

Gordon Wilson

SCOTTISH AMATEUR SWIMMING ASSOCIATION

Short Course Championships

Bon Accord Baths - Aberdeen

18th/19th February 1977

Information Sheet

The Organising Committee request that all Coaches and Club Officials ask their swimmers to observe the following points of procedure.

Admission to the Pool

Admission to the Pool will be by the main entrance. Each competitor or Official will receive a Championship pass which must be shown on all occasions when entering the Pool.

Price of Admission - Spectators

Session Tickets	-	Adults	50p
		Children	25p
Day Ticket (Saturday)	-	Adults	£1.00
		Children	50p

Coaches' passes are available to Coaches only, price £1.00

Coaches' passes and Admission tickets can be obtained from Mrs. F. Mitchell, 7 Sanday Road, Aberdeen.

Note: Applications for tickets must be accompanied by the correct amount of money together with a stamped addressed envelope. Cheques or Postal Orders should be made payable to The Scottish Amateur Swimming Association.

Changing Accommodation

Female swimmers will use locker room facilities on the East side of the Pool. Entrance to and exit from the Pool area will only be as indicated through the centre archway/showers from the changing rooms.

Male swimmers will use locker room facilities on the West side of the Pool. Entrance to and exit from the Pool area will only be as indicated through the centre archway/showers from the changing rooms.

Changing accommodation will be provided for all Officials in the Club rooms situated at the North end of the Pool area.

Reporting

On entering the Pool area swimmers are requested to report to the appropriate Check-in Steward, advising their intention to swim or otherwise.

Training and Competitive Sessions

Session 1: Friday, 18th February :

Training and warm-up 1.00 - 2.00 p.m.
Session Start 2.30 p.m.

N.B. After Event 1 in the above Session a further 15 minute warm-up period will be allowed for competitors in Event 2 - Women's 800m F/Style

Session 2: Friday, 18th February

Training and warm-up 5.30 - 6.30 p.m.
Session Start 7.00 p.m.

Session 3: Saturday, 19th February

Training and warm-up 8.30 - 9.30 a.m.
Session Start 10.00 a.m.

Session 4: Saturday, 19th February

Training and warm-up 12.30 - 1.30 p.m.
Session Start 2.00 p.m.

Session 5: Saturday, 19th February

Training and warm-up 5.00 - 6.00 p.m.
Session Start 6.30 p.m.

Warm-up/Training Sessions

Odd numbered lanes will swim in a clockwise direction. Even numbered lanes in an anti-clockwise direction. During the last 20 minutes of each warm-up session lanes 1 and 6 will be used for ONE-way sprints only - shallow end to deep end.

A five minute warning signal will be given prior to the termination of the warm-up periods and swimmers must clear the Pool within five minutes of this signal.

Withdrawals

Swimmers should intimate their intention to withdraw immediately after the respective warm-up session. Swimmers should note however that all such withdrawals will be reported to the Organising Committee and forwarded to the Scottish Amateur Swimming Association Council for investigation.

Swim-Offs

In the event of a swim-off, this will take place 30 minutes prior to the start of the appropriate competitive session.

Assembly

Swimmers must report to the Competitive Steward/Marshalling Area two events prior to that in which they are competing.

Competitors in the first two events in each session must report 10 minutes before the start of that session.

After reporting swimmers must not leave the marshalling area without permission.

Before moving to allotted lanes swimmers should place all clothing in the bags provided and these should be collected, after the race, from the areas shown in the diagram.

Presentations

Assembly area for presentations is as indicated on the attached diagram at the North West corner of the Pool area. Swimmers in presentation parties must wear Club Tracksuits or Club Robes for the ceremony. Presentations will take place one event in arrears.

Seating Accommodation

Seating accommodation has been provided for swimmers and Coaches on the East side of the Pool as shown and a Milk Bar providing free milk for competitors will be sited in that area.

Swimmers must NOT approach the marshalling area by a Pool side route and should use the route indicated along the back of the East side spectator blocks.

NOTE: The Pool will be cleared on completion of each session.

The Pool cafeteria will remain open during the meal breaks for the benefit of Coaches and competitors only. It should be noted however that these facilities are limited and any Coach or competitor requiring a complete meal will require to eat outwith the Pool Building in one of the several restaurants at the West end of Union Street, e.g. Light Bite, Capitol, Pharos, Prohibition, Aasia Kathon. (see page 4 for details)

During the competitive sessions swimmers are asked to assist and show respect for their fellow competitors by :-

- (A) Observing silence during the start of all events once the Referee has blown his whistle.
- (B) Restricting their movements round the Pool-side to the absolute minimum.

ATTENTION: SPECIAL NOTEALL SWIMMERS AND COACHES

A rail is provided on the Boom at the North end of the Pool for use during the start of Backstroke events. This rail should NOT be used for turning or finishing. Turns and finishes must be completed on the end of the Pool/Boom. Failure to observe this rule may result in disqualification.

