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SCOTTISH AMATEUR SWIMMING ASSOCIATION



**MILK! IN SPORT**

# **Scottish National Swimming and Diving Championships 1989**

Royal Commonwealth Pool

Edinburgh

*16~17~18 June*

**INFORMATION**

SCOTTISH AMATEUR SWIMMING ASSOCIATION

MILK IN SPORT

SCOTTISH NATIONAL OPEN  
SWIMMING AND DIVING CHAMPIONSHIPS 1989

(Under SASA Laws)

SWIMMING MEET INFORMATION

- Dates:** Friday 16 June - Sunday 18 June 1989
- Venue:** The Royal Commonwealth Pool, Dalkeith Road,  
Edinburgh TEL: 031 667 7211
- Pool:** 8 Lane, 50 metre pool. Full Electronic Timing  
Also available: separate warm up/down facilities.
- Sessions:**
- |       |           |         |       |       |       |
|-------|-----------|---------|-------|-------|-------|
| Day 1 | Session 1 | Warm up | 08.00 | Start | 09.00 |
|       | Session 2 | Warm up | 13.00 | Start | 14.00 |
|       | Session 3 | Warm up | 17.30 | Start | 18.30 |
| Day 2 | Session 4 | Warm up | 08.00 | Start | 09.00 |
|       | Session 5 | Warm up | 13.00 | Start | 14.00 |
|       | Session 6 | Warm up | 18.00 | Start | 19.00 |
| Day 3 | Session 7 | Warm up | 08.00 | Start | 09.00 |
|       | Session 8 | Warm up | 12.00 | Start | 13.00 |
|       | Session 9 | Warm up | 16.30 | Start | 17.30 |
- Times:** The consideration times attached must have been achieved in accredited events 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.
- 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 receipt of entries: MIDNIGHT TUESDAY 23 MAY 1989. All entries should be submitted on the Meet Consolidated Entry forms, one form for each swimmer. Photocopies in correct colour are acceptable.

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

Scottish Amateur Swimming Association  
Airthrey Castle,  
University of Stirling,  
Stirling, Scotland, 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.

**Coaches:** 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.

**Accommodation:** Accommodation is available in various Guest Houses and Hotels in Edinburgh (see attached accommodation list).

**Drug Testing:** Please note that drug testing may be in operation at this event. All swimmers not registered with the Scottish Amateur Swimming Association will be required to sign an agreement to undergo tests as required, in accordance with FINA Law. See entry form.

N.B. Scottish Swimmers will have signed an agreement when submitting their Annual Competitive Fee.

**Team Entries:** Clubs entering as Junior Teams (16 yrs & under) should be noted as such on 1) entry form and 2) time cards and must consist of eligible swimmers. Clubs may enter 2 Open Relay Teams and one Junior Relay Team, swimmers are not transferable between teams. A maximum of 2 teams per club will count in the Robertson Trophy.

Please note that there is a separate entry form for team entries.

**Individual Awards:** Medals/Trophies shall be presented as follows:-

- |    |  |     |     |     |
|----|--|-----|-----|-----|
| a) | Scottish Open Champion   | 1st | 2nd | 3rd |
| b) | Scottish National Champion   | 1st |     |     |
| c) | Scottish National Junior Champion  | 1st |     |     |
| d) | Berger Points Trophy (best performance trophy based upon the German Points table). |     |     |     |

- Team Awards:** a) Robertson Trophy (Club Championship of Scotland).

**CONDITIONS OF ROBERTSON TROPHY**

- a) The championship shall be open to clubs registered with the SASA.
- b) The award shall be made to a male club, female club, or one section of a mixed club.
- c) The rules for the Robertson Trophy state that the competition is confined to events in the National Open Championships.
- d) Juniors who enter the National Open Championships may win points towards the Robertson Trophy in the National Open Final or the Consolation Final.
- e) 3 Team Entries (2 Open, 1 Junior) may be entered. The Teams counting towards the Robertson Trophy must be identified prior to their event. Double Points awarded in Team Events.
- f) Robertson Trophy points will be awarded to Scots swimming with Scottish clubs by ranking from both Finals and Consolation Finals.

- Combined Events:** Certain events ie, Mens 150m Free/400m IM and Womens 800m Free/400m IM will be combined Open and Age Group events.

The mens and womens 400m Freestyle will combine the Open and the 17/18 & 19/24 yrs Age Group events.

Scottish swimmers are required to complete one entry form which gives automatic participation in both Open and Age Group Championships.

The 17/18 and 19/24 Age Group Championships Medley and Freestyle Relays have also been included in this Meet.

