

SCOTTISH *swimming*
everyone can swim!

2006

SPEEDO SCOTTISH NATIONAL

OPEN

SWIMMING CHAMPIONSHIPS

TOLLGROSS PARK LEISURE CENTRE

GLASGOW

29 JUNE – 2 JULY 2006

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 Ltd and/or any police officer.
- No guarantee can be given by SASA Ltd that the event will take place at a particular time or any particular date and SASA Ltd reserves the right to reschedule the event without notice and without any 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 Ltd. SASA 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 (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 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 Ltd. The taking of photographs or use of video equipment for non-commercial purposes is permitted subject to compliance with SASA 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 Ltd within events without the express written permission of SASA Ltd.
- Any person entering events must at all times comply with any and all instructions of any steward or officer of SASA Ltd and/or police officer. Failure to comply within a reasonable time with any such instruction will lead to the person being 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 Ltd or any police officer.
- SASA Ltd reserves absolutely the right to eject from events any person failing to comply with each and all of the Event Regulations.

Scottish Swimming

Speedo National Championships 2006

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 (2nd July 2006).
4. Scottish swimmers changing clubs in 2006 and committed to the first club shall swim unattached for the remainder of the set period. A swimmer entering any Scottish Championships as 'unattached' cannot compete for any 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 Scottish Amateur Swimming Association Swimming Committee Members, Staff etc should be aware that their registration card will gain them free admission to all Scottish Swimming Championships to include a programme, results and meals.

ENTRY TIMES:

This year, we are publishing both Qualifying and Consideration times. Any swimmer achieving a Qualifying Time will be guaranteed entry into an event. Qualifying times have been derived using statistical information from past events, whilst at the same time ensuring there is a progression in entry times throughout the age groupings. Competitors must enter times achieved in accredited competitions held in the 12 months prior to the event closing date (since 5th June 2005) and either be 50 metre pool times or conversions to 50 metre pool times. Official Conversion Tables must be used.

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

ENTRY FEES:

Individual Events: £7.00 Relays: £14.00

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

COMPUTER ENTRIES:

The competition will be computerised. Cards will not be used.

Entries will be by computer Files, which are obtainable from the Meet Entry Secretary (see below). Requests for the Meet Entry File should be made **at least two weeks in advance** of the closing date for entries. Only official files are acceptable.

Closing date for receipt of entries is **1 pm on Monday 5th June 2006**. The entry files must be e-mailed to **jbuce2160@aol.com**. The fees and other paperwork should be sent to:

John Bruce (Meet Entry Secretary)
50 Station Road
Roslin EH25 9LR
Tel: 0131 440 1752

ACCREDITATION:

Within Tollcross Park Leisure Centre, coaches and team support staff must wear their accreditation pass and have it visible at all times.

WITHDRAWALS:

Heats:

Any withdrawals (inc reserves) or amendments prior to the first day of the Championships should be notified to the Entries/Withdrawals Secretary by email or withdrawal form. However, any withdrawals for sessions 1 & 2 must be notified by email to **jbuce2160@aol.com** no later than noon on Wednesday 28th June 2006. Withdrawals for subsequent sessions not previously notified must be lodged at the Recorders Desk no later than the end of the **afternoon** 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 a £10 fine for each inappropriate withdrawal.

Finals:

Should you wish to withdraw from a Final 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.

Please note any late withdrawals on medical grounds should be discussed with the Meet Director prior to submission to the Recorders.

TEAM ENTRIES:

Clubs may enter one (1) Male & Female team per age group. Team Line forms will be issued with notification of acceptances. These should be completed in swimming order and handed to the Recorder with swimmers' names and current registration numbers 1 hour prior to the start of the appropriate session.

Please submit estimated times for the purposes of seeding only.

DISABILITY SPORT

There will be 4 demonstration races available to swimmers with a disability, identified by Scottish Disability Sport, currently living and training in Scotland, who have recorded a swim within the particular time band. (see Page 7 Programme of Events for times bands).

COACHES PASSES:

Clubs will receive complimentary passes which allows them, on presentation, poolside access, start and result sheets on the basis of one pass per 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/Trophies shall be presented as follows:

- a) Scottish Open Champion 1st, 2nd and 3rd
- b) Scottish National Champion 1st (provided the individual is not also the Open Champion)
- c) Scottish Junior Champion 1st (aged under 17 as at 31st December 200)

Please note – Scottish Junior Champion will only be awarded from the Open Event.

In addition, the Berger Paints Trophy will be awarded for the best performance (male or female) by a Scottish swimmer in the National Open Championship. This will be calculated using the current FINA Points Tables.

Medals will be presented in the Girls 13/under and Boys 14/under Age Group events.

- a) Girls 13/under champion 1st, 2nd and 3rd
- b) Boys 14/under champion 1st, 2nd and 3rd

PRESENTATIONS:

Swimmers must report to the Presentation Marshal 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 deputy 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 deputy to attend the appropriate presentation will result in the swimmer forfeiting his/her medal.