Parking

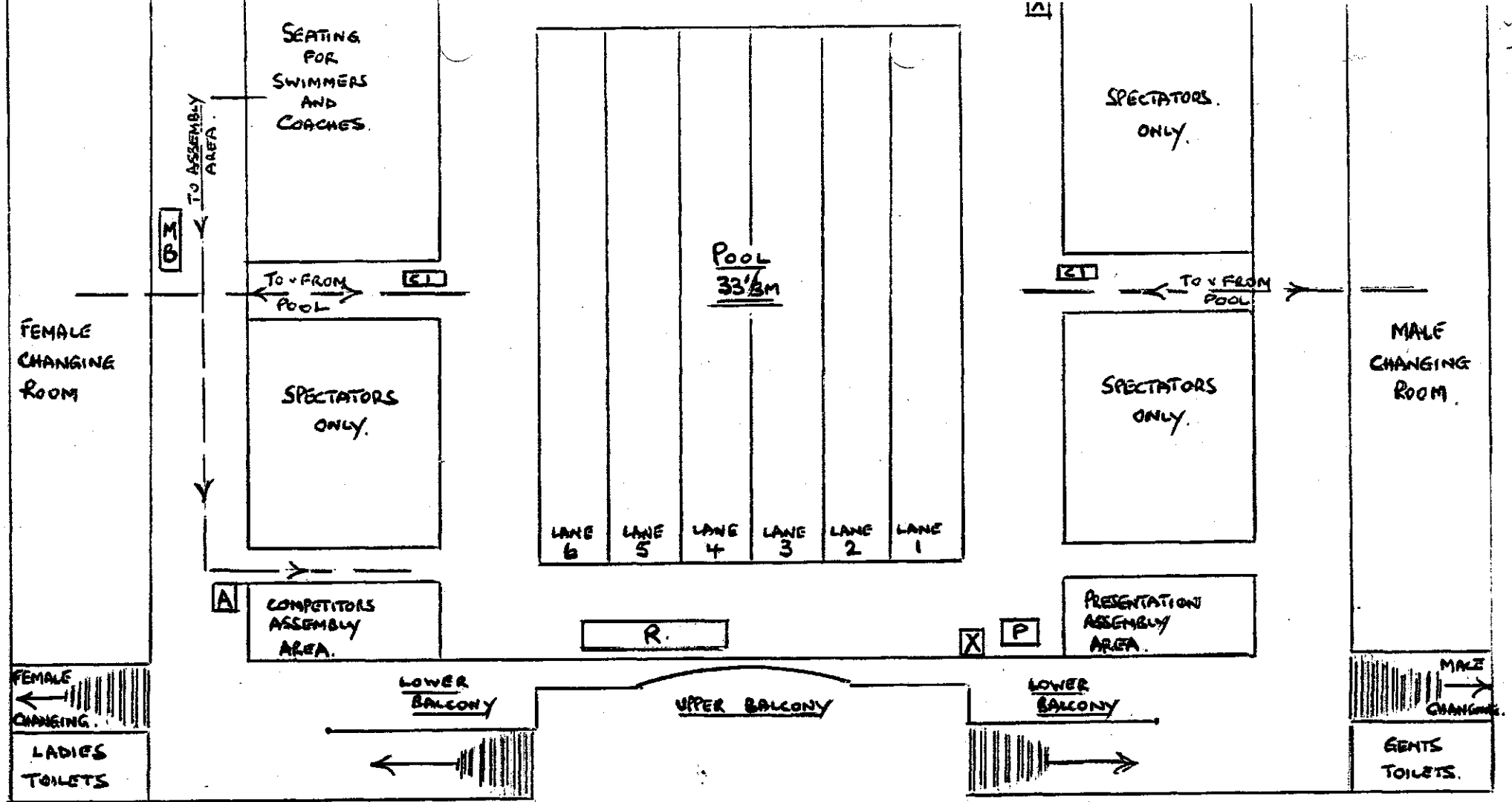
It should be noted that there is NO parking facility in the immediate vicinity of the Bon Accord Baths. The nearest 'unlimited' parking is a multi-storey park in Chapel Street.

Hotel Accommodation

Any enquiries regarding accommodation should be addressed to :
Mrs. J. Cochrane, Beechwood, Pitfodells, Aberdeen, Tel: (0224) 47479

Restaurants

Aasia Kathon	11 Holburn Street.	Tel: 25619	Licensed
Light Bite	496 Union Street.	Tel: 53911	Self Service and restaurant
Pharos	470 Union Street.	Tel: 24994	Self Service and restaurant
Prohibition	18 Holburn Street	Tel: 575685	Hamburger and Steak Bar
Capitol	431 Union Street	Tel: 22005	Licensed
Bell's Hotel	451 Union Street.	Tel: 21742	Bar Lunches
Regal (opposite Pool)	62 Justice Mill Lane	Tel: 54967	Fish and Chips, etc.



S.A.S.A.
 SHORT COURSE CHAMPIONSHIPS
 BON ACCORD BATHS
 ABERDEEN.
 18th/19th FEBRUARY 1977.

- C.I. — CHECK-IN DESKS (MALE & FEMALE)
- A — COMPETITORS ASSEMBLY AREA STEWARD
- R. — RECORDERS TABLE
- P. — PRESENTATION ASSEMBLY AREA STEWARD
- X — SWIMMERS CLOTHES COLLECTION POINTS
- MB — MILK BAR

POOL PLAN.