

MASTERS

SCOTTISH *swimming*

Scottish National Open Short Course Masters Championships 2007

(under FINA and SASA Rules)



Tollcross Leisure Centre, Glasgow

Friday 20th April 2007

Saturday 21st April 2007

'Fitness, Fun and Friendship through Swimming is the Masters Motto'



sportscotland

widening opportunities • developing potential • achieving excellence



MASTERS

SCOTTISH *swimming*

invites you to enter

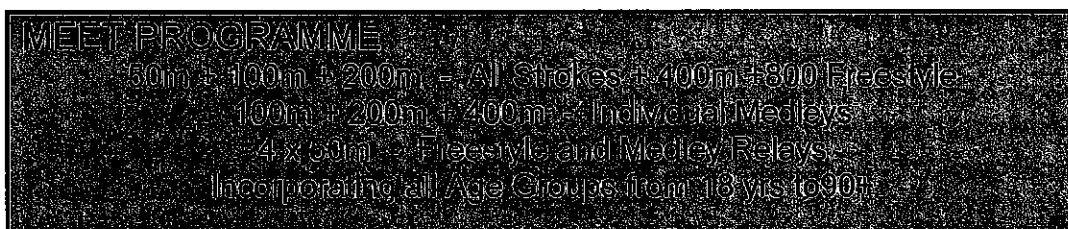
THE SCOTTISH NATIONAL OPEN SHORT COURSE MASTERS SWIMMING CHAMPIONSHIPS

at

TOLLCROSS LEISURE CENTRE, GLASGOW

on

Friday/Saturday 20th/21st April 2007



- | | | | |
|---|---|------------------------------------|---|
| * | 10 Lane Deck Level Pool | Results Service | * |
| * | Anti-Turbulence Ropes | Championships Medals 1st to 3rd | * |
| * | Electronic Timing | Special Medals - Overall Age Group | * |
| * | Heat Declared Winners | Scottish Club Championship Trophy | * |
| | 50m events – Individual Championship Trophies | | |

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CLOSING DATE FOR ENTRIES – 23rd March 2007

For Further Information and Entry Forms / Disk Please Contact:

Melanie Findlay, Scottish Swimming,
National Swimming Academy, University of Stirling, Stirling, FK9 4LA
Tel: 01786 466520 Fax: 01786 466526
Email: m.findlay@scottishswimming.com
Or Visit the Web-Site at:
www.scottishswimming.com

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(under FINA and SASA Rules)

Friday 20th April 2007
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Session One

Warm Up: 2.30pm – 3.00pm
Start: 3.15pm

Event	101	Mixed	800m	Freestyle
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Session Two

Warm Up: 5.00pm - 6.00pm
Start: 6.15pm

Event	201	Male	400m	Individual Medley
	202	Female	400m	Individual Medley
	203	Male	100m	Breaststroke
	204	Female	100m	Breaststroke
	205	Male	200m	Backcrawl
	206	Female	200m	Backcrawl
	207	Male	100m	Freestyle
	208	Female	100m	Freestyle
	209	Male	50m	Butterfly
	210	Female	50m	Butterfly
	211	Male	100m	Individual Medley
	212	Female	100m	Individual Medley
	213	Mixed	4 x 50m	Medley Relays

Saturday 21st April 2007
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Session Three

Warm Up: 8.30am - 9.15am
Start: 9.30am

Event	301	Mixed	4 x 50m	Freestyle Relays
	302	Male	200m	Individual Medley
	303	Female	200m	Individual Medley
	304	Male	200m	Freestyle
	305	Female	200m	Freestyle
	306	Male	50m	Backcrawl
	307	Female	50m	Backcrawl
	308	Male	100m	Butterfly
	309	Female	100m	Butterfly
	310	Male	200m	Breaststroke
	311	Female	200m	Breaststroke
	312	Male	4 x 50m	Medley Relays
	313	Female	4 x 50m	Medley Relays

Saturday 21st April 2007

Session Four

**Warm Up:
Start:**

**1.00pm - 1.30pm
1.45pm**

Event	401	Male	400m	Freestyle
	402	Female	400m	Freestyle
	403	Male	200m	Butterfly
	404	Female	200m	Butterfly
	405	Male	100m	Backcrawl
	406	Female	100m	Backcrawl
	407	Male	50m	Freestyle
	408	Female	50m	Freestyle
	409	Male	50m	Breaststroke
	410	Female	50m	Breaststroke
	411	Male	4 x 50m	Freestyle Relays
	412	Female	4 x 50m	Freestyle Relays

Session Five

Ceilidh and Presentation of Awards

at

University of Glasgow Dining Rooms

The presentations will be held during the Ceilidh on Saturday evening.

