



**Scottish
Swimming**

Masters

2016 Scottish National Open Short Course Masters Championships

(under FINA Rules and Scottish Swimming Regulations)

**Aquatics Centre, Aberdeen Sports Village,
Linksfield Road, Aberdeen AB24 5RU**

Friday 22nd – Saturday 23rd April 2016

Licence No: L1/492/ND/APR16

“Masters Motto - Fitness, Fun and Friendship through Swimming”

scottishswimming.com



2016 SCOTTISH NATIONAL OPEN SHORT COURSE MASTERS SWIMMING CHAMPIONSHIPS

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SCOTTISH SWIMMING

invites you to enter

THE 2016 SCOTTISH NATIONAL OPEN SHORT COURSE MASTERS SWIMMING CHAMPIONSHIPS (UNDER FINA Rule/Scottish Swimming Regulations)

Event & Venue Details:

Dates: Friday 22nd – Saturday 23rd April

Venue: Aquatics Centre, Aberdeen Sports Village, Linksfield Road, Aberdeen AB24 5RU

Pool: 10 Lane Deck Level Pool, Anti-turbulence ropes and full electronic timing

Ceilidh Venue: The Chester Hotel, 59-63 Queen's Rd, Aberdeen AB15 4YP

Ceilidh Start Time: 7.30 pm – 12.00 midnight

Meet Promoters: Scottish Swimming Masters National Committee

Session Times:

Friday 22nd April	Session 1	Warm Up: 12:30
		Start: 13:30

Session 2	Warm Up: 16:30
	Start: 17:30

Saturday 23rd April	Session 3	Warm Up: 08:30
		Start: 09:30

Session 4	Warm Up: 13:00
	Start: 13:45

Meet Programme:

50m, 100m, 200m All Strokes

400m & 800m Freestyle

100m, 200m 400m Individual Medley

4 x 50m Freestyle and Medley Relays

Incorporating all Age Groups from 18 years to 90+ years

For further information contact:

Scottish Swimming, NSA, University of Stirling, Stirling, FK9 4LA

Tel: 01786 466520

Email: masters@scottishswimming.com

Or Visit the website:

www.scottishswimming.com

2016 SCOTTISH NATIONAL OPEN SHORT COURSE MASTERS SWIMMING CHAMPIONSHIPS (under FINA Rules and Scottish Swimming Regulations)

Event Programme

Friday 22 April 2016

Session One	Session Two
Warm Up 12:30 – 13:15 Start 13:30	Warm Up 16:30 – 17:30 Start 17:45
101 Mixed 800m Freestyle (see page 5)	201 Mixed 4 x 50m Medley Relay
102 Male 400m Individual Medley	202 Male 50 Butterfly
103 Female 400m Individual Medley	203 Female 50m Butterfly
	204 Male 200m Backstroke
	205 Female 200m Backstroke
	206 Male 100m Freestyle
	207 Female 100m Freestyle
	208 Male 100m Breaststroke
	209 Female 100m Breaststroke
	210 Male 200m Individual Medley
	211 Female 200m Individual Medley
	212 Mixed 4 x 50m Freestyle Relay

Saturday 23 April 2016

Session Three	Session Four
Warm Up 08:30 – 09:15 Start 09:30	Warm Up 13:00 – 13:30 Start 13:45
301 Male 100m Individual Medley	401 Male 400m Freestyle
302 Female 100 Individual Medley	402 Female 400m Freestyle
303 Male 200m Freestyle	403 Male 50m Breaststroke
304 Female 200m Freestyle	404 Female 50m Breaststroke
305 Male 50m Backstroke	405 Male 200m Butterfly
306 Female 50m Backstroke	406 Female 200m Butterfly
307 Male 100m Butterfly	407 Male 100m Backstroke
308 Female 100m Butterfly	408 Female 100m Backstroke
309 Male 200m Breaststroke	409 Male 50m Freestyle
310 Female 200m Breaststroke	410 Female 50m Freestyle
311 Male 4 x 50m Medley Relay	411 Male 4 x 50m Freestyle Relay
312 Female 4 x 50m Medley Relay	412 Female 4 x 50m Freestyle Relay

CEILDH AND AWARDS PRESENTATION

The presentation of Awards will take place during the Ceilidh on Saturday evening.

Awards to be presented:	Best in Group awards	Brogan Trophies
	City of Glasgow Scottish Club Championship Cup	
	Eddie Riach Trophy	Inverclyde Council Trophies
	Janet Stobie Trophy	Sandy Galletly Trophy
	Speedo Trophies	Swim Decathlon Awards
	The Elizabeth McCallum Trophy	The Norrie Beattie Trophy

Tickets will be issued during the day on Saturday 23rd April at Aberdeen Sports Village. Please remember to bring them with you as they will be collected at entry at Ceilidh Venue.

EVENT INFORMATION AND CONDITIONS

Regulations

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 2016. 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 2016

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		

Events

- 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.
- For all Groups: 50m, 100m, 200m, 400m, 800m Freestyle
50m, 100m and 200m Backstroke, Breaststroke and Butterfly
100m, 200m and 400m Individual Medley
- Team Races (4 x 50m Freestyle and Medley Relays):
 - (i) 72 - 96 years
 - (ii) 100 - 119 years
 - (iii) 120 - 159 years
 - (iv) 160 - 199 years
 - (v) 200 - 239 years
 - (vi) 240 - 279 years

Special category competitors (X Group) may only participate in the team event 72-96 years.

