

**S** SCOTTISH  
WIMMING



**Scottish National  
Short Course Open  
Championships**

*Meet Information*

Incorporating the Short Course Youth Development  
Championships and  
Relay Team Qualification for the ASA National BAGCAT &  
Youth Championships 2004

Tollcross Park Leisure Centre  
Glasgow  
6 - 7 March 2004



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## Event Regulations

Entry and Entries to all events is expressly subject to each and all of these regulations and may where appropriate also require compliance with the facility provider's regulations:

- Permission for any person to enter or to remain within the venue notwithstanding possession of any ticket by that person is at the absolute discretion of the stewards and officers of SASA Co Ltd and/or any police officer.
- No guarantee can be given by SASA Co Ltd that the event will take place at a particular time or any particular date and SASA Co Ltd reserves the right to reschedule the event without notice and without and liability for so doing.
- In the event of postponement, cancellation or abandonment of the event, refunds if any, will be made at the absolute discretion of SASA Co Ltd. SASA Co Ltd will have no legal liability to make a refund or to pay any form of consequential or indirect damage such as loss of enjoyment, travel and accommodation costs.
- The following are articles, which must not be brought within the venue (eg glasses, fireworks, smoke canisters, air horns, flares, glass bottles, weapons of any sort). Any person in possession of such items will be refused entry at the absolute discretion of any steward or officer of SASA Co Ltd and/or police officer.
- No object may be thrown by spectators within the venue.
- No foul or abusive language or other offensive words such as racial or sexual abuse may be used within venues.
- No alcohol may be consumed within events except in those areas specifically designated for such purposes and in accordance with any terms displayed in those areas.
- No person may for commercial purposes take photographs or use any video recording equipment inside events without the express written permission of SASA Co Ltd. The taking of photographs or use of video equipment for non-commercial purposes is permitted subject to compliance with SASA Co Ltd Guidelines with regard to video recording and zoom photography.
- No articles, periodicals, publications, flyers or goods of any nature may be offered either free or for sale by any persons save only SASA Co Ltd within events without the express written permission of SASA Co Ltd.
- Any person entering events must at all times comply with any and all instructions of any steward or officer of SASA Co Ltd and/or police officer. Failure to comply within a reasonable time with any such instruction will lead to be invited to leave.
- No tickets may be offered for resale within events. Any such tickets offered for sale may be confiscated by any steward or officer of SASA Co Ltd or any police officer.
- SASA Co Ltd reserves absolutely the right to eject from events any person failing to comply with each and all of the Event Regulations.

# Scottish Amateur Swimming Association

## National Championships 2004

### GENERAL INFORMATION

#### ELIGIBILITY TO COMPETE

1. Competitors must be amateurs as defined by FINA and be registered with their home Association/Federation.
2. To compete for a Scottish Club or Team at National Open Championships competitors must be registered with the Scottish Amateur Swimming Association and must have paid their current registration fee.
3. Age group events are defined as age on the last day of competition, ie 7<sup>th</sup> March 2004.
4. Scottish swimmers changing clubs in 2004 and committed to the first club shall swim unattached for the remainder of the set period. A swimmer entering any Scottish Championship as unattached cannot compete for a club in relay events.

#### DRUG TESTING

Please note that drug testing may be in operation at any Scottish event. All swimmers not registered with the Scottish Amateur Swimming Association or the Amateur Swimming Association/Welsh Amateur Swimming Association will be required to sign an agreement to undergo tests as required in accordance with FINA Law. N.B. The Home Country or the ASA/WASA swimmers will have signed an agreement when submitting their registration fee.

*All SASA Swimming Committee Members, Staff, etc should be aware that their registration card will gain them free admission to all SASA Championships to include a programme, results and meals.*

**SCOTTISH AMATEUR SWIMMING ASSOCIATION**

**SCOTTISH SHORT COURSE OPEN NATIONAL CHAMPIONSHIPS 2004**

**UNDER SASA REGULATIONS**

**MEET INFORMATION**

**DATES:** Saturday 6 March to Sunday 7 March 2004  
**VENUE:** Tollcross Park Leisure Centre, Glasgow  
**POOL:** 10 Lane, 25 metre pool with full Electronic Timing  
Separate 25 metre warm up/swim down facility  
**MEET PROMOTERS:** Scottish National Swimming Committee