- Best in Group Awards
- City of Glasgow Scottish Club Championships Cup
 - Swim Decathlon Awards
 - The Norrie Beattie Trophy
- The Elizabeth McCallum Trophy
 - Brogan Trophies
- Inverclyde Council Trophies
 - Speedo Trophies

For further information on events and the Scottish Masters Calendar contact Melanie Findlay, SASA Office, Tel No: 01786 466520 or email m.findlay@scottishswimming.com, or why not visit the web site at www.scottishswimming.com

CONDITIONS

- 1 All Masters Competitors must be a registered member of a swimming club within their own Swimming Federation (FINA rules) and be 25 years or over on 31 December 2006. Each competitor may only represent one club in the relay events. Entries are open and all Masters are welcome. Registration numbers must be given on the entry form.

Age Groups as at 31 December 2007

A	25 - 29 years	H	60 - 64 years
B	30 - 34 years	J	65 - 69 years
C	35 - 39 years	K	70 - 74 years
D	40 - 44 years	L	75 - 79 years
E	45 - 49 years	M	80 - 84 years
F	50 - 54 years	N	85 - 89 years
G	55 - 59 years	O	90 +
X	Special Category - 18-24 years		

2 Events

- a) All events will be Heat Declared Winners in Age Classification. In each event swimmers will be seeded according to their entry time and will compete against those with similar times from the various groups.
- b) For all Groups: 50m, 100m, 200m, 400m, 800m Freestyle
50m, 100m and 200m Backstroke, Breaststroke and Butterfly
100m, 200m and 400m Individual Medley
- c) Team Races (4 x 50m Freestyle and Medley Relays):
(i) 72 - 99 years
(ii) 100 - 119 years
(iii) 120 - 159 years
(iv) 160 - 199 years
(v) 200 - 239 years
(vi) 240 - 279 years
- d) Special category competitors (X Group) may only participate in the team event 76-99 years
- e) The bottom 25m pool will be available for swim down/warm up during the competition. The pool will be closed to the public

3 Awards

- a) Medals to be awarded down to 3rd place. Should medal winners elect not to collect their medals Scottish Masters will make a charitable donation of £1.00 for each medal. Details will be available at the event.
- b) Best in group awards -
- | | | |
|--------|-----|----|
| Points | 1st | 10 |
| | 2nd | 6 |
| | 3rd | 4 |
| | 4th | 3 |
| | 5th | 2 |
| | 6th | 1 |

- c) The 'City of Glasgow' Championship Cup will be awarded to the Scottish Club with the highest total of points.
- d) The Norrie Beattie, Elizabeth McCallum, Brogan and Speedo Trophies are open to any registered Scottish Masters Swimmer, male or female, who compete in either the 50m backcrawl, 50m butterfly 50m Breaststroke or 50m Freestyle events.

The trophies will be awarded in each event to the fastest Scottish Male/Female swimmer whose placing has been determined by utilising the Age Correction Factor.

- 4. Dependent on the number of entries received, the organisers reserve the right to
 - (i) introduce over the top starts.
 - (ii) adjust the start time of the sessions

5. **Entries**

Poolside entries WILL NOT be accepted.

Registration fee included in entry fees below

Individual Entry Fee: £6.00
Relay Entry Fee: £10.00

All entries must be sent to the following:

John Bruce
Meet Entry Secretary
50 Station Road
Roslin
Midlothian
EH25 9LR

Please Note: No entries will be accepted without the appropriate entry fee.

Closing Date for Entries: Friday 23rd March 2007

7. **Accommodation**

Accommodation list is enclosed with this meet information. This will also be posted on our web site or available on request from SASA Office.

INFORMATION FOR COMPETITORS SAFETY CODE

IMPORTANT - Please read this document carefully before signing the related entry form. Any queries should be raised with the SASA Office.

1. I am aware of the need to seek appropriate medical advice if I have any concerns as to the state of my health. I have not been informed by any medical practitioner and I do not have any knowledge of any medical condition which would make it inadvisable for me to participate in Masters Swimming events or any other associated activities. Accordingly, I hereby certify that I am physically fit and well to participate in the Scottish Masters Short Course Championships.
2. I am aware of and appreciate the inherent risks involved in such competition including the possibilities of injury and accident. I undertake to always conduct myself in responsible and professional manner.
3. I undertake at all times to use my best endeavours and compete in a safe and proper manner and not to do anything which would expose myself or fellow swimmers to unnecessary risk of injury.
4. I further undertake at all times to take all reasonable safety measures for the protection of myself and fellow swimmers and to inform the Referee of any concerns I may have regarding safety.
5. I acknowledge that the organisers of Masters Swimming events, i.e. the Amateur Swimming Federation of Great Britain, the Scottish Amateur Swimming Association Limited or any body affiliated thereto, cannot be held responsible for any loss or damage or personal belongings and that I must take all reasonable steps against any such loss or damage.
6. I hereby agree to abide by and be governed by the rules of the Scottish Amateur Swimming Association Limited and all other laws and regulations applicable.

