

THE CITY OF EDINBURGH

presents

in association with the Scottish Amateur Swimming Association

THE SCOTTISH NATIONAL
Swimming Championships 1990

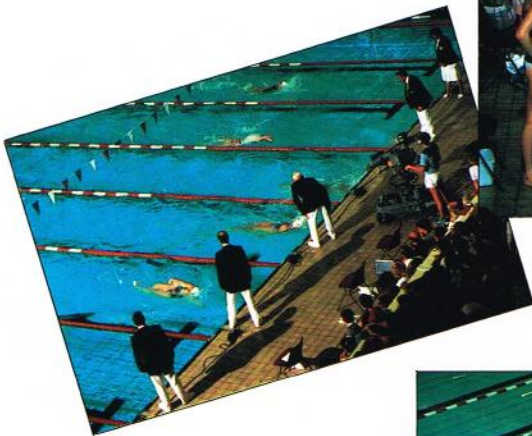
and

THE 3RD EDINBURGH
International Meet

THE ROYAL COMMONWEALTH POOL
14, 15, 16 and 17 June 1990

Donated by :

Ron Taylor
(Past President &
Life Member)



FOR INFORMATION CONTACT 0786 70544 or 031-667 7211



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THE RT. HON.
ELEANOR McLAUGHLIN

*City Chambers,
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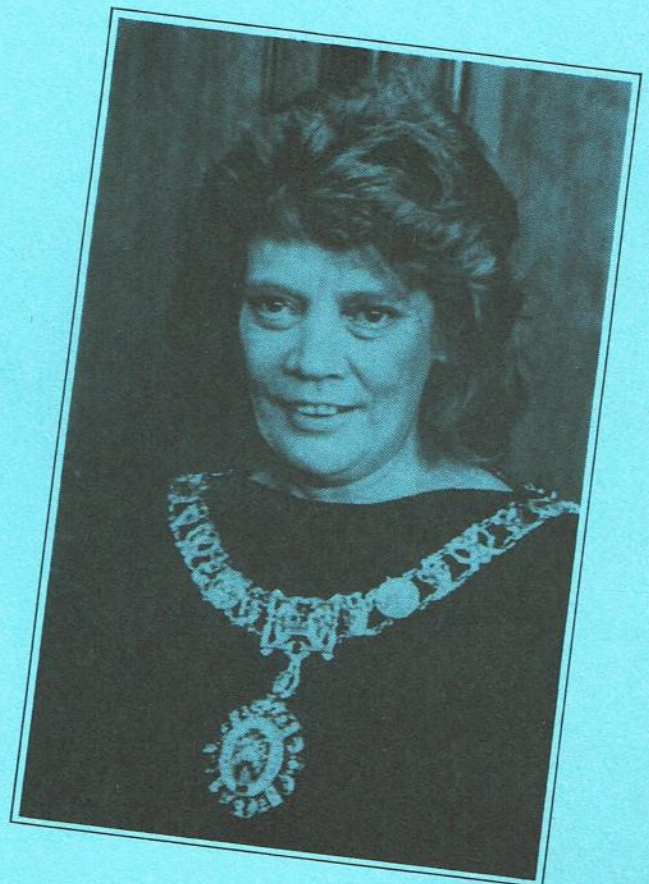
I should like to welcome, on behalf of the City of Edinburgh, the officials, competitors and spectators who are taking part in this most exciting event. In presenting the Scottish National Championships and the City of Edinburgh International Swim Meet as one event, tradition and excitement will surely be the words to sum up the competition.

I hope that everyone coming to the city for this event will take time to explore the sweep of its elegant crescents or walk through the ancient closes which are all part of the historic capital of Scotland.

I am sure that you will feel welcome here and that your stay will be a pleasant one.

