

SCOTTISH AMATEUR SWIMMING ASSOCIATION

To : Members of Swimming Committee  
cc Office Manager  
cc Mr. D. McGowan (Management Services)  
From : D.C.J. Brown (Swimming Convener)  
Date : 22nd April 1991

Information Up-Date

As it will not be possible to hold a meeting of the Swimming Committee prior to the LEN Calendar Conference (4th/5th May), the following information up-date is provided ; Members of Swimming Committee are asked to contact me by telephone on the evening of Thursday 25th.... with any comments or objections :-

(1) Correspondence List

The list covers the period 14th April to 22nd April.

(2) 8 Nations Contest

Two technical meetings were held at Cardiff during the 8 Nations Contest. First, the revised Rules were considered (see attached) and subject to the areas noted where amendments will be required will be presented for approval at LEN. Second, a revised 4 session programme is proposed (see attached) - this proposal has the support of the representatives of the nations who were present in Cardiff. Third, the Finnish representative advised the meeting that costs in Finland over the Easter Vacation period would be double the already high normal costs. Somewhat reluctantly the representatives acknowledged the need to consider a change of date by one week for the 8 Nations and to support a proposal to change the date of the Multinations Contests to avoid a clash. The outcome of these changes to our SASA Calendar would be as follows :-

East Kilbride : 3rd/4th/5th April 1992 (Selection for 8 Nations !)  
Multinations Youth : 10th/11th/12th April 1992 (East Kilbride ?)  
8 Nations Contest : 25th/26th April 1992

These proposed dates are of course subject to the approval of the various National Associations and in that context I would appreciate a response from Committee Members.

(3) National Long Course and National Age Group Championships

It had been hoped that a response would have been received by last week from East Kilbride on our request to use that pool for our National Long Course Championships. Unfortunately, a response has not been possible to date and the meeting scheduled by Mr. Craig (West District) for tonight has been cancelled.

The major difficulty is that until use of the pool is confirmed it is a problem to work out the programmes for both events.

However, I attach a first draft of the programme for the National Open Championships ; clearly, the event has had to be compressed into three days from four. While retaining an 'age-group event' in the two afternoon sessions to provide the younger swimmers with long course experience, to earn income and hopefully to encourage them to spectate in the evening, all their events are heat declared winners thus keeping those events entirely separate from the Championships. The distance freestyle events for age groups will be moved into the Age Group Championship programme. I would draw your attention to the statement covering the issue of the Consideration Times - I hope it is sufficient to clarify the status of those times.

Douglas C.J. Brown  
Swimming Convener



- 91.129 : Received from SASA Office, copy of dates of Water Polo Committee Meetings for 1991 (not sure why!).
- 91.130 : From Convener to Members (as many as possible) of Swimming Committee to ascertain their view (13th April) of the appeal from Mr. McGregor re selection of Mike Wynn (Ref 91.126).  
Mr. Nelson, Mr. Phillips, Mr. Davidson, Mr. Black, Mr. White, Mr. Dashwood-Brady all sympathetic to Mr. McGregor's case but (like myself) of the view that the letter of February to the swimmers made it impossible for us now to 'drop' swimmers from the Team. Mrs. Smith later supported that same view.
- 91.131 : From Convener to Mr. McGregor, letter advising him that following discussion with other members of Swimming Committee, the decision stands. Acknowledgement of the procedural problem and sympathy with cases including M. Wynn incorporated in letter.
- 91.132 : From Convener to Mr. Roberts (Ref 91.119) advising him that the information will be incorporated in the National Age Group Information sheets.
- 91.133 : Note of telephone discussion with Mr. Craig (West District) (14th April) who confirmed meeting of W.U. Organising Committee for Long Course and Age Groups at East Kilbride on Monday 22nd April at 7.15pm...assuming that positive confirmation is received of use of that pool.  
Problem of finalising the programmes for these events noted - if we get E.K. for Long Course for 3 days the programme will have to be reduced from the 'normal' 4 days but scope for that by transferring distance freestyle events into the Age Groups (ie those for age groups) and reducing on 'Youth' component - but latter will have to be balanced against income and expenditure (once known).  
Therefore, the programmes for Long Course and Age Groups both in flux at this point in time. Convener to attempt to draft both once E.K. decision known - bring to meeting on 22nd April.
- 91.134 : Received from Mrs. Marjory Harvey, copy of Team Manager's Report on the Thames Valley Meet (29/31st March) ; 1st Places - 30 ; Second Places - 23 ; Third Places - 24.  
Injury to Elaine Grubb (broken toe) noted.
- 91.135 : From Convener to Mrs. Harvey, note acknowledging receipt of Report and thanking her for her assistance.
- 91.136 : From Convener to Mr. Charles, copy of Report and enclosures (financial statement and return of balance of float.)
- 91.137 : From Convener to Swimming Committee Members, up-date on correspondence and copies of 8 Nations Correspondence for information