I have read and understood the above provisions and agree to abide by them.

Signed.....

Return this form with your entry

MASTERS

SCOTTISH *swimming*

SCOTTISH NATIONAL SHORT COURSE MASTERS CHAMPIONSHIPS

20th and 21st April 2007

TOLLCROSS LEISURE CENTRE, GLASGOW

SWIMMING RELAY TEAM ENTRY FORM

Please Print Clearly

1. PERSONAL INFORMATION

TEAM REPS FULL NAME: _____

ADDRESS: _____

POSTCODE: _____ TEL NO: _____

CLUB NAME: _____

2. RELAY EVENTS ENTERED

- ♦ All Relay Swimmers must be affiliated to the same Swimming Club
- ♦ A Swimmer cannot swim for more than one team per relay event and can only represent one club in the championships
- ♦ Ages of teams are total age as at 31st December 2007
- ♦ Please submit entry time for seeding purposes only.
- ♦ Entries will not be accepted without the appropriate fee.
- ♦ **ENTRY FEE PER TEAM - £10.00**

EVENT	SEX	72 – 99	100 – 119	120 – 159	160 – 199	200 – 239	240 – 279
4 X 50 M FREESTYLE RELAY	MALE						
	FEMALE						
	MIXED						
4 x 50 M MEDLEY RELAY	MALE						
	FEMALE						
	MIXED						

SEE OVER

3. PAYMENT DETAILS

I enclose the following fees:

Number of Events entered _____ x £10.00

TOTAL AMOUNT DUE £ _____

Ceilidh tickets to be ordered with individual entry form

Payment of the fee should be by cheque or Postal Order and made payable to:
SASA Ltd.

All Entry Forms/ Disks accompanied by the relevant Entry Fee should be forwarded to:

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

4. DECLARATION

I declare that the above particulars are correct and would confirm that the Club Members who comprise the Relay Team have read, understood and agree to abide by both the conditions and Health and Safety code appertaining to this Championship as outline within the related Championship Information Booklet.

Signature: _____

Date: _____

Name Printed in Full: _____

CLOSING DATE FOR ENTRIES – Friday 23rd March 2007

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20th and 21st April 2007

TOLLCROSS LEISURE CENTRE, GLASGOW

INDIVIDUAL ENTRY FORM

MALE ☐ FEMALE ☐

SURNAME: _____ FORENAME: _____

ADDRESS: _____

POST CODE: _____ TEL. NO.: _____

DATE OF BIRTH: _____ NATIONALITY: _____

CLUB: _____

Registration Number: _____ Email: _____
(Must be completed) (PLEASE PRINT)

Please circle appropriate age category

A	B	C	D	E	F	G	H	J	K
25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74

L	M	N	O
75-79	80-84	85-89	90+

X
18-24

I WISH TO ENTER THE FOLLOWING EVENT (TIMES SHOULD BE 25m or 25m CONVERSION TIMES)

FREESTYLE		BACKSTROKE		BREASTSTROKE		BUTTERFLY		IND. MEDLEY	
Distance	Time	Distance	Time	Distance	Time	Distance	Time	Distance	Time
50		50		50		50			
100		100		100		100		100	
200		200		200		200		200	
400		400		400		400		400	
800									

ENTRY FEE - £6.00 PER EVENT

YOU MUST SUBMIT A TIME IN ORDER TO ENTER AN EVENT. IF YOU DO NOT GIVE A TIME, EVEN IF ONLY AN ESTIMATE YOU WILL NOT BE ACCEPTED FOR THE EVENT AND ANY FEE WILL BE FORFEITED.
HEALTH AND INSURANCE ARE THE RESPONSIBILITY OF THE ENTRANT.

DO NOT SEND TIME CARDS

PAYMENT DETAILS

I enclose the following fees:

Number of Events entered _____ x £6.00

Ceilidh Ticket(s) at £16.00 each £ _____

Total amount due £ _____

Payment of the fee should be by cheque or Postal Order and made payable to:
SASA Ltd

The Entry Form /Disk together with the relevant Entry Fee should be forwarded to:

John Bruce (Meet Entry Secretary)

50 Station Road

Roslin, Midlothian

EH25 9LR

Tel/Fax: 0131-440-1752

Email: jbruce2160@aol.com

DECLARATION

I declare that the above particulars are correct and in signing and submitting this Entry Form I confirm that I have read, understood and agree to abide by both the Conditions and the Health and Safety Code appertaining to these Championships as outlined within the related Championship Information Booklet.

Signature: _____

Date: _____

Name Printed in Full: _____

CLOSING DATE FOR ENTRIES – Friday 23th March 2007