



SCOTTISH AMATEUR SWIMMING ASSOCIATION

**SCOTTISH NATIONAL OPEN
SWIMMING AND DIVING
CHAMPIONSHIPS 1994**

**"FINAL QUALIFYING OPPORTUNITY
FOR COMMONWEALTH GAMES"**

Also Featuring:

Scottish Water Polo Cups

National Masters Competition

Sharon Davis Pool Show

**Royal Commonwealth Pool
Edinburgh**

15, 16 & 17 June 1994

The SHARRON DAVIES



SwimFit



POOL SHOW FROLICS

JOIN THE FUN

ENTER NOW

NATIONAL SWIMFIT WEEK

MEET SHARRON IN PERSON

Royal Commonwealth Pool

Edinburgh

7.00 pm

Wednesday 15th June 1994

TO TAKE PART IN ANY OF THE FUN YOU MUST
ENTER NATIONAL SWIMFIT WEEK

SwimFit Hotline (0382) 451146

SWIMFIT SPONSORS

cancer research
campaign



Prizes
Giveaways
Aqua-Fun

Swimfit Obstacle
Course UK Challenge
Teams of 4
Over 18's Only

Primary School
Mile Challenge
65 Pupils x 1 length
The World's Largest Relay

SCOTTISH NATIONAL LONG COURSE MASTERS OPEN CHAMPIONSHIPS

Royal Commonwealth Pool, Edinburgh

Thursday 16th June 1994

Warm Up: 6.30 pm

Start: 7.00 pm

Event 1	Womens	50m	Butterfly
Event 2	Mens	50m	Butterfly
Event 3	Womens	50m	Freestyle
Event 4	Mens	50m	Freestyle
Event 5	Womens	50m	Breaststroke
Event 6	Mens	50m	Breaststroke
Event 7	Womens	200m	Individual Medley
Event 8	Mens	200m	Individual Medley
Event 9	Womens	50m	Backstroke
Event 10	Mens	50m	Backstroke
Event 11	Womens	4 x 50m	Freestyle Relay
Event 12	Mens	4 x 50m	Freestyle Relay

CONDITIONS:

Competitors must be over 25 years of age on 16th June 1994 and a member of a Club.

Groups as at 31 December 1994

1 A	25 - 29	5 E	45 - 49	9 J	65 - 69
2 B	30 - 34	6 F	50 - 54	10 K	70 - 74
3 C	35 - 39	7 G	55 - 59	11 L	75 - 79
4 D	40 - 44	8 H	60 - 64	12 M	80 yrs & OVER

All individual events will be heat declared winners in the above groups. Scottish National Gold Medals will be awarded to winners in age group events. Silver if 3 or more compete and Bronze if 4 or more compete.

RELAYS:

100 yrs +, 120 yrs +, 160 yrs +, 200 yrs + and 240 yrs +. Prizes will be awarded to 2 Best Mens and Womens Team nearest age group world records.

ENTRIES:

£2.00 per Individual Event and £3.50 per Relay. Entry Cards **MUST** be sent with Entries. These are obtainable from the S.A.S.A. Office, 041 641 8818. Please send S.A.L. and Cheque made payable to S.A.S.A..

CLOSING DATE:

Midnight Thursday 26th May 1994

This is the First Time Masters have had the opportunity to compete in the Royal Commonwealth Pool, so please give the Event your Full Support.

ENTRIES WITH CARDS TO:

S.A.S.A. HEADQUARTERS,
c/o Mr Ron Taylor,
36 Silverknowes Grove,
Edinburgh, EH4 5NH.

WATERPOLO



SCOTTISH WATERPOLO CHAMPIONSHIPS FINALS

(UNDER SASA RULES)

 **WILLIE MELLORS UNDER 17 FINAL**

 **SCOTTISH LADIES CHAMPIONSHIP
FINAL**

 **SCOTTISH WATERPOLO
CHAMPIONSHIP FINAL
(THE SCOTTISH CUP)**

**ROYAL COMMONWEALTH POOL
FRIDAY 17TH JUNE 1994
6.15 PM**