PROGRAMME OF EVENTS:

Open:

50m, 100m, 200m, 400m Freestyle	Heats and Finals
800m, 1500m Freestyle	Heat Declared Winner
50m, 100m, 200m Backstroke	Heats and Finals
50m, 100m, 200m Breaststroke	Heats and Finals
50m, 100m, 200m Butterfly	Heats and Finals
200m, 400m Individual Medley	Heats and Finals

Age Groups:

Girls 13/under
Boys 14/under

Individual Events:

100m, 200m Freestyle	Heat Declared Winner
100m, 200m Backstroke	Heat Declared Winner
100m, 200m Breaststroke	Heat Declared Winner
100m, 200m Butterfly	Heat Declared Winner
200m Individual Medley	Heat Declared Winner

Disability Sport

50 Freestyle	Men	00.29.00 – 00.40.50
100 Freestyle	Men	01.04.00 – 01.24.99
50 Freestyle	Women	00.31.00 – 00.46.40
100 Freestyle	Women	01.09.00 – 01.28.99

Relay Events:

4 x 50m Freestyle Team	Heat Declared Winner
4 x 50m Medley Team	Heat Declared Winner

Age groups are as follows

11/12 years
13/14 years
15/16 years
and Open

Please Note:

- For the Heats "OVER THE TOP STARTS" will be used where appropriate.
- All Heats, Finals and Fastest Heats in Finals sessions will also be swum as 10 lane events.
- In the event of television coverage being secured, finals will be reduced to 8 lanes.
- No accredited times are required for the womens 1500 free and the mens 800 free. However, entry times must be verifiable from results signed by a referee.

SCOTTISH NATIONAL OPEN SWIMMING CHAMPIONSHIPS 2006

Entry Times

FEMALE			Event	MALE		
13/under	OPEN			OPEN		14/under
Consid	Qual	Consid	Event	Qual	Consid	Consid
	0:28.85	0:30.60	50m Freestyle	0:25.45	0:27.24	
1:13.00	1:01.41	1:04.99	100m Freestyle	0:54.84	0:58.37	1:09.52
2:45.29	2:11.73	2:19.78	200m Freestyle	1:59.95	2:09.63	2:32.18
	4:41.20	4:58.47	400m Freestyle	4:17.79	4:42.37	
	9:30.18	10:05.42	800m Freestyle	9:01.39	9:40.75	
	17:49.08	18:55.16	1500m Freestyle	16:55.11	18:08.90	
	0:34.09	0:37.33	50m Backstroke	0:30.02	0:33.79	
1:25.25	1:10.62	1:15.00	100m Backstroke	1:03.24	1:08.72	1:21.70
2:58.92	2:31.95	2:40.52	200m Backstroke	2:17.97	2:29.10	2:55.34
	0:37.74	0:41.52	50m Breaststroke	0:32.92	0:38.70	
1:35.33	1:19.31	1:26.53	100m Breaststroke	1:10.47	1:19.40	1:33.57
3:35.46	2:50.38	3:06.72	200m Breaststroke	2:36.07	2:56.38	3:35.99
	0:31.49	0:34.90	50m Butterfly	0:27.71	0:31.09	
1:30.29	1:09.28	1:15.33	100m Butterfly	1:00.33	1:06.15	1:27.60
3:22.99 *	2:35.69	3:03.99	200m Butterfly	2:13.22	2:47.67	3:02.04 *
2:59.19	2:30.97	2:41.15	200m L.M.	2:16.76	2:27.99	2:53.51
	5:25.94	5:51.83	400m L.M.	4:53.07	5:31.23	

These entry times are long course (50m). Converted times to 50m Pools can be entered using Official Conversion Tables.

Times must have been achieved in accredited events in the 12 months prior to the event closing date.

Ages in age group events are those on the last day of competition (2nd July 2006)

Speedo Scottish National Open Championships 2006
(Under FINA/SASA Laws)

MEET INFORMATION

DATES: Thursday 29th June to Sunday 2nd July 2006

VENUE: Tollcross Park Leisure Centre, Glasgow

POOL 10 lane x 50 metres. Full electronic timing.
There are warm-up and swim down facilities.

MEET PROMOTERS: S.A.S.A. National Swimming Committee

SESSIONS:	<u>Day One</u>	Session 1	Warm Up: 07.30	Start: 08.45
		Session 2	Warm Up: 12.15	Start: 13.15
		Session 3	Warm Up: 16.30	Start: 17.30
	<u>Day Two</u>	Session 4	Warm Up: 07.30	Start: 08.45
		Session 5	Warm Up: 12.15	Start: 13.15
		Session 6	Warm Up: 16.30	Start: 17.30
	<u>Day Three</u>	Session 7	Warm Up: 07.30	Start: 08.45
		Session 8	Warm Up: 12.15	Start: 13.15
		Session 9	Warm Up: 16.30	Start: 17.30
	<u>Day Four</u>	Session 10	Warm Up: 07.30	Start: 08.45
		Session 11	Warm Up: 12.15	Start: 13.15
		Session 12	Warm Up: 16.30	Start: 17.30

***Please note** – Warm-up and start times may be adjusted once all entries have been received. Any changed session times will be notified with entry acceptances.

AGE GROUPS EVENTS:

PLEASE NOTE – AGE AS OF THE LAST DAY OF COMPETITION AGE AS AT 2 JULY 2006 .

Scottish National Open
29 June to 2 July 2006
Toll Cross, Glasgow (50m)

Programme of Events

DAY 1
<p>Event</p> <p>SESSION 1</p> <p>Womens 100 Butterfly</p> <p>Mens 100 Freestyle</p> <p>Womens 400 I.M.</p> <p>Mens 200 Breaststroke</p> <p>Womens 50 Backstroke</p> <p>Mens 1500 Freestyle (HDW)</p> <p>Womens 200 Freestyle</p> <p>Mens 50 Butterfly</p>
<p>SESSION 2</p> <p>Girls 13/under 100 Butterfly (HDW)</p> <p>Boys 14/under 100 Backstroke (HDW)</p> <p>Girls 13/under 200 Freestyle (HDW)</p> <p>Boys 14/under 200 Freestyle (HDW)</p> <p>Girls 13/under 200 Breaststroke (HDW)</p> <p>Boys 14/under 100 Breaststroke (HDW)</p>
<p>SESSION 3</p> <p>1 fastest distance heat (800)</p> <p>4 x 50 Finals (A & B)</p> <p>4 x 100 Finals (A & B)</p> <p>4 x 200 Finals (A & B)</p> <p>2 x 400 Finals (A & B)</p>

DAY 2
<p>Event</p> <p>SESSION 4</p> <p>Mens 200 I.M.</p> <p>Womens 100 Breaststroke</p> <p>Mens 50 Breaststroke</p> <p>Womens 200 Backstroke</p> <p>Mens 400 Freestyle</p> <p>Womens 800 Freestyle (HDW)</p> <p>Mens 100 Backstroke</p> <p>Womens 50 Freestyle</p> <p>Mens 200 Butterfly</p>
<p>SESSION 5</p> <p>Girls 13/under 100 Freestyle (HDW)</p> <p>Boys 14/under 100 Butterfly (HDW)</p> <p>Girls 13/under 200 Backstroke (HDW)</p> <p>Boys 14/under 200 Backstroke (HDW)</p> <p>Girls 13/under 200 Butterfly (HDW)</p> <p>Boys 14/under 200 Breaststroke (HDW)</p>
<p>SESSION 6</p> <p>1 fastest distance heat (800)</p> <p>4 x 50 Finals (A & B)</p> <p>4 x 100 Finals (A & B)</p> <p>6 x 200 Finals (A & B)</p> <p>2 x 400 Finals (A & B)</p>

DAY 3
<p>Event</p> <p>SESSION 7</p> <p>Womens 200 I.M.</p> <p>Mens 100 Breaststroke</p> <p>Womens 50 Breaststroke</p> <p>Mens 200 Backstroke</p> <p>Womens 400 Freestyle</p> <p>Mens 800 Freestyle (HDW)</p> <p>Womens 100 Backstroke</p> <p>Mens 50 Freestyle</p> <p>Womens 200 Butterfly</p>
<p>SESSION 8</p> <p>Girls 13/under 100 Backstroke (HDW)</p> <p>Boys 14/under 100 Freestyle (HDW)</p> <p>Girls 13/under 200 I.M. (HDW)</p> <p>Boys 14/under 200 I.M. (HDW)</p> <p>Girls 13/under 100 Breaststroke (HDW)</p> <p>Boys 14/under 200 Butterfly (HDW)</p>
<p>SESSION 9</p> <p>1 fastest distance heat (800)</p> <p>4 x 50 Finals (A & B)</p> <p>4 x 100 Finals (A & B)</p> <p>6 x 200 Finals (A & B)</p> <p>2 x 400 Finals (A & B)</p>

DAY 4
<p>Event</p> <p>SESSION 10</p> <p>Womens 100 Freestyle</p> <p>Mens 100 Butterfly</p> <p>Womens 200 Breaststroke</p> <p>Mens 400 I.M.</p> <p>Womens 1500 Freestyle (HDW)</p> <p>Mens 50 Backstroke</p> <p>Womens 50 Butterfly</p> <p>Mens 200 Freestyle</p>
<p>SESSION 11</p> <p>Girls 11/12, 13/14, 15/16, Open Medley Relay</p> <p>Boys 11/12, 13/14, 15/16, Open Medley Relay</p> <p>Girls 11/12, 13/14, 15/16, Open Free Relay</p> <p>Boys 11/12, 13/14, 15/16, Open Free Relay</p> <p>All these relays are HDW</p>
<p>SESSION 12</p> <p>1 fastest distance heat (1500)</p> <p>4 x 50 Finals (A & B)</p> <p>4 x 100 Finals (A & B)</p> <p>4 x 200 Finals (A & B)</p> <p>2 x 400 Finals (A & B)</p>