For the Age Group events the first three placed competitors will be awarded medals and the first six competitors will receive Esso pennants. The Age Group results will be taken into consideration for the Waldie Cup and the Esso Trophy.

**Scottish  
National  
Junior  
Champion:**

The determination of the Scottish National Junior Champion will use the following criteria:-

- 1) The Champion will have National Eligibility as in Rule 47(2) (A), (B) or (C).
- 2) The eight fastest swimmers from the Open Championships Heats will go forward and swim in the Open Championships Final.
- 3) The Junior Championship Trophy/Title will be awarded to the fastest Junior, with National eligibility, in the Open Championships Final. In Heat Declared Winner Events the Trophy/Title will be awarded to the fastest Junior in the Event. In the circumstances of no Junior with National eligibility reaching the Final. Trophy/Title will go to the fastest Junior in the Heats.
- 4) The Open Championships Consolation Final will not count for Junior Trophies/Titles and will consist of the eight swimmers ranked 9 - 16 from the Open Championships Heats.

**Youth  
Competition:**

This is a separate event and consists of the following age categories: Boys 15/U - 13/U - 11/U (Relays) Girls 14/U - 12/U and 11/U Relays only.

Events as follows:

**Individual Events**

50m and 100m Freestyle  
50m and 100m Backstroke  
50m and 100m Breaststroke  
50m and 100m Butterfly  
Heats and Finals

**Relay Events (11/U)**

4x50m Freestyle Team  
4x50m Medley Team  
Heats and Finals

These events will not count towards any trophies or awards in the National Age Group or Open Championships.

PROGRAMME OF EVENTSDAY ONE: Friday 16 JUNESESSION 1 Warm Up 08.00  
Start 09.00

1/1	Mens	200m	Individual Medley	h
1/2	Womens	200m	Individual Medley	h
1/3	Mens	100m	Backstroke	h
1/4	Womens	100m	Backstroke	h
1/5	Mens	200m	Butterfly	h
1/6	Womens	200m	Butterfly	h
1/7	Mens	50m	Freestyle	h
1/8	Womens	50m	Freestyle	h
1/9	Mens	4x100m	Medley Relay	h
1/10	Womens	4x100m	Medley Relay	h

SESSION 2 Warm Up 13.00  
Start 14.00

2/1	*Mens	1500m	Freestyle	hdw
2/2	*Womens	800m	Freestyle	h
2/3	**Mens 17/18	4x50m	Freestyle Relay	h
2/4	**Womens 17/18	4x50m	Freestyle Relay	h
2/5	**Mens 19/24	4x50m	Freestyle Relay	h
2/6	**Womens 19/24	4x50m	Freestyle Relay	h

SESSION 3: Warm up 17.30  
Start 18.30

3/1	Mens	1500m	Freestyle	Fastest Heat
3/2	Womens	800m	Freestyle	Fastest Heat
3/3	Mens	200m	Individual Medley	CF & Final
3/4	Womens	200m	Individual Medley	CF & Final
3/5	Mens	100m	Backstroke	CF & Final
3/6	Womens	100m	Backstroke	CF & Final
3/7	Mens	200m	Butterfly	CF & Final
3/8	Womens	200m	Butterfly	CF & Final
3/9	Mens	50m	Freestyle	CF & Final
3/10	Womens	50m	Freestyle	CF & Final
3/11	Mens	4x100m	Medley Relay	Final
3/12	Womens	4x100m	Medley Relay	Final
3/13	Boys 17/18	4x50m	Freestyle Relay	Final
3/14	Girls 17/18	4x50m	Freestyle Relay	Final
3/15	Boys 19/24	4x50m	Freestyle Relay	Final
3/16	Girls 19/24	4x50m	Freestyle Relay	Final

DAY TWO:Saturday 17 June 1989

## SESSION 4:

Warm up 08.00  
Start 09.00

4/1	Mens	100m	Freestyle	h
4/2	Womens	100m	Freestyle	h
4/3	Mens	100m	Breaststroke	h
4/4	Womens	100m	Breaststroke	h
4/5	Mens	200m	Backstroke	h
4/6	Womens	200m	Backstroke	h
4/7	Mens	4x100m	Freestyle Relay	h
4/8	Womens	4x100m	Freestyle Relay	h