Team Events

Please note: At closing date, only the number of teams entered for each relay event need be submitted. Further information must be submitted (age groups, names etc) on the day of the relay events at the latest. However, should your teams be finalised at any time before then, please email masters@scottishswimming.com with the information. You do not need to use the team entry form as this is for on the day entries. If emailing information please make sure you enter the Club name, team names, reserves (if there are any), dates of birth, the Event Number and the Age Group. For on the day entries, please see the team entry form on Page 9 for more details.

Please Note: A draft programme will be posted on the Scottish Swimming website www.scottishswimming.com and on www.swimscotland.co.uk, approximately 5 days after the closing date. Please contact masters@scottishswimming.com as soon as possible should there be any discrepancies with your entries.

AWARDS & ENTRY DETAILS

Awards

- Medals to be awarded down to 3rd place. Should medal winners wish to donate their medals Scottish Masters will make a charitable donation of £1.00 for each medal to the Prince and Princess of Wales Hospice.
- Medals can be collected at the front desk during the session. **It would be appreciated if winners could pick up their medals during the session.** Please note that the desk will only be open for **15min after the end of the final session** each day for the collection of medals.

Best in group awards - Points: 1st – 10, 2nd – 6, 3rd – 4, 4th – 3, 5th – 2, 6th – 1.

- The 'City of Glasgow' Championship Cup will be awarded to the Scottish Club with the highest total of points. **Please note: For this club trophy X Age group swimmers points will be included.**
- 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 Backstroke, 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.

Entries

- Entries to all events must be made on-line.
- Swimmers wishing to participate in the 800 freestyle **MUST** reconfirm their intention to swim. This may be done by email to: recorder21@btinternet.com or at the pool (recorders desk) up to **one hour prior to the start of Session 1. Failure to do so will result in the competitor being withdrawn from that event.**
- Registration fee included in entry fees:

Individual Entry Fee:	£8.00
Relay Entry Fee:	£14.00
Ceilidh Tickets:	£20.00
- Dependent on the number of entries received, the organisers reserve the right to introduce over the top starts and/or adjust the start time of the sessions

Individual online Entries: <https://www.swimmingresults.org/events/sasa16ma6800/index.php>

This link will be available from: 1st December 2015

Relay Entries: as above: <https://www.swimmingresults.org/events/sasa16ma6800/index.php>

This link will be available from: 1st December 2015

If you are experiencing difficulties with the above, please send an email to masters@scottishswimming.com.

CLOSING DATE FOR ENTRIES- INDIVIDUAL & RELAY 2.00pm on Monday 11th April 2016

Ceilidh tickets

After completing the event entries and payment details the option is available to book Ceilidh tickets, select the number required and the cost will be added to the bill.

**2016 SCOTTISH NATIONAL OPEN SHORT COURSE
MASTERS SWIMMING CHAMPIONSHIPS**
(under FINA Rules and Scottish Swimming Regulations)

INFORMATION FOR COMPETITORS

**IMPORTANT - Please read this document carefully before signing the related entry form.
Any queries should be raised with the Scottish Swimming 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 The Scottish Masters Swimming Championships 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 Swimming and all other laws and regulations applicable.

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

Name:	
Signed:	

Please hand in this form to the front desk on arrival

**2016 SCOTTISH NATIONAL OPEN SHORT COURSE
MASTERS SWIMMING CHAMPIONSHIPS****22nd - 23rd April 2016****Aquatics Centre, Aberdeen Sports Village, Linksfield Road, Aberdeen AB24 5RU****PLEASE PRINT CLEARLY**

CLUB:		EVENT NO.	
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Name of Competitor:	Date of Birth	Membership No.
1.		
2.		
3.		
4.		
R1		
R2		

	SEX	72-96	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						

Team Lines to be submitted to the Recorders desk at the pool no later than:**Friday Evening Relays:****Saturday Morning Relays:****Saturday Afternoon Relays:****Friday 22nd April at 13:15****Saturday 23rd April at 09:15****Saturday 23rd April 13:30**



Scottish Masters Ceilidh and Awards 2016

Saturday 23rd April 2016

7.30pm — Midnight

The Chester Hotel, Aberdeen

For 2016 the Scottish Masters Ceilidh and Awards will be taking place at The Chester Hotel in Aberdeen after the National Short Course Championships have come to a close.

Come along with your dancing shoes on for a great night of celebration and partying!

£20 per person — includes dinner and drinks

How to book

After completing the event entries and payment details online, the option is available to book Ceilidh tickets, select the number required and the cost will be added to your total fee. If you have already entered the National Championships, please email masters@scottishswimming.com along with any further queries

Tickets will be issued on Saturday 23rd April at ASV during the Championships —

Remember to bring tickets with you as they will be collected at entry!

Venue Address: The Chester Hotel, 59-63 Queen's Rd, Aberdeen AB15 4YP