Correspondence to 14th April 1991



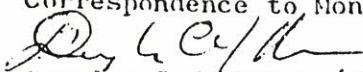
Douglas C.J. Brown  
Swimming Convener  
14/4/91

- 91.138 : Received (10.00pm on 14th April) telephone call from Mr. McGowan to advise that he is withdrawing Ross Noble from 8 Nations Team due to illness (Ross went 16.50 at Club Team Finals) ; in discussion, Ian Shearer identified as most likely substitute (went 16.04.50 at Ulster) - Convener to arrange.
- 91.139 : Convener to Mr. Shearer (then to Ian), invitation to join the 8 Nations Team on Thursday - pleased to accept - will receive confirmation from SASA Office and from Mr. McGowan.
- 91.140 : Convener to SASA Office (Hazel) - request to sent formal letter to Ian Shearer (1st Class) with note of congratulations from me on addition to 8 Nations Team (15th April)
- 91.141 : Received from Mr. McGowan, (15th April), telephone call noting that he had received questions from Press re release of 8 Nations Team - check



- 91.141 : (Continued)  
by Convener confirmed that circular of 22nd March from SASA Office had been sent to Murdo Wallace so no excuse for non-notification to Press.
- 91.142 : From Convener to SASA Office (15th April)(Hazel), instruction to amend 8 Nations Team to reflect changes since 22nd March and to send to Murdo Wallace with sharp note from Convener requesting that Team be announced to the Press - Hazel to send by fax with copy to me tomorrow.
- 91.143 : Received from Mr. Robb (Press), telephone call asking when 8 Nations Team will be released - advised that (hopefully!) should be tomorrow (16th). Again reminded that SASA instruction is that team announcements can only be made through the appointed representative, Mr. Wallace.
- 91.144 : Received from Mr. Ron Taylor (15th April), telephone call to advise that the East District would be willing to assist Scottish Swimming by running a Long Course Open Meet at the RCP in June (not a National Champs) in the event of East Kilbride not being available to SASA. Much appreciated. East District would run event in total but some consideration would have to be given to some financial assistance from SASA (eg some part of the budget allocation for National Champs).
- 91.145 : Received from Iain Macfadyen (IH), message to phone number in Sweden re Long Course entries.
- 91.146 : From Convener (15th April) to Mrs. Sylvi Fox, Albert Hennings Vag 1, Kristianstad 291-46, Sweden (Tel 01046 44 110537) - they wish to bring 10 to 12 swimmers of national squad standard to our Long Course - when and where is it (good question, particularly when issue confused following discussion with EDC !) - Convener advised cancelling accommodation in Edinburgh if E.Kilbride venue confirmed - Convener to obtain possible accommodation venues at/near East Kilbride. They want L.C. training.
- 91.147 : From Convener (15th April) to Mr. Figgins : he will give me possible addresses - training in morning free but might have to pay token charge for 1 lane later in day.
- 91.148 : Received from Mr. Figgins (15th April), telephone call with list of possible accommodation venues for Swedish contingent.
- 91.149 : Received from SASA Office (Hazel), copy of her fax to Murdo Wallace dated 16th April with revised 8 Nations Team.
- 91.150 : From Convener to Mrs. Fox, telephone call to advise that East Kilbride venue not yet confirmed but giving information on training facilities offer and sample of accommodation contacts.
- 91.151 : Received from Dr. Bob Howat, letter re latest stage in Lactate Testing proposals - noting that formalisation now necessary - Convener to discuss with Dr. Howat in Cardiff.
- 91.152 : Received (17th April) from Mrs. Murray, proposal from Synchro for the Commonwealth Games 1994 plan.
- 91.153 : Received from Commonwealth Games Council, additional papers for AGM and including list of nominations for Executive Committee (Bill Black included)
- 91.154 : Received (17th April) from ASFGB (Paul Bush), invitation to attend the Team Staff de-briefing on World Championships to be held in Bradford on 21st April - too late to send written apology - Convener to phone apologies tomorrow.
- 91.155 : Received from Mr. Davies (Sunday Mail)(Tel 041 943 0538) tel call requestin nomination of a young swimmer to join group of young sportsmen/women for a feature in June - Alison Sheppard had been contacted but not available - Carolyn Connaghan nominated by Convener following telephone call to her and her agreement - photo session on Wednesday 24th April.
- 91.156 : Received from Paul Bush (ASFGB), invitation to attend World Championships de-brief on Sunday 21st April - tel call from Convener to apologise due to attendance at Cardiff.
- 91.157 : Received from Mr. McGowan at Cardiff, Team Manager's Report for the World Cup Meets (Malmo, Rostock 18th-24th March)
- 91.158 : Received from Mr. McGowan at Cardiff, Team Manager's Report and Coach's Report for Sheffield World Cup Meet (28th-30th March 1991).

Correspondence to Monday 22nd April 1991

  
Douglas C.C. Brown (Swimming Convener)

WELSH AMATEUR SWIMMING ASSOCIATION

8 NATIONS - 1991

NB - This draft of the 8 Nations rules has been compiled by the Welsh Amateur Swimming Association following the decisions to amend the format of the contest at the 1990 LEN Calendar Conference. The existing rules have had to be considerably amended in the light of the changes made.

# WELSH AMATEUR SWIMMING ASSOCIATION

## RULES FOR 8 NATIONS CONTEST

(The contest will be held under FINA Swimming Rules)

### 1. Eight Nations Swimming Contest

Countries: Belgium, Finland, Israel, Norway, Ireland, Switzerland, Wales and Scotland.

If one of the member nations does not participate in any one year, one of the other member nations can propose another nation, but a majority of other members should agree. This can only be done during the LEN Calendar Conference.

A member Nation who does not participate for two consecutive years loses the right to be a member nation.

### 2. Rotation

The competition will be held in each country as follows:

1991 Wales; 1992 Finland; 1993 Israel; 1994 Belgium;

1995 Scotland; 1996 Switzerland; 1997 Norway; 1998 Wales.

### 3. Dates

The competition will be held on the third weekend in April. Any changes in the dates of the contest can only be decided at the LEN Calendar Conference.

### 4. Programme

#### Day 1

100m Freestyle	Men
100m Freestyle	Women
200m Backstroke	Men
200m Backstroke	Women
100m Breaststroke	Men
100m Breaststroke	Women
200m Butterfly	Men
200m Butterfly	Women
400m Freestyle	Men
400m Freestyle	Women
4 x 100m Medley	Men
4 x 100m Medley	Women

#### Day 2 (Morning)

50m Freestyle	Men
50m Freestyle	Women
400m IM	Men
400m IM	Women
1500m Freestyle	Men
800m Freestyle	Women
4 x 100m Freestyle	Men
4 x 100m Freestyle	Women



## Day 2 (Afternoon)

200m Freestyle	Men
200m Freestyle	Women
100m Backstroke	Men
100m Backstroke	Women
200m Breaststroke	Men
200m Breaststroke	Women
100m Butterfly	Men
100m Butterfly	Women
200m IM	Men
200m IM	Women
4 x 200m Freestyle	Men
4 x 200m Freestyle	Women

There will be 15 minutes break immediately after the last individual event before starting the relay events.

There will be two participants for each individual event from each nation and one relay team from each nation in relay events, with a maximum of 24 competitors from each nation.

### 5. Lanes Allocation

Each nation will be allocated a lane at the first event for men according to their final placing in the Men's competition of the previous year, similarly for the Women.

Should one nation not participate, the substitute nation shall occupy the vacant lane.

After the first event the lanes shall be rotated.  
Lane 1 to Lane 2 etc with Lane 8 to Lane 1.

A nation will compete in the same lane for the two heats of each event.

### 6. Hours

3

The starting time of the competition shall be decided by the host nation, but there will be at least ~~2~~ 3 hours rest between the two sessions of the second day, timed from immediately after the last event of the first session.

### 7. Participation

(a) Confirmation during the LEN Calendar Conference the year before.

(b) The organising country may ask for a preliminary entry concerning the number of swimmers, delegates etc, to assist them with their organisation.

(c) The final entry details shall reach the organising nation the Monday before the contest, giving:

(cont/)

(i) names of swimmers in each event (except relays) and year of birth.

(ii) a list of national records

(iii) names of the coaches and officials.

(d) Change of swimmers in the first event in each session can be made up to 15 minutes before the start.

For other events changes may be made up to the start of the previous event.

(e) The names of the relay swimmers will be given not later than during the rest period between the individual events and the relay events.

## 8. Contest Records

The organising country will publish the results on the last day together with a list of contest records.

## 9. Travel and Accommodation

Each country will pay its own travel and accommodation expenses. The organising country shall help the other nations with information about hotels etc. The organising country shall provide free transport for the visiting teams from the nearest international airport to their hotel and return to the airport.

The organising country shall also take care of the transport from the recommended hotels to the swimming pool. If any nation makes their own accommodation arrangements in other than the recommended hotels, they shall pay for their own transport.

## 10. Swimming Pool

The pool shall have 8 lanes and be 50m in length. The need of of an open or covered pool will be decided by the participating countries during the LEN Calendar Conference.

The competition swimming pool should be available to the participating nations the day before the competition. If any nation intends to hold a training camp, the organising country will help as much as possible with training facilities. (NB at least two sessions per day - not full days). During the two days of the contest, the pool will be used exclusively by the swimmers of the teams.

## 11. Electronic Timing Equipment

The competition shall be controlled by an official automatic timing system, recognised by FINA.

(cont/)

## 12. Opening Ceremony

The opening ceremony shall be held on the first day, before starting the competition. Only the national anthem of the organising country shall be played.

## 13. Winners Ceremony

The winners ceremony will involve the 1st., 2nd., 3rd., placed swimmers of each event and will take place after the 4 heats of that event.

e.g. Mens and Womens 100m Freestyle - 4 heats  
Presentation of Mens / Womens 100m Freestyle  
etc.

## 14. Prizes

The first three in each event shall be presented with a medal/ gift etc. The winning men's team shall receive a cup; the leading women's team shall also receive a cup.

The first team in the overall classification will receive the 8 Nations Trophy.

The Royal Bank of Scotland Quaich

## 15. Eight Nations Trophy

The Royal Bank of Scotland Quaich will be presented to the overall winning team.

The trophy should be handed to the organising country the following year before the start of the competition.

## 16. Points

Times from both heats of each event will be used to decide placings and points allocation.

The two swimmers will be seeded, with the fastest in the second heat.

Individual Points - 17 for 1st and 15 - 1 for 2nd - 16th

Relay Points ~~17 for 1st and 15 - 9 for 2nd - 8th~~  
~~18 - 14 - 12 - 10 - 8 - 6 - 4 - 2~~

No Points for Disqualification.

At the end of the contest, in the case of a dead heat on points, the team with the greatest number of 1st places shall be placed the highest etc..



#### 17. Jury of Appeal

The organising country shall make arrangements for the jury. Each nation must nominate an official to serve on the jury of appeal.

The name shall be given to the organising country at the Technical Meeting.

The jury of appeal shall consist of one member from each country. The Chairman of this jury shall be from the organising country.

#### 18. Alterations to Rules of the Contest.

Changes can only be made by the official representatives of the National Swimming Federations during the LEN Calendar Conference.

#### 19. Pre Event Meeting.

There shall be a meeting prior to the event of delegates from the organising committees of participating nations.

The meeting shall be made up of delegates from;

- (i) the previous year
- (ii) the current year, and,
- (iii) the following year.

The purpose of the meeting - to ensure that the arrangements comply with all conditions specified in the rules of the 8 Nations Contest.

LEN CALENDAR CONFERENCE 1991

8 Nations Contest 1992 : Oulu, Finland

Proposed Programme : Session 1 (Start 11.00 Finish 12.15)  
200m Free  
400m Individual Medley  
100m Fly

Session 2 (Start 16.00 Finish 18.00)  
50m Free  
100m Breast  
400m Free  
200m Back  
4 x 100m Freestyle Relay

Session 3 (Start 10.00 Finish 11.40)  
200m Individual Medley  
800m Free  
1500m Free  
4 x 100m Medley Relay

Session 4 (Start 16.00 Finish 18.00)  
100m Free  
200m Fly  
200m Breast  
100m Back  
4 x 200m Freestyle Relay

Proposed Dates : Saturday 25th April 1992  
Sunday 26th April 1992

Facility : The host nation has offered to make available (for a small fee estimated to be \$450) video analysis of swimming performance : initial positive response from nations

D.C.J.B.



SCOTTISH AMATEUR SWIMMING ASSOCIATION

To : Miss Heather Roy (Administrative Assistant)  
From : D.C.J. Brown (Swimming Convener)  
Date : 22nd April 1991

Programme : National Open Championships

I attach a draft of the Meet Information for the National Championships and would be grateful if you could get this draft onto the word processor as soon as possible.

There are several points to note :-

- (1) This draft is going out to Swimming Committee Members today and I am inviting comment/amendment/objections by Thursday evening.  
Please do not send it out until I have confirmed contents (hopefully on Friday).
- (2) I have discussed the Consideration Times with Mr. Smith (Director of Swimming) and feel that some adjustments are needed to the Wave 1 and 1991/92 Commonwealth Games Squad times - he will give you amendments on Thursday 25th April.
- (3) Obviously, we will also need to have confirmation from East Kilbride of use of the pool - but at least if this is ready to go out on Friday we will be giving the maximum possible notice of the Meet.

# NATIONAL OPEN CHAMPIONSHIPS (Draft)

Dates : Friday 14th, Saturday 15th, Sunday 16th June 1991

Venue : East Kilbride  
50m, 6 Lane Pool  
Electronic Timing

<u>Times</u>	<u>Session</u>	<u>Date</u>	<u>Warm-up</u>	<u>Start</u>	<u>Estimated Finish</u>
	1	14th	11.00 hrs	12.00 hrs	15.00 hrs
	2	14th	17.00 hrs	18.00 hrs	20.30 hrs
	3	15th	08.00 hrs	09.15 hrs	12.00 hrs
	4 (*)	15th	13.00 hrs	14.00 hrs	16.30 hrs
	5	15th	17.00 hrs	18.00 hrs	20.00 hrs
	6	16th	08.00 hrs	09.00 hrs	11.45 hrs
	7 (*)	16th	12.00 hrs	12.45 hrs	14.45 hrs
	8	16th	15.30 hrs	16.30 hrs	19.00 hrs

Note (\*) : These sessions are provided for age-group events which are not eligible for inclusion in the calculation of National Open Championship awards.

ENTRY TIMES: The consideration times attached must have been achieved in accredited events from 1 December 1989. The organisers reserve the right to restrict entries in order to ensure not only a good standard but a smoothly operated meet. Times should be 50m times or 50m conversion times.

ENTRY FEES: OPEN

Individual Events: £2.50  
Team Events: £4.00

## AGE GROUP

Individual Events: £1.50  
Team Events: £2.00

All cheques/postal order should be made payable to Scottish Amateur Swimming Association. No entries will be accepted without the correct fee or with forms incorrectly completed.

ENTRIES: Closing date for receipt of entries:

MIDNIGHT ~~TUESDAY~~ 14TH MAY 1991.

All entries should be submitted on the Meet Consolidated Entry Forms, Photocopies in correct colour are acceptable.

**NB - NO ENTRY CARDS ARE REQUIRED**

All completed entries with entry fees must be returned to:

Scottish Amateur Swimming Association  
Airthrey Castle, University of Stirling,  
Stirling, Scotland, FK9 4LA

COACHES: Coaches Passes are available from the SASA Office as follows:-

1 Pass per Team Free (inclusive of entry, programme, results invitation to reception). Additional passes can be obtained from the office, cost - £5.00.



- TEAM LINES:** Team Line forms will be available at the Recorder's table and should be returned to the Recorder duly completed with swimmers names before the start of the session.
- DRUG TESTING:** Please note that drug testing may be in operation at this event.
- TEAM ENTRIES:** Clubs entering a Junior Team (16yrs & under) should be noted as such on entry forms and must consist of eligible swimmers. Clubs may enter 2 Open Relay Teams and one Junior Relay Team, swimmers are not transferable between teams. A maximum of 2 teams per club will count in the Robertson Trophy.
- SCOTTISH NATIONAL JUNIOR CHAMPION:** The determination of the Scottish National Junior Champion will use the following criteria:-
- 1) The Champion will have National Eligibility as in Rule 47(2) (A), (B) or (C).
  - 2) The Junior Championships Trophy/Title will be awarded to the fastest Junior, with National eligibility, in the Open Championships Final. In heat Declared Winner Events the Trophy/Title will be awarded to the fastest Junior in the Event. In the Circumstances of no Junior with National eligibility reaching the Final. Trophy/Title will go to the fastest Junior in the Heats.
  - 3) The Open Championships Consolation Final will not count for Junior Trophies/Titles.
- INDIVIDUAL AWARDS:** Medals/Trophies shall be presented as follows:-

a)	Scottish Open Championship	1st	2nd	3rd
b)	Scottish National Champion	1st		
c)	Scottish National Junior Champion	1st		

d) Top Scottish Club £ 100

e) Berger Paints Trophy

Awarded for the Best Performance (male or female) by a Scottish Swimmer in a National Open Championship event ; calculated on the basis of the current German Points Tables.

## TEAM AWARDS:

Robertson Trophy (Club Championship)

- (a) The Championship shall be open to clubs registered with the SASA.  
 (b) The award shall be made to a club registered with the Scottish Amateur Swimming Association.  
 (c) Competition shall be confined to events in the National Open Championships.  
 (d) The trophy shall be presented to the club or club section gaining the highest total of points awarded as follows :- (Male and Female combined)

Individual Events	8 lane	6 lane
1st place	8	6
2nd place	7	5
3rd place	6	4
4th place	5	3
5th place	4	2
6th place	3	1
7th place	2	0
8th place	1	0

Notes: Relay points count double those above.

: Juniors who enter the National Open Championships may win points towards the Robertson Trophy in the National Open Final or the Consolation Final.

: Two Teams counting towards the Robertson Trophy must be identified prior to their event. Double Points awarded in Team Events.

: Robertson Trophy points will be awarded to Scots swimming with Scottish clubs by ranking from finals; Consolation Finals; Heats (when appropriate).

CONSIDERATION  
TIMES:

Entry times from 1 December 1990

Consideration Times: (50m)

<u>MALE</u>		<u>FEMALE</u>
29.0	50m Free	31.0
59.0	100m Free	1.07.0
2.09.0	200m Free	2.22.5
4.35.0	400m Free	4.55.0
-	800m Free	10.05.0
10.00.0	1500m Free	-
1.09.0	100m Back	1.16.0
2.27.0	200m Back	2.41.5
1.15.5	100m Breast	1.25.0
2.41.0	200m Breast	3.09.0
1.05.0	100m Fly	1.14.0
2.20.0	200m Fly	2.45.0
2.28.2	200m IM	2.41.0
5.13.0	400m IM	5.45.0



## Programme of Events :-

FRIDAY 14th JUNE 1991Session 1 (Warm-up 11.00 hrs ; Start 12.00 hrs ; Finish 15.00 hrs)

1.1	: Women	50m Free	Heats
1.2	: Men	50m Free	Heats
1.3	: Women	800m Free	HDW
1.4	: Men	1500m Free	HDW
1.5	: Women	50m Free	Consolation Final
1.6	: Women	50m Free	Final
1.7	: Men	50m Free	Consolation Final
1.8	: Men	50m Free	Final

Session 2 (Warm-up 17.00 hrs ; Start 18.00 hrs ; Finish 20.30 hrs)

2.1	: Women	4 x 200m Freestyle Relay	Heats
2.2	: Men	4 x 200m Freestyle Relay	Heats
2.3	: Women	400m Individual Medley	HDW
2.4	: Men	400m Individual Medley	HDW
2.5	: Women	4 x 200m Freestyle Relay	Final
2.6	: Men	4 x 200m Freestyle Relay	Final

SATURDAY 15th JUNE 1991Session 3 (Warm-up 08.00 hrs ; Start 09.15 hrs ; Finish 12.00 hrs)

3.1	: Women	200m Free	Heats
3.2	: Men	100m Free	Heats
3.3	: Women	200m Back	Heats
3.4	: Men	200m Fly	Heats
3.5	: Women	100m Breast	Heats
3.6	: Men	200m Breast	Heats
3.7	: Women	100m Fly	Heats
3.8	: Men	100m Back	Heats
3.9	: Women	200m Individual Medley	Heats
3.10	: Men	400m Free	Heats
3.11	: Women	4 x 100 Freestyle Relay	Heats
3.12	: Men	4 x 100 Medley Relay	Heats

Session 4 (Warm-up 13.00 hrs ; Start 14.00 hrs ; Finish 16.30 hrs)

4.1	: Girls	12/u 50m Free	HDW
4.2	: Boys	13/u 50m Free	HDW
4.3	: Girls	13/14 100m Back	HDW
4.4	: Boys	14/15 100m Back	HDW
4.5	: Girls	12/u 50m Back	HDW
4.6	: Boys	13/u 50m Back	HDW
4.7	: Girls	11/u 4 x 50 Free Relay	HDW
4.8	: Boys	11/u 4 x 50 Free Relay	HDW
4.9	: Girls	13/14 100m Fly	HDW
4.10	: Boys	14/15 100m Fly	HDW

Session 5 (Warm-up 17.00 hrs ; Start 18.00 hrs ; Finish 20.00 hrs)

5.1	: Women	200m Free	Consolation Final
5.2	: Women	200m Free	Final
5.3	: Men	100m Free	Consolation Final
5.4	: Men	100m Free	Final
5.5	: Women	200m Back	Consolation Final
5.6	: Women	200m Back	Final
5.7	: Men	200m Fly	Consolation Final
5.8	: Men	200m Fly	Final
5.9	: Women	100m Breast	Consolation Final
5.10	: Women	100m Breast	Final
5.11	: Men	200m Breast	Consolation Final
5.12	: Men	200m Breast	Final
5.13	:		

Session 5 (Continued)

5.13	: Women	100m Fly	Consolation Final
5.14	: Women	100m Fly	Final
5.15	: Men	100m Back	Consolation Final
5.16	: Men	100m Back	Final
5.17	: Women	200m Individual Medley	Consolation Final
5.18	: Women	200m Individual Medley	Final
5.19	: Men	400m Free	Consolation Final
5.20	: Men	400m Free	Final
5.21	: Women	4 x 100m Freestyle Relay	Final
5.22	: Men	4 x 100m Medley Relay	Final

SUNDAY 16th JUNE 1991Session 6 (Warm-up 08.00 hrs ; Start 09.00 hrs ; Finish 11.45 hrs)

6.1	: Women	100m Free	Heats
6.2	: Men	100m Breast	Heats
6.3	: Women	100m Back	Heats
6.4	: Men	100m Fly	Heats
6.5	: Women	200m Breast	Heats
6.6	: Men	200m Free	Heats
6.7	: Women	200m Fly	Heats
6.8	: Men	200m Back	Heats
6.9	: Women	400m Free	Heats
6.10	: Men	200m Individual Medley	Heats
6.11	: Women	4 x 100m Medley Relay	Heats
6.12	: Men	4 x 100m Freestyle Relay	Heats

Session 7 (Warm-up 12.00 hrs ; Start 12.45 hrs ; Finish 14.45 hrs)

7.1	: Girls	12/u 50m Fly	HDW
7.2	: Boys	13/u 50m Fly	HDW
7.3	: Girls	13/14 100m Breast	HDW
7.4	: Boys	14/15 100m Breast	HDW
7.5	: Girls	12/u 50m Breast	HDW
7.6	: Boys	13/u 50m Breast	HDW
7.7	: Girls	11/u 4 x 50m Medley Relay	HDW
7.8	: Boys	11/u 4 x 50m Medley Relay	HDW
7.9	: Girls	13/14 100m Free	HDW
7.10	: Boys	14/15 100m Free	HDW

Session 8 (Warm-up 15.30 hrs ; Start 16.30 hrs ; Finish 19.00 hrs)

8.1	: Women	100m Free	Consolation Final
8.2	: Women	100m Free	Final
8.3	: Men	100m Breast	Consolation Final
8.4	: Men	100m Breast	Final
8.5	: Women	100m Back	Consolation Final
8.6	: Women	100m Back	Final
8.7	: Men	100m Fly	Consolation Final
8.8	: Men	100m Fly	Final
8.9	: Women	200m Breast	Consolation Final
8.10	: Women	200m Breast	Final
8.11	: Men	200m Free	Consolation Final
8.12	: Men	200m Free	Final
8.13	: Women	200m Fly	Consolation Final
8.14	: Women	200m Fly	Final
8.15	: Men	200m Back	Consolation Final
8.16	: Men	200m Back	Final
8.17	: Women	400m Free	Consolation Final
8.18	: Women	400m Free	Final
8.19	: Men	200m Individual Medley	Consolation Final
8.20	: Men	200m Individual Medley	Final
8.21	: Women	4 x 100m Medley Relay	Final
8.22	: Women	4 x 100m Freestyle Relay	Final



## ENTRY FORM

**CLUB:**

MALE OPEN (BLUE)

[illegible]

turned by 21st May 1991 to:

A.S.A.

Arthrey Castle, University of Stirling,  
Stirling, FK9 4LA.

Contact Name

Telephone

Fax No. \_\_\_\_\_

—	No of Entries	x	£ 2.50
—	No of Teams	x	£ 4.00
Total Amount		£	

## ENTRY FORM

**CLUB:**

FEMALE OPEN (PINK)

[illegible]

urned by 21st May 1991 to:

threy Castle, University of Stirling,  
riling, FK9 4LA.

Contact Name

Telephone  
Fax No

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—	No of Entries	x	£ 2.50
—	No of Teams	x	£ 4.00
Total Amount		£	_____

## ENTRY FORM

CLUB:

MALE AGE GROUP (GREEN)

[illegible]

urned by 21st May 1991 to:

threy Castle, University of Stirling,  
Stirling, FK9 4LA.

Contact Name

Telephone  
Fax No

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—	No of Entries	x	£ 1.50
—	No of Teams	x	£ 2.00
Total Amount £			



## ENTRY FORM

**CLUB:**

FEMALE AGE GROUP (YELLOW)

NAME (IN FULL)	S.A.S.A. REG NO	YEAR OF BIRTH	50 FREE	100 FREE	50 BACK	100 BACK	50 BREAST	100 BREAST	50 FLY	100 FLY
OF TEAM ENTRIES			4x50m MEDLEY RELAY					4x50m FREESTYLE RELAY		

turned by 21st May 1991 to:  
A.S.A.  
rthrey Castle, University of Stirling,  
irling, FK9 4LA.

Contact Name \_\_\_\_\_  
Telephone \_\_\_\_\_  
Fax No \_\_\_\_\_

—	No of Entries	x	£ 1.50
—	No of Teams	x	£ 2.00
Total Amount		£	_____

### Consideration Times for National Squad Selections

The attached Consideration Times will serve as guidelines to swimmers, to clubs and to the Swimming Committee in terms of selections for the National Squads.

It should be noted that these times, either as single times or multiple times do not guarantee selection which is also dependent on other factors such as the availability of resources.

Achievement of Consideration Times will render the swimmer eligible for consideration for selection.

~~NO FORN DISSEM - NOT BEHIND BURNING BAR~~

**874M33**

NATIONAL SQUAD (Consolidated Times)

FEMALE

MALE

AG	Junior	Youth	Senior	Top	Event	AG	Junior	Youth	Senior	Top
78 79	76 77	74 75 76	73 74			78 79	76 77	74 75 76	73 74	
1.04	58/1.00	56/57	55	54	100 Free	1.06	1.03/1.04	1.02/1.02.5	1.00.5	59.5
2.22	2.00/2.12	2.02/2.05	1.58.5	1.57	200 Free	2.24	2.15/2.18	2.12/2.13.5	2.10	2.08.5
4.56	4.53/4.43	4.20/4.25	4.13	4.10	400 Free	5.00	4.41/4.50	4.36/4.38	4.33	4.28
-	17.45/18.15	17.10/17.25	16.30	16.20	1500/800 Free	-	9.43/9.55	9.30/9.37	9.20	9.12
1.15	1.07/1.10	1.04/1.05	1.01.8	1.00.8	100 Back	1.16	1.12/1.14	1.10/1.11	1.09	1.07.5
2.44	2.24/2.30	2.20/2.21	2.13.	2.11.5	200 Back	2.46	2.35/2.39	2.30/2.33	2.28	2.24
1.23	1.15/1.17	1.12/1.14	1.08.	1.06.5	100 Breast	1.25	1.20/1.22	1.18/1.19	1.17	1.15.5
2.59	2.43/2.45	2.36/2.40	2.28.	2.25	200 Breast	3.04	2.53/2.58	2.49/2.51	2.47	2.44
1.12	1.05/1.08	1.01/1.03	58	57.5	100 Butterfly	1.15	1.10/1.12	1.08/1.09	1.07	1.05
2.45	2.26/2.32	2.17/2.22	2.12	2.09	200 Butterfly	2.47	2.36/2.40	2.30/2.32	2.27	2.22
2.40	2.25/2.32	2.19/2.22	2.15	2.13	200 IM	2.44	2.36/2.40	2.30/2.32	2.28	2.25
-	5.08/5.15	4.56/5.03	4.46	4.42.5	400 IM	-	5.28/5.35	5.16/5.22	5.12	5.05
				24.5	50 Free					27.5
(460)	(615)(555)	(685)(650)	(725)	(765)		(368)	(650)(620)	(690)(670)	(740)	(780)



*Cassidy Davidson*  
WAVE PROGRAMME SELECTION TIMES (50 METRES)

<u>MALE</u>			<u>FEMALE</u>		
WAVE 1	WAVE 2	WAVE 3	WAVE 1	WAVE 2	WAVE 3
24.00	24.50	25.30	27.30	27.8	28.3
53.00	53.70	55.30	59.00	59.3	1.00.9
1.55.00	1.56.90	1.59.50	2.06.00	2.07.5	2.10.0
4.06.00	4.08.00	4.14.50	4.25.00	4.26.5	4.32.0
15.54.00	16.15.00	16.35.00	9.06.00	9.08.0	9.15.0
59.90	1.00.20	1.02.3	1.06.00	1.06.7	1.08.0
2.09.90	2.09.50	2.14.0	2.21.00	2.22.7	2.25.0
1.05.50	1.06.80	1.08.9	1.13.50	1.14.2	1.16.0
2.22.80	2.25.50	2.29.0	2.40.00	2.42.0	2.45.0
57.0	58.00	59.0	1.05.5	1.04.6	1.06.3
2.05.70	2.07.00	2.11.5	2.20.00	2.21.0	2.24.50
2.11.00	2.12.50	2.15.5	2.23.0	2.25.0	2.27.5
4.39.00	4.41.00	4.47.0	5.03.00	5.05.0	5.10.0
(815)	(775)	(710)	(820)	(787)	(725)

SQUAD

Squad COMMONWEALTH GAMES CONSIDERATION TIMES (50 Metres)

MALE			FEMALE			
1991/2	1992/3	1993/4	EVENT	1991/2	1992/3	1993/4
		23.74	50 Free			
52.80	52.5	52.26	100 Free	59.0	58.70	58.47
1.54.60	1.53.6	1.53.20	200 Free	2.06.00	2.05.00	2.04.56
4.06.00	4.03.00	4.01.11	400 Free	4.25.00	4.22.00	4.20.07
15.54.00	15.45.00	15.38.85	800/1500 Free	9.06.00	9.00.00	8.55.88
59.90	59.40	58.95	100 Back	1.06.00	1.05.5	1.05.26
2.09.90	2.08.90	2.08.33	200 Back	2.21.00	2.19.6	2.19.09
1.05.10	1.04.60	1.04.32	100 Breast	1.13.50	1.13.10	1.12.79
2.22.80	2.21.80	2.21.27	200 Breast	2.39.50	2.38.50	2.38.05
57.00	56.40	56.00	100 Fly	1.05.50	1.04.90	1.04.47
2.04.20	2.02.70	2.02.05	200 Fly	2.20.00	2.18.80	2.17.93
2.09.40	2.07.90	2.07.09	200 I.M.	2.25.00	2.23.80	2.22.73
4.33.50	4.30.00	4.27.55	400 I.M.	5.03.00	4.59.50	4.57.03