## SESSION 5:

Warm up 13.00  
Start 14.00

5/1	*Mens	400m	Freestyle	h
5/2	*Womens	400m	Freestyle	h
5/3	Boys 13&U	50m	Freestyle	h
5/4	Girls 12&U	50m	Freestyle	h
5/5	Boys 15&U	100m	Backstroke	h
5/6	Girls 14&U	100m	Backstroke	h
5/7	Boys 13&U	50m	Backstroke	h
5/8	Girls 12&U	50m	Backstroke	h
5/9	Boys 11&U	4x50m	Freestyle Relay	h
5/10	Girls 11&U	4x50m	Freestyle Relay	h
5/11	Boys 15&U	100m	Butterfly	h
5/12	Girls 14&U	100m	Butterfly	h
5/13	**Mens 17/18	4x50m	Medley Relay	h
5/14	**Womens 17/18	4x50m	Medley Relay	h
5/15	**Mens 19/24	4x50m	Medley Relay	h
5/16	**Womens 19/24	4x50m	Medley Relay	h

## SESSION 6:

Warm up 18.00  
Start 19.00

6/1	Mens	400m	Freestyle	CF & Final
6/2	Womens	400m	Freestyle	CF & Final
6/3	Boys 13&U	50m	Backstroke	Final
6/4	Girls 12&U	50m	Backstroke	Final
6/5	Mens	100m	Breaststroke	CF & Final
6/6	Womens	100m	Breaststroke	CF & Final
6/7	Boys 15&U	100m	Backstroke	Final
6/8	Girls 14&U	100m	Backstroke	Final
6/9	Mens	200m	Backstroke	CF & Final
6/10	Womens	200m	Backstroke	CF & Final
6/11	Boys 15&U	100m	Butterfly	Final
6/12	Girls 14&U	100m	Butterfly	Final
6/13	Mens	100m	Freestyle	CF & Final
6/14	Womens	100m	Freestyle	CF & Final
6/15	Boys 11&U	4x50m	Freestyle Relay	Final
6/16	Girls 11&U	4x50m	Freestyle Relay	Final
6/17	Boys 13&U	50m	Freestyle	Final
6/18	Girls 12&U	50m	Freestyle	Final
6/19	Mens	4x100m	Freestyle Relay	Final
6/20	Womens	4x100m	Freestyle Relay	Final
6/21	Mens 17/18	4x50m	Medley Relay	Final
6/22	Womens 17/18	4x50m	Medley Relay	Final
6/23	Mens 19/24	4x50m	Medley Relay	Final
6/24	Womens 19/24	4x50m	Medley Relay	Final

DAY THREE:Sunday 18 June 1989

## SESSION 7:

Warm up 08.00  
Start 09.00

7/1	Mens		200m Freestyle	h
7/2	Womens		200m Freestyle	h
7/3	Mens		200m Breaststroke	h
7/4	Womens		200m Breaststroke	h
7/5	Men		100m Butterfly	h
7/6	Womens		100m Butterfly	h
7/7	Mens	4x200m	Freestyle Relay	h
7/8	Womens	4x200m	Freestyle Relay	h

## SESSION 8:

Warm up 12.00  
Start 13.00

8/1	*Mens		400m Individual Medley	h
8/2	*Womens		400m Individual Medley	h
8/3	Boys	13&U	50m Butterfly	h
8/4	Girls	12&U	50m Butterfly	h
8/5	Boys	15&U	100m Breaststroke	h
8/6	Girls	14&U	100m Breaststroke	h
8/7	Boys	13&U	50m Breaststroke	h
8/8	Girls	12&U	50m Breaststroke	h
8/9	Boys	11&U	4x50m Medley Relay	h
8/10	Girls	11&U	4x50m Medley Relay	h
8/11	Boys	15&U	100m Freestyle	h
8/12	Girls	14&U	100m Freestyle	h

## SESSION 9:

Warm up 16.30  
Start 17.30

9/1	Men		400m Individual Medley	CF & Final
9/2	Women		400m Individual Medley	CF & Final
9/3	Boys	13&U	50m Butterfly	Final
9/4	Girls	12&U	50m Butterfly	Final
9/5	Mens		200m Freestyle	CF & Final
9/6	Womens		200m Freestyle	CF & Final
9/7	Boys	15&U	100m Breaststroke	Final
9/8	Girls	14&U	100m Breaststroke	Final
9/9	Mens		200m Breaststroke	CF & Final
9/10	Women		200m Breaststroke	CF & Final
9/11	Boys	13&U	50m Breaststroke	Final
9/12	Girls	12&U	50m Breaststroke	Final
9/13	Men		100m Butterfly	CF & Final
9/14	Womens		100m Butterfly	CF & Final
9/15	Boys	15&U	100m Freestyle	Final
9/16	Girls	14&U	100m Freestyle	Final
9/17	Boys	11&U	4x50m Medley Relay	Final
9/18	Girls	11&U	4x50m Medley Relay	Final
9/19	Mens	4x200m	Freestyle Relay	Final
9/20	Womens	4x200m	Freestyle Relay	Final

\* (Incorporating all Age Group Championships - See notes)

\*\* (For Scottish Clubs only)



## ACCOMMODATION LIST EDINBURGH 1989

"Allison", 17 Mayfield Gardens, Edinburgh	031 667 8049
"Donmaree", 21 Mayfield Gardens, Edinburgh	031 667 3641/2
"Dorstan", 7 Priestfield Road, Edinburgh	031 667 6721
"Heatherlea", Mayfield Gardens, Edinburgh	031 667 3958
Leggan House Private, 11 Spence Street, Edinburgh	031 667 5588
"Navaar House", 12 Mayfield Gardens, Edinburgh	031 667 2828
"Rosehall", 101 Dalkeith Road, Edinburgh	031 667 9372
"Thrums" (Private), 14 Minto Street, Edinburgh	031 667 5545

## GUEST HOUSES:

"Aberlour", 119 Mayfield Road, Edinburgh	031 667 3909
"Abileeh", 46 Minto Street, Edinburgh	031 337 8995
"Airlie", 29 Minto Street, Edinburgh	031 667 3562
"Ascot", 28 Dalkeith Road, Edinburgh	031 667 1500
"Ashwood House" 20 Minto Street, Edinburgh	031 667 8024
"Avon", 2 Spence Street, Edinburgh	031 667 8681
"Avondale", 10 South Gray Street, Edinburgh	031 667 6779
"Belford House", 13 Blacket Avenue, Edinburgh	031 667 2422
"Ben Doran", 11 Mayfield Gardens, Edinburgh	031 667 8488
"Cathian", 83 Mayfield Road, Edinburgh	031 667 8717
"Clarín", 4 East Mayfield, Edinburgh	031 667 9690
"Clashaidy", 21 Kilmaurs Road, Edinburgh	031 667 2626
"Craigewan", 48 Minto Street, Edinburgh	031 667 2615
"Cree", 77 Mayfield Road, Edinburgh	031 667 2542
"Crion", 33 Minto Street, Edinburgh	031 667 2708
"Dargil", 16 Mayfield Gardens, Edinburgh	031 667 6177
"Gorgian House", 34 Blacket Place, Edinburgh	031 667 2625
"Gifford", 103 Dalkeith Road, Edinburgh	031 667 4688
"Gil/Dun", 9 Spence Street, Edinburgh	031 667 1368
"Glenallen", 19 Mayfield Road, Edinburgh	031 667 1667
"Hillview", 92 Dalkeith Road, Edinburgh	031 667 1523
"International", 37 Mayfield Gardens, Edinburgh	031 667 2511
"Ivy", 7 Mayfield Gardens, Edinburgh	031 667 3411
"Kirtle", 8 Minto Street, Edinburgh	031 667 2813
"Kreigie", 50 Mayfield Road, Edinburgh	031 667 5847
"Lauderville", 52 Mayfield Road, Edinburgh	031 667 7788
"Lorne Villa", 9 East Mayfield, Edinburgh	031 667 7159

"Mayfield", 15 Mayfield Gardens, Edinburgh	031 667 8049
Mr & Mrs L J Morris, 42 Mayfield Road, Edinburgh	031 667 3117
"Newington", 18 Newington Road, Edinburgh	031 667 3356
"Parklands", 20 Mayfield Gardens, Edinburgh	031 667 7184
"Ravensneuk", 11 Blacket Avenue, Edinburgh	031 667 5347
"Rimswell", 33 Mayfield Gardens, Edinburgh	031 667 5851
"Roselea", 11 Mayfield Road, Edinburgh	031 667 6115
"St Conan's", 30 Minto Street, Edinburgh	031 667 8393
"Salisbury", 45 Salisbury Road, Edinburgh	031 667 1264
"Salisbury View", 64 Dalkeith Road, Edinburgh	031 667 1133
"San Marco", 24 Mayfield Gardens, Edinburgh	031 667 8694
"Shalimar", 20 Newington Road, Edinburgh	031 667 2827
"Sherwood", 42 Minto Street, Edinburgh	031 667 1200
"Sonas", 3 East Mayfield, Edinburgh	031 667 2781
"Strathmohr", 23 Mayfield Gardens, Edinburgh	031 667 6153
"Sylvern", 22 West Mayfield, Edinburgh	031 667 1241
"Tania", 19 Minto Street, Edinburgh	031 667 4144

**NB:**

The Association can take no responsibility in respect of the above and would advise competitors to telephone the required hotel for further information.

Donated by :

Ron Taylor  
(Past President &  
Life Member)