Eleanor J. McLaughlin

Lord Provost



SCOTTISH AMATEUR SWIMMING ASSOCIATION



1888 - 1988

100 Years of Scottish Swimming

12 April 1990

Airthrey Castle
University of Stirling
STIRLING FK9 4LA
Tel 0786 70544

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Dear Friends in Swimming

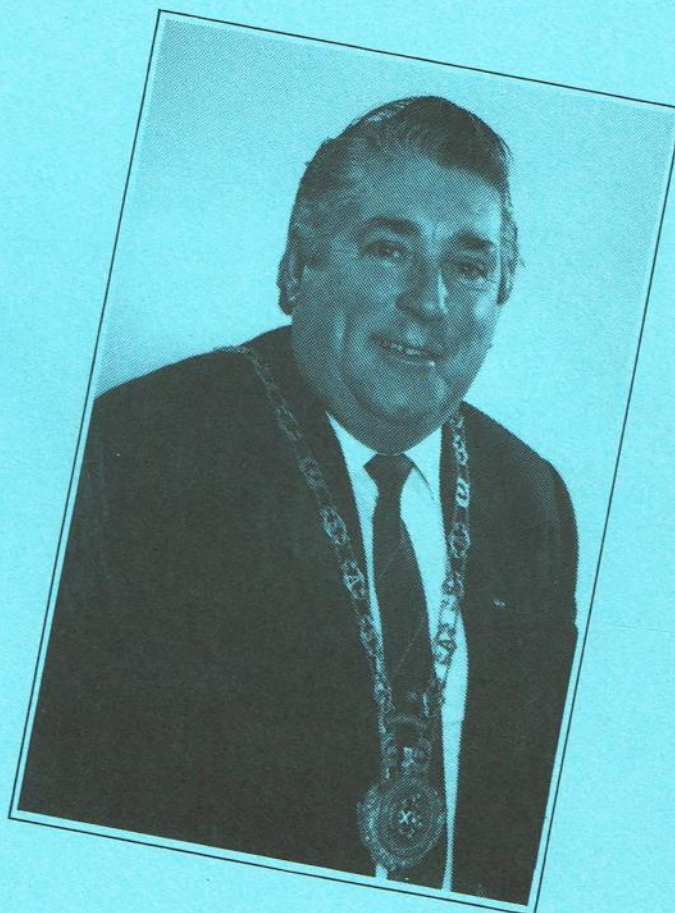
In company with the Lord Provost of the City of Edinburgh, I have very great pleasure in inviting you to participate in what promises to be a most exciting swimming occasion, incorporating our National Championships and the City's 3rd International Meet.

The Scottish Amateur Swimming Association and the City of Edinburgh District Council have brought together their joint expertise and excellent facilities to mount an event which will give every opportunity for great personal performances in a stimulating and enjoyable atmosphere.

Do come along and take advantage of what will be a great meet at a superb pool in a wonderful City - I look forward to welcoming you!

Yours sincerely

James McWhir
President Scottish Amateur
Swimming Association



EDINBURGH SUPER POOL

Welcome to The Royal Commonwealth Pool, one of the most famous swimming centres in the world – and one of the friendliest!

Our international swimming pool is the only one ever to be used twice for the Commonwealth Games, in 1970 and 1986. Now competitors can compete in this, the Scottish National Swimming Championships and The Edinburgh International Meet.

The Main Pool has eight 50m racing lanes, each 2.5m wide, with a 0.5m area at

each side of the pool for wave absorption. It is fully equipped with electronic timing. The Omega international scoreboard, displays lane, name, nationality and time details.

The adjacent Warm-Up Pool is 20.1 m long and 10.9m wide, with a uniform depth of 0.75m.

A separate Diving Pool 20m by 15.75m is equipped with fixed boards at 10m, 7.5m and 5m, and four springboards, two at 3m and two at 1 m. All pools are served by the latest ozone water purification system.

About the Meet

This new competition brings together the tradition of the Scottish National Championships with the excitement and enterprise of the City of Edinburgh International Swim Meet to produce a combined event of the highest standards in both performances and efficient organisation.

Swimmers of World and European class have been invited to compete for valuable prizes along with the finest from Britain and of course all of Scotland's best.

The full range of Olympic events will be featured and there will be special incentives

for record breaking achievements from World to National level.

The meet also provides the final opportunity for Britain's Juniors to qualify for selection to the European Championship Team.

In addition, a special Age Group Programme gives youngsters from 11 to 16 years the chance to see the Champions in action and to prepare for the upcoming 1990 National Age Group Championships two weeks later.

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presents

in association with the Scottish Amateur Swimming Association

THE SCOTTISH NATIONAL
Swimming Championships 1990

and

THE 3RD EDINBURGH
International Meet

- DATES:** Thursday 14 June – Sunday 17 June 1990
- VENUE:** The Royal Commonwealth Pool
Dalkeith Road, Edinburgh
- FACILITIES:** 50m – 8 Lane competition pool
Full Electronic Timing
Separate Warm Up Facility
- PRE MEET:** The competition and warm up facilities will be available as follows:
- Thursday 14 June 1990:
- 1100 until 1300
- Daily Thursday – Sunday between sessions.

WARM UP AND STARTING TIMES:

Start 16.00	Thursday 14 June	Session 1	Warm up 14.00
Start 09.15	Friday 15 June	Session 2	Warm up 08.00
TRAINING AVAILABLE FROM 1300 HOURS			
Start 18.30	Friday 15 June	Session 3	Warm up 17.00
Start 09.15	Saturday 16 June	Session 4	Warm up 08.00
Start 14.00	Saturday 16 June	Session 5	Warm up 13.00
Start 18.30	Saturday 16 June	Session 6	Warm up 17.00
Start 09.15	Sunday 17 June	Session 7	Warm up 08.00
Start 12.30	Sunday 17 June	Session 8	Warm up 11.45
Start 16.00	Sunday 17 June	Session 9	Warm up 15.00

ENTRY TIMES

The consideration times attached must have been achieved in accredited events from 1 December 1989. 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.

Consideration Times: (50m)

MALE		FEMALE
Consideration Times		Consideration Times
29.0	50m Free	31.0
59.0	100m Free	1.07.0
2.09.0	200m Free	2.22.5
4.35.0	400m Free	4.55.0
—	800m Free	10.05.0
18.00.0	1500m Free	—
1.09.0	100m Back	1.16.0
2.27.0	200m Back	2.41.5
1.15.5	100m Breast	1.25.0
2.41.0	200m Breast	3.00.0
1.05.0	100m Fly	1.14.0
2.20.0	200m Fly	2.45.0
2.28.2	200m IM	2.41.0
5.13.0	400m IM	5.46.0

Individual Awards— Medals, Trophies, Prizes

Scottish Open Championship	1st
	2nd
	3rd
Scottish National Champion	1st
Scottish National Junior Champion	1st

World, Commonwealth, European – National Records:—

Cash awards will be presented.

Open Events

1st place	£100
2nd	£50
3rd	£25

Team Awards

Top Club	1st place	£300
	2nd place	£200
	3rd place	£100
Top Scottish Club		£100

Robertson Trophy (Club Championship of Scotland)

ENTRY FEES:**OPEN**

Individual Events: £2.50

Team Events: £4.00

AGE GROUP

Individual Events: £1.50

Team Events: £2.00

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 MONDAY 21 MAY 1990

All entries should be submitted on the Meet Consolidated Entry Forms, Photocopies in correct colour are acceptable.

NB – NO ENTRY CARDS ARE REQUIRED

All completed entries with entry fees must be returned to:

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

COACHES:

Coaches Passes are available from the SASA office as follows:–

1 Pass per Team Free (inclusive of entry, programme, results, invitation to reception).

Additional passes can be obtained from the office, cost – £5.00.

TECHNICAL MEETING

Thursday 14 June at 1900 hrs in The Royal Commonwealth Pool.

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.

DRUG TESTING:

Please note that drug testing may be in operation at this event.

TEAM ENTRIES:

Clubs entering a Junior Team (16yrs & under) should be noted as such on entry forms 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.

COMBINED: EVENTS

Certain events i.e., Mens 1500m 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 only which gives automatic participation in both Open and Age Group Championships.

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 be by the following criteria:-

- 1) The Champion will have National Eligibility as in Rule 47(2) (A), (B) or (C).
- 2) The Junior Championships 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.
- 3) The Open Championships Consolation Final will not count for Junior Trophies/Titles.

**AGE GROUP
COMPETITION:**

This is a separate event and consists of the following age categories:

Boys 14/15 – 13/U – 11/U (Relays only)

Girls 13/14 – 12/U – 11/U (Relays only)

Events as follows:

50m in all strokes for 13/U Boys and 12/U Girls

100m in all strokes for 14/15 Boys and 13/14 Girls

4x50m F/Style and Medley Relays for Boys and 11/U Girls

Heats and Finals will be swum in all events as per programme.

Medals will be awarded to 1st, 2nd and 3rd placed swimmers/teams in each event.

THURSDAY 14 JUNE

The Pool will be available for general training at the following times:

11.00 – 14.30

18.30 – 21.00

A Technical Meeting will be held at 19.00

followed by a Civic Reception at 19.30

Session 1: Warm Up: 14.30

Start: 16.00

Approx finish: 18.30

1/1	Mens	50m	Freestyle		10 Heats
1/2	Womens	800m	Freestyle	HDW	4 Heats
1/3	Mens	1500m	Freestyle	HDW	4 Heats
1/4	Womens	50m	Freestyle		10 Heats

FRIDAY 15 JUNE

Session 2: Warm Up: 08.00

Start: 09.15

Approx Finish: 12.30

2/1	Womens	400m	Freestyle		5 Heats
2/2	Mens	400m	Freestyle		5 Heats
2/3	Womens	200m	Individual Medley		6 Heats
2/4	Mens	200m	Individual Medley		6 Heats
2/5	Womens	100m	Butterfly		7 Heats
2/6	Mens	100m	Butterfly		7 Heats
2/7	Womens	200m	Backstroke		6 Heats
2/8	Mens	200m	Backstroke		6 Heats

FRIDAY 15 JUNE

Training will be available in the afternoon for all participating clubs.

Session 3: Warm Up: 17.00

Start: 18.30

Approx Finish: 20.00

3	1/2	Womens	400m	Freestyle	Consol Final/Final
3	3/4	Mens	400m	Freestyle	Consol Final/Final
3	5/6	Womens	200m	IM	Consol Final/Final
3	7/8	Mens	200m	IM	Consol Final/Final
3	9/10	Womens	100m	Butterfly	Consol Final/Final
3	11/12	Mens	100m	Butterfly	Consol Final/Final
3	13/14	Womens	200m	Backstroke	Consol Final/Final

3 15/16	Mens	200m	Backstroke	Consol Final/Final
3 17/18	Womens	50m	Freestyle	Consol Final/Final
3 19/20	Mens	50m	Freestyle	Consol Final/Final
3 21	Womens	4 x 100m	Medley Relay	Final
3 22	Mens	4 x 100m	Medley Relay	Final

SATURDAY 16 JUNE

Session 4: Warm Up: 08.00
 Start: 09.15
 Approx finish: 12.30

4/1	Womens	400m	Individual Medley	5 Heats
4/2	Mens	400m	Individual Medley	5 Heats
4/3	Womens	200m	Freestyle	7 Heats
4/4	Mens	200m	Freestyle	7 Heats
4/5	Womens	100m	Breaststroke	8 Heats
4/6	Mens	100m	Breaststroke	8 Heats
4/7	Womens	200m	Butterfly	5 Heats
4/8	Mens	200m	Butterfly	5 Heats
4/9	Womens	4 x 100m	Freestyle Relay	4 Heats
4/10	Mens	4 x 100m	Freestyle Relay	4 Heats

SATURDAY 16 JUNE

Session 5: Warm Up: 13.15
 Start: 14.00
 Approx finish: 16.30

5/1	Girls 12/u	50m	Freestyle	8 Heats
5/2	Boys 13/u	50m	Freestyle	8 Heats
5/3	Girls 13/14	100m	Backstroke	5 Heats
5/4	Boys 14/15	100m	Backstroke	5 Heats
5/5	Girls 12/u	50m	Backstroke	6 Heats
5/6	Boys 13/u	50m	Backstroke	6 Heats
5/7	Girls 11/u	4 x 50m	Freestyle Relay	2 Heats
5/8	Boys 11/u	4 x 50m	Freestyle Relay	2 Heats
5/9	Girls 13/14	100m	Butterfly	5 Heats
5/10	Boys 14/15	100m	Butterfly	5 Heats

SATURDAY 16 JUNE

Session 6: Warm Up: 17.00
 Start: 18.30
 Approx finish: 20.30

6 1	Girls 12/u	50m	Freestyle	Final
6 2	Boys 13/u	50m	Freestyle	Final
6 3/4	Womens	400m	IM	Consol Final/Final

6 5/6	Mens	400m	IM	Consol Final/Final
6 7	Girls 13/14	100m	Backstroke	Final
6 8	Boys 14/15	100m	Backstroke	Final
6 9/10	Womens	200m	Freestyle	Consol Final/Final
6 11/12	Mens	200m	Freestyle	Consol Final/Final
6 13	Girls 12/u	50m	Backstroke	Final
6 14	Boys 13/u	50m	Backstroke	Final
6 15/16	Womens	100m	Breaststroke	Consol Final/Final
6 17/18	Mens	100m	Breaststroke	Consol Final/Final
6 19	Girls 11/u	4 x 50m	Freestyle Relay	Final
6 20	Boys 11/u	4 x 50m	Freestyle Relay	Final
6 21/22	Womens	200m	Butterfly	Consol Final/Final
6 23/24	Mens	200m	Butterfly	Consol Final/Final
6 25	Girls 13/14	100m	Butterfly	Final
6 26	Boys 14/15	100m	Butterfly	Final
6 27	Womens	4 x 100m	Freestyle Relay	Final
6 28	Mens	4 x 100m	Freestyle Relay	Final

SUNDAY 17 JUNE

Session 7: Warm Up: 08.00
Start: 09.15
Approx finish: 11.45

7/1	Womens	100m	Freestyle	10 Heats
7/2	Mens	100m	Freestyle	10 Heats
7/3	Womens	200m	Breaststroke	6 Heats
7/4	Mens	200m	Breaststroke	6 Heats
7/5	Womens	100m	Backstroke	7 Heats
7/6	Mens	100m	Backstroke	7 Heats
7/7	Womens	4 x 200m	Freestyle Relay	Heats
7/8	Mens	4 x 200m	Freestyle Relay	Heats

SUNDAY 17 JUNE

Session 8: Warm Up: 11.45
Start: 12.30
Approx finish: 14.45

8/1	Girls 12/u	50m	Butterfly	5 Heats
8/2	Boys 13/u	50m	Butterfly	5 Heats
8/3	Girls 13/14	100m	Breaststroke	5 Heats
8/4	Boys 14/15	100m	Breaststroke	5 Heats
8/5	Girls 12/u	50m	Breaststroke	5 Heats
8/6	Boys 13/u	50m	Breaststroke	5 Heats
8/7	Girls 11/u	200m	Medley Relay	2 Heats
8/8	Boys 12/u	200m	Medley Relay	2 Heats
8/9	Girls 13/14	100m	Freestyle	6 Heats
8/10	Boys 14/15	100m	Freestyle	6 Heats

SUNDAY 17 JUNE

Session 9: Warm Up: 15.00
Start: 16.00
Approx finish: 18.00

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

THE SCOTTISH NATIONAL
Swimming Championships 1990

ENTRY FORM
for

THE 3RD EDINBURGH
International Meet

FEMALE OPEN (Pink)

CLUB _____

NAME (IN FULL)	S.A.S.A. REG NO	YEAR OF BIRTH	50 FREE	100 FREE	200 FREE	400 FREE	800 FREE	100 BACK	200 BACK	100 BREAST	200 BREAST	100 FLY	200 FLY	200 IM	400 IM
NO OF TEAMS	4 x 100m MEDLEY RELAY		4 x 100m FREESTYLE MEDLEY				4 x 200m FREESTYLE RELAY								

Returned by 21st May 1990 to:
S.A.S.A
Airthrey Castle, University of Stirling,
Stirling, FK9 4LA.

Contact Name _____

Telephone _____

Fax No _____

— No of entries x £2.50
— No of Teams x £4.00
Total Amount £ _____

THE SCOTTISH NATIONAL
Swimming Championships 1990

ENTRY FORM

for

THE 3RD EDINBURGH
International Meet

MALE OPEN (Blue)

CLUB _____

NAME (IN FULL)	S.A.S.A. REG NO	YEAR OF BIRTH	50	100	200	400	1500	100	200	100	200	100	200	200	400
			FREE	FREE	FREE	FREE	FREE	BACK	BACK	BREAST	BREAST	FLY	FLY	IM	IM
NO OF TEAMS	4 x 100m MEDLEY RELAY		4 x 100m FREESTYLE MEDLEY					4 x 200m FREESTYLE RELAY							

Returned by 21st May 1990 to:
S.A.S.A
Airthrey Castle, University of Stirling,
Stirling, FK9 4LA.

Contact Name _____
Telephone _____
Fax No _____

— No of entries x £2.50
— No of Teams x £4.00
Total Amount £ _____

THE SCOTTISH NATIONAL
Swimming Championships 1990

ENTRY FORM
for

THE 3RD EDINBURGH
International Meet

MALE AGE GROUP (Green)

CLUB _____

NAME (IN FULL)	S.A.S.A. REG NO	YEAR OF BIRTH	50 FREE	100 FREE	50 BACK	100 BACK	50 BREAST	100 BREAST	50 FLY	10 FLY
NO OF TEAM ENTRIES	4 x 50m MEDLEY RELAY					4 x 50m FREESTYLE RELAY				

Returned by 21st May 1990 to:
S.A.S.A
Airthrey Castle, University of Stirling,
Stirling, FK9 4LA.

Contact Name _____

Telephone _____

Fax No _____

— No of entries x £1.50
— No of Teams x £2.00
Total Amount £ _____

THE SCOTTISH NATIONAL
Swimming Championships 1990

ENTRY FORM
for

THE 3RD EDINBURGH
International Meet

FEMALE AGE GROUP (Yellow)

CLUB _____

NAME (IN FULL)	S.A.S.A. REG NO	YEAR OF BIRTH	50 FREE	100 FREE	50 BACK	100 BACK	50 BREAST	100 BREAST	50 FLY	10 FLY
NO OF TEAM ENTRIES			4 x 50m MEDLEY RELAY			4 x 50m FREESTYLE RELAY				

Returned by 21st May 1990 to:
S.A.S.A
Airthrey Castle, University of Stirling,
Stirling, FK9 4LA.

Contact Name _____
 Telephone _____
 Fax No _____

— No of entries x £1.50
 — No of Teams x £2.00
 Total Amount £ _____