**SESSION TIMES:**

Saturday 6 March 2004	<b>Session 1</b>	Heats	Warm Up: 07.45 Start: 09.00
	<b>Session 2</b>	Youth Events	Warm Up: 12.30 Start: 13.30
	<b>Session 3</b>	Finals	Warm Up: 16.30 Start: 17.30
Sunday 7 March 2004	<b>Session 4</b>	Heats	Warm Up: 07.45 Start: 09.00
	<b>Session 5</b>	Youth Events	Warm Up: 12.30 Start: 13.30
	<b>Session 6</b>	Finals	Warm Up: 16.30 Start: 17.30

**NB. Session times may be adjusted when all entries have been processed. Any new session times will be notified with confirmation of acceptances.**

## **ENTRY TIMES:**

Consideration times are attached. Competitors must enter times achieved in accredited events held since 1 March 2003 and be 25 metre pool times or conversions to 25 metre pool times. Official Conversion Tables must be used.

The organisers reserve the right to restrict entries to ensure a good standard of competition.

**Please Note** - Clubs may be requested to prove the submitted entry times.

## **ENTRY FEES:**

Individual Events:                   £7.00                   Relay Events:                   £14.00

All cheques/postal orders should be made payable to Scottish Swimming Ltd. **No entries will be accepted without the correct fee or with the Entry Disks incorrectly completed.**

## **COMPUTER ENTRY:**

The competition will be computerised.

Entries will be by computer disks which are obtainable from the Meet Entry Secretary (see below). Requests for the meet entry disk should be made **at least two weeks in advance** of the closing date for entries.

Closing date for receipt of entries is 12 NOON, MONDAY 2<sup>ND</sup> FEBRUARY 2004. The organisers reserve the right to restrict entries. The disk entries, together with entry fees, should be sent to:

John Bruce (Meet Entry Secretary)  
50 Station Road  
Roslin  
Midlothian EH25 9LR  
Tel/Fax: 0131 440 1752  
email: jbruce2160@aol.com

## **WITHDRAWALS:**

### **Heats:**

Any withdrawals (inc reserves) or amendments prior to the first day of the Championships should be notified to the Entries/Withdrawals secretary initially by telephone and confirmed in writing. However, any withdrawals for Session One must be notified no later than noon on Friday 5<sup>th</sup> March 2004. Withdrawals for subsequent heats sessions not previously notified must be lodged at the recorders desk no later than the end of the final session on the day prior to the event. Swimmers failing to comply with the above (except in the case of a genuine illness or proven emergency), will be liable to £10 fine for each inappropriate withdrawal.

## **Finals:**

Should you wish to withdraw from a Final (inc reserves) you must inform the Recorders IN WRITING ON THE APPROPRIATE FORM WITHIN 30 minutes of Finalists Lists having been published or announced. Swimmers who fail to appear for finals will be fined and may be subject to further disciplinary action. A maximum of two reserves will be nominated for finals.

Any competitor withdrawing from a final in such a manner as to prevent a reserve taking part (except in the case of a genuine illness or proven emergency) shall be suspended immediately from all further events at the Championship. Where a reserve is brought in at short notice, the reserve shall occupy the vacant lane, there will be no re-seeding.

## **TEAM ENTRIES:**

Clubs may enter one (1) Male & Female team per age group. Team Lines forms will be issued with notification of acceptances for completion in swimming order to be handed to the recorder with swimmers' names and current registration numbers 45 minutes before the start of the appropriate session.

**CONSOLATION FINALS:** There will be no consolation finals.

## **COACHES PASSES:**

Clubs will receive complimentary passes which allows them, on presentation, poolside access, start and result sheets on the basis of one pass for up to 10 swimmers and multiples thereof for any one day. A maximum of five (5) passes will be issued.

In addition you can order the following:

- a) £ 6.00 - Coaches Pass per day (poolside access, start and result sheets)
- b) £14.00 - Coaches Pass per day (meals only)

Please complete the enclosed Coaches Pass Form and return with entry.

## **AWARDS:**

Medals will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> placed swimmers in all Open events.

In addition, the following Trophies will be awarded:

- a) **Alistair Sankey Memorial Trophy**  
Best combined performance in the senior men's 100m and 200m Butterfly Championships using FINA points. Restricted to swimmers based in Scotland or eligible to swim for Scotland.
- b) **Paisley 500**  
Best overall performance by a male or female as determined by Swimming Committee.
- c) **Citrus Trophies**  
Best performance by a junior male and female as determined by Swimming Committee.
- d) **Aberdeen 2000**  
Best single performance for male and female as determined by Swimming Committee.

## **RELAY EVENTS:**

Please note that events 117, 171, 172, 217, 271 and 272 will also be used to select the Scottish representative club teams for the ASA National BAGCAT & Youth Championships 2004.

The events which will be selected are as follows:

Girls 11 – 13 years 4 x 100m Freestyle and Medley Relay Teams  
Boys 11 – 14 years 4 x 100m Freestyle and Medley Relay Teams  
Girls 14 – 17 years 4 x 100m Freestyle and Medley Relay Teams, 4 x 200m Freestyle Relay Teams  
Boys 15 – 18 years 4 x 100m Freestyle and Medley Relay Teams, 4 x 200m Freestyle Relay Teams

For your team to be eligible for qualification, swimmers should fall into the following age categories:

Girls 11 – 13 years & Boys 11 – 14 years Teams: Age as on 1<sup>st</sup> August 2004  
Girls 14 – 17 years & Boys 15 – 18 years Teams: Age as on 5<sup>th</sup> August 2004

As we are selecting our representatives from a short course competition, only the **FIRST ELIGIBLE** team in each event and age grouping will be eligible for selection for the ASA National BAGCAT & Youth Championships 2004.

## **PRESENTATIONS:**

Swimmers must report to the Presentation Marshall immediately upon completing their race and picking up their dry clothes from the holding area. Appropriate clothing must be worn for the presentations. It is the responsibility of the Coach/Team Manager to ensure that medallists or a depute be available for presentation as per the presentation schedule, a copy of which will be included in your club envelope and posted around the pool.

Failure of a swimmer or depute to attend the appropriate presentation will result in the swimmer forfeiting his/her medal.

**PROGRAMME OF EVENTS:** Full Olympic Programme plus 50 events in breaststroke, backstroke and butterfly

**PLEASE NOTE**

- All 50, 100, 200 & 400 Events are heats and finals.
- 800 & 1500 Events are Heat Declared Winner.
- For the heats "OVER THE TOP STARTS" will be used where appropriate.
- Heats and finals will be swum as 10 lane events.

**CONSIDERATION TIMES**

<u>MALE</u>	<u>EVENT</u>	<u>FEMALE</u>
25.56	50 Freestyle	29.41
55.95	100 Freestyle	1.02.88
2.04.90	200 Freestyle	2.16.90
4.29.47	400 Freestyle	4.50.51
-	800 Freestyle	10.16.34
18.19.60	1500 Freestyle	-
29.45	50 Backstroke	34.16
1.06.37	100 Backstroke	1.11.50
2.26.89	200 Backstroke	2.36.05
35.31	50 Breaststroke	39.81
1.13.60	100 Breaststroke	1.20.86
2.46.37	200 Breaststroke	2.58.32
28.51	50 Butterfly	33.33
1.03.82	100 Butterfly	1.10.87
2.29.85	200 Butterfly	2.42.40
1.08.00	100 Individual Medley	1.15.00
2.23.34	200 Individual Medley	2.35.00
5.08.49	400 Individual Medley	5.39.99

Please note entry fees will not be refunded for any times submitted outwith the consideration time.

The organisers reserve the right to restrict entries and alter session times in order to ensure a good standard of Championships.



**Saturday 6 March 2004****Session 1: Heats****Warm Up: 08.00 Start: 09.00**

101	Mens	100m	Freestyle
102	Womens	200m	Freestyle
103	Mens	50m	Breaststroke
104	Womens	100m	Breaststroke
105	Mens	400m	Ind. Medley
106	Womens	100m	Butterfly
107	Mens	100m	Backstroke
108	Womens	50m	Backstroke
109	Mens	200m	Butterfly
110	Womens	200m	Ind. Medley
111	Mens	400m	Freestyle
112	Womens	50m	Freestyle
113	Mens	200m	Breaststroke
114	Womens	800m	Freestyle (slowest hts)
115	Mens	50m	Butterfly
116	Womens	200m	Backstroke
117	Mens	4 x 200m	Freestyle Relay HDW

**Saturday 6 March 2004****Session 3: Finals****Warm Up: 16.30 Start: 17.30**

151	Mens	100m	Freestyle
152	Womens	200m	Freestyle
153	Girls 15/u	50m	Butterfly
154	Mens	50m	Breaststroke
155	Womens	100m	Breaststroke
156	Mens	400m	Ind. Medley
157	Womens	100m	Butterfly
158	Boys 16/u	50m	Freestyle
159	Mens	100m	Backstroke
160	Womens	50m	Backstroke
161	Mens	200m	Butterfly
162	Womens	200m	Ind. Medley
163	Girls 15/u	50m	Breaststroke
164	Mens	400m	Freestyle
165	Womens	50m	Freestyle
166	Mens	200m	Breaststroke
167	Womens	800m	Freestyle (Fastest ht)
168	Boys 16/u	50m	Backstroke
169	Mens	50m	Butterfly
170	Womens	200m	Backstroke
171	Mens	4 x 100m	Medley Relay HDW
172	Womens	4 x 100m	Freestyle Relay HDW

**Sunday 7 March 2004****Session 4: Heats****Warm Up: 08.00 Start: 09.00**

201	Womens	100m	Freestyle
202	Mens	200m	Freestyle
203	Womens	50m	Breaststroke
204	Mens	100m	Breaststroke
205	Womens	400m	Ind. Medley
206	Mens	100m	Butterfly
207	Womens	100m	Backstroke
208	Mens	50m	Backstroke
209	Womens	200m	Butterfly
210	Mens	200m	Ind. Medley
211	Womens	400m	Freestyle
212	Mens	50m	Freestyle
213	Womens	200m	Breaststroke
214	Mens	1500m	Freestyle (slowest hts)
215	Womens	50m	Butterfly
216	Mens	200m	Backstroke
217	Womens	4 x 200m	Freestyle Relay HDW

**Sunday 7 March 2004****Session 6: Finals****Warm Up: 16.30 Start: 17.30**

251	Womens	100m	Freestyle
252	Mens	200m	Freestyle
253	Girls 15/u	50m	Backstroke
254	Womens	50m	Breaststroke
255	Mens	100m	Breaststroke
256	Womens	400m	Ind. Medley
257	Mens	100m	Butterfly
258	Boys 16/u	50m	Breaststroke
259	Womens	100m	Backstroke
260	Mens	50m	Backstroke
261	Womens	200m	Butterfly
262	Mens	200m	Ind. Medley
263	Girls 15/u	50m	Freestyle
264	Womens	400m	Freestyle
265	Mens	50m	Freestyle
266	Womens	200m	Breaststroke
267	Mens	1500m	Freestyle (Fastest ht)
268	Boys 16/u	50m	Butterfly
269	Womens	50m	Butterfly
270	Mens	200m	Backstroke
271	Womens	4 x 100m	Medley Relay HDW
272	Mens	4 x 100m	Freestyle Relay HDW

SCOTTISH AMATEUR SWIMMING ASSOCIATION

SCOTTISH NATIONAL SHORT COURSE YOUTH DEVELOPMENT COMPETITION 2004  
(Under FINA/SASA Laws)

MEET INFORMATION

**DATES:** Saturday 6 to Sunday 7 March 2004

**VENUE:** Tollcross Park Leisure Centre, Glasgow

**POOL:** 10 lane x 25 metre. Full electronic timing. There are warm up and swim down facilities.

**SESSIONS:** Saturday 6 March 2004

Session 2 Warm Up: 12.30 Start: 13.30

**Sunday 7 March 2004**

Session 5 Warm Up: 12.30 Start: 13.30

**Please note** - Warm up/Start times may be adjusted once all entries are known. Corrected times will be notified with entry acceptances

*Age group events are defined as age on the last day of competition, ie 7<sup>th</sup> March 2004.*

**ENTRIES**

The closing date for receipt of entries is **Noon on Monday 2 February 2004** and all entries should be submitted on computer disks. Please note that no refunds will be made from accepted entries.

