



**FEBRUARY
1998**

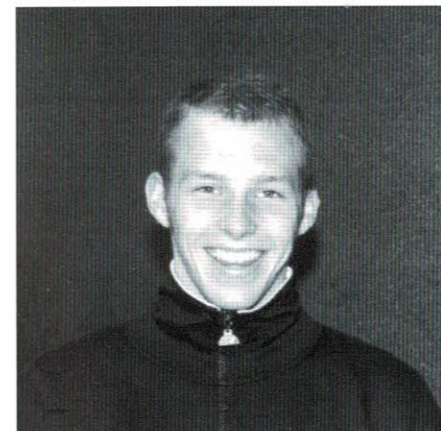
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SCOTTISH SWIMMING



2000

VOLUME 5 NUMBER 3



Bryan Morgan

THIRD TIME LUCKY

British Youth internationalist 17 year old CARNEGIE swimmer BRYAN MORGAN set a new Scottish Senior Record in the 50m freestyle twice on his third attempt at the British National Winter Championships in Sheffield 11-14th December. Bryan did not just break the record but annihilated it. The record stood at 23.89 secs and in his heat Bryan swam 23.40 to knock half a second off. In the final which was televised by BBC Bryan was up against ex World Record Holder for this event Mark Foster and twice Olympian Mike Fibbens and Olympic finalist Sien Brinn from Jamaica. Bryan had already been disqualified twice for false starts in two finals in the 50m backstroke and 100m freestyle so this was his third final so he was a little slower off the start - but did he make a race of it, finishing in bronze medal position in a new Scottish Senior Record of 23.30 to beat Olympic finalist Sien Brinn and just behind Mark Foster. Bryan's time gives him an automatic qualifying time for the Commonwealth Games in Malaysia in September later this year. Bryan who qualified in first place in the consolation final of the 100m freestyle in a time of 52.24 will be out to break the Scottish Senior Record of 51.83.

Carnegie's second British Youth Internationalist 16 year old Lynn McLaren had a magnificent swim in the 50m butterfly heats to qualify for the 'B' final in a time 29.95 in 6th place. In the final Lynn stormed out from the start, to finish in 1st place only 7/100ths of a second outside the British Junior record of 29.24 to finish in 29.31 Lynn also qualified for the Grand final in the 50m freestyle in 6th place in 27.20,

but in the final Lynn was not up to her own usual high standards to finish again in 6th place in 27.05, Lynn won the silver medal for the British junior 50m butterfly and also silver in the 50m freestyle.

Young Scottish Youth Internationalist STEVEN KIDD returned back to some of his old form when qualifying for the 'B' final of the 200m backstroke in 2:10.43 only four tenths of a second outside the Scottish Junior Record And one second outside the British Junior record. Steven could not better his time finishing in 4th place in 2:10.83. Steven picked up three medals with silvers in the 100m backstroke Juniors in 1:01.40, