

MEALS: Guests and Officials meals are being arranged at the Gateway Restaurant. Coaches wishing to reserve meals should apply to Scottish Office enclosing full remittance. £1.25 per meal.

CARD ENTRY SYSTEM: This will be in operation. Please observe all the requirements. See attached Appendix.

LAY OUT OF POOL FACILITIES: See attached plan.

PRESENTATION: Rostrum will be sited at shallow end of pool beside Lane 6. Presentations will be one event in arrears. Medal Winners should wait at Lane 1 and proceed together to Rostrum.

ALL SWIMMERS PLEASE NOTE - TRACK SUITS (Club or District NOT S.A.S.A.) or ROBES MUST BE WORN. THIS RULE WILL BE STRICTLY ENFORCED.

SWIMMERS: During competitive sessions, swimmers are asked to assist and show respect for other swimmers 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.

Assemble space is being set aside round the learners pool for swimmers for each Session.

Competitors should present themselves at shallow end of pool near to Lane 1 in good time for their event.

CONSOLATION FINALS: We hope that swimmers will make these events as competitive as possible as they are included to give you a second chance to record a good time. These events do not have any effect on the placings for the Finals which are based on heat times only.

JUNIOR SWIMMERS: Although there are no specific Junior Events the times recorded by swimmers in this category will be taken as against existing Junior Records.

IMPORTANT: SWIMMERS MUST NOT ENTER (USING STARTING BLOCKS) OR LEAVE THE POOL OVER THE TIMING PADS OR LEAN ON THE LANE ROPES. Steps at side of Pool to be used at all times.



CARD ENTRY SYSTEM:

It has been agreed to use the "Card Entry System" for the above Championships and the following instructions should be read and carried out in full.

1. A timing/judging cards has been prepared for every competitor (BLUE MALE and PINK FEMALE) in every event and these are distributed to each Club.
2. Check that you have received a card for each swimmer and that the following information is correct:

- | | |
|------------------------------|-----------------------|
| (a) Event Number | (f) Name of Swimmer |
| (b) Submitted time | (g) Club and District |
| (c) Distance (circled) | (h) Session number |
| (d) Stroke (circled) | (i) J (for Junior) |
| (e) Length of Pool (circled) | |

3. Should any information be wrong, or any difficulty encountered with the card entry system, contact the card administrator -

Mrs. Marion Drew, 15 Douglas Road, Renfrew. PA4 8BB.
Tel. 041 887 - 3564.

prior to the Championship, or at the Baths during the Contest.

4. In order to be drawn into heats, the cards have to be posted into the special boxes provided at poolside. Only cards for swimmers who actually intend taking in the immediate session need be posted. Cards for swimmers not taking part can be destroyed.
5. All cards must be posted not less than 30 MINUTES prior to the Commencement of the session. The boxes will then be taken away and NO LATE CARDS ACCEPTED
6. The boxes at Poolside will be available at the following times:

Session 1	Friday	From 1.30 p.m. until 2.00 p.m.	
" 2	"	" 6.00 p.m.	" 6.30 p.m.
" 3	Saturday	" 9.00 a.m.	9.30 a.m.
" 4	"	" 1.30 p.m.	" 2.00 p.m.
" 5	"	" 6.00 p.m.	" 6.30 p.m.
7. An announcement will be made for the cards to be collected for distribution to the swimmers. The cards will now show the heat number and the lane allocated to the swimmers.
8. Cards for swimmers competing in the FINALS will be returned to the Clubs showing lane allocated for Finals. These cards are NOT required to be posted in the boxes at Poolside.
9. Completed cards will be returned at the end of each Session. Cards not uplifted by end of the Championships will be returned to Scottish Office.
10. Entry cards for reserves will be made out and retained by card administrator. Reserves for immediate session MUST report to card administrator 35 minutes before session commences when they will be notified if they are to take part. Entry Fees must be paid to Card Administrator during that Session.
11. It is now the swimmers responsibility to turn up at the start of the race with their cards and hand that card to the timekeeper in their lane.
NO MARSHALLING WILL TAKE PLACE.
12. Within 15 minutes from the announcement of the names of the qualifiers for a final (or consolation final) it is the responsibility of the coach to notify the referee and recorder of any withdrawals in order to give adequate time for reserves to be notified.

INSTRUCTIONS/