Individual Entries £6.00 per event

All cheques/postal orders should be made payable to Scottish Swimming Ltd. **No entries will be accepted without the correct fee or with the Entry Disks incorrectly completed.**

All disks, together with the appropriate entry fees, should be returned to:

John Bruce (Meet Entry Secretary)  
50 Station Road  
Roslin  
Midlothian EH25 9LR  
Tel/Fax: 0131 440 1752  
email: [jbruce2160@aol.com](mailto:jbruce2160@aol.com)

## AWARDS

First, Second and Third placed swimmers will receive medals.

## PRESENTATIONS

Swimmers must report to the Presentation Marshall immediately upon completing their race and picking up their dry clothes from the holding area. Appropriate clothing must be worn for the presentations. It is the responsibility of the Coach/Team Manager to ensure that medallists or a depute be available for presentation as per the presentation schedule, a copy of which will be included in your club envelope and posted around the pool.

Failure of a swimmer or depute to attend the appropriate presentation will result in the swimmer forfeiting his/her medal.

WITHDRAWALS -As per general and championship rules.

Any withdrawals (inc reserves) or amendments prior to the first day of the Championships should be notified to the Entries/Withdrawals secretary initially by telephone and confirmed in writing. However, any withdrawals for Session Two must be notified no later than noon on Friday 5<sup>th</sup> March 2004. Withdrawals for subsequent heats sessions not previously notified must be lodged at the recorders desk no later than the end of the final session on the day prior to the event.

In the case of a competitor, not previously withdrawn, who fails to appear for the event or withdraws outwith the designated time frame, the competitor shall pay, without excuse (except in the case of genuine illness or proven emergency), a fine of £10.00 per incident. Any competitor withdrawing from an event in such a manner as to prevent a reserve taking part (except as stated above) shall be suspended immediately from all further events at the Championship.

## ENTRY TIMES

Competitors must enter times achieved in accredited events held since 1 March 2003. 25m Pool Times or Conversion to 25m Pool Times may be used - Official Conversion Tables must be used

**The organisers reserve the right to restrict entries and alter session start times in order to ensure not only a good standard but also a smoothly operated championships.**

## YOUTH PROGRAMME OF EVENTS

### Saturday 6 March 2003

Youth - Session 2		Warm Up	12.30	Start	13.30
121.	Girls	15 years & under	50m Butterfly	Heats	
122.	Boys	16 years & under	50m Freestyle	Heats	
123.	Girls	15 years & under	50m Breaststroke	Heats	
124.	Boys	16 years & under	50m Backstroke	Heats	
125.	Girls	15 years & under	400m Ind. Medley	H.D.W.	
126.	Boys	16 years & under	1500m Freestyle	H.D.W.	
127.	Girls	15 years & under	50m Butterfly	Semi-Final	
128.	Boys	16 years & under	50m Freestyle	Semi-Final	
129.	Girls	15 years & under	50m Breaststroke	Semi-Final	
130.	Boys	16 years & under	50m Backstroke	Semi-Final	

*Finish 16.20 Hours*

### Sunday 7 March 2003

Youth - Session 5		Warm Up	12.30	Start	13.30
221.	Girls	15 years & under	50m Backstroke	Heats	
222.	Boys	16 years & under	50m Breaststroke	Heats	
223.	Girls	15 years & under	50m Freestyle	Heats	
224.	Boys	16 years & under	50m Butterfly	Heats	
225.	Girls	15 years & under	800m Freestyle	H.D.W.	
226.	Boys	16 years & under	400m Ind. Medley	H.D.W.	
227.	Girls	15 years & under	50m Backstroke	Semi-Final	
228.	Boys	16 years & under	50m Breaststroke	Semi-Final	
229.	Girls	15 years & under	50m Freestyle	Semi-Final	
230.	Boys	16 years & under	50m Butterfly	Semi-Final	

*Finish 16.20 Hours*

### YOUTH CONSIDERATION TIMES

<u>BOYS</u>	<u>EVENT</u>	<u>GIRLS</u>
16 years and under		15 years and under
0:28.00	50m Freestyle	0:31.00
0:34.00	50m Backstroke	0:37.00
0:33.00	50m Butterfly	0:36.00
0:38.00	50m Breaststroke	0:43.00
5:40.00	400m Individual Medley	6:00.00
-	800m Freestyle	10:30.00
18:30.00	1500m Freestyle	-

Please note entry fees will not be refunded for any times submitted outwith the consideration time.