m Butterfly	H
	B	19/24 years		
11/10	G	12/u years	200m Backstroke	H
11/11	B	12/u years	200m Backstroke	H
11/12	G	15/16 years	100m Breaststroke	H
11/13	B	15/16 years	100m Breaststroke	H

SUNDAY 2 JULYSession 12:

Warm Up: 17.00

Start: 18.00

12/1	G	15/16 years	200m Freestyle	F
12/2	B	15/16 years	200m Freestyle	F
12/3	G	12/u years	100m Breaststroke	F
12/4	B	12/u yeras	100m Breaststroke	F
12/5	G	13 years	200m Backstroke	F
12/6	B	13 years	200m Backstroke	F
12/7	G	14 years	200m Backstroke	F
12/8	B	14 years	200m Backstroke	F
12/9	G	17/18 yeras	100m Freestyle	F
12/10	G	19/24 years	100m Freestyle	F
12/11	B	17/18 years	100m Freestyle	F
12/12	B	19/24 yeras	100m Freestyle	F
12/13	G	15/16 years	200m Individual Medley	F
12/14	B	15/16 years	200m Individual Medley	F
12/15	G	12/u years	200m Backstroke	F
12/16	B	12/u years	200m Backstroke	F
12/17	G	13 years	100m Breaststroke	F
12/18	B	13 years	100m Breaststroke	F
12/19	G	14 years	200m Freestyle	F
12/20	B	14 years	200m Freestyle	F
12/21	G	17/18 years	200m Butterfly	F
12/22	B	17/18 years	200m Butterfly	F
12/23	G	19/24 years	200m Butterfly	F
12/24	B	19/24 years	200m Butterfly	F
12/25	G	15/16 years	100m Breaststroke	F
12/26	B	15/16 years	100m Breaststroke	F
12/27	G	12/u years	4x50m Freestyle Relay	F
12/28	B	12/u years	4x50m Freestyle Relay	F

ACCOMMODATION:

Bruce Hotel, Town Centre	03552 29771
The Stuart Hotel, Town Centre	03552 21161
Peel Park Hotel, Queensway	03552 22747
Crutherland Hotel, Craven Road	03552 37633

Swimmers should book their accommodation direct through the above hotels. Special terms are available.

Donated by :

Ron Taylor
(Past President &
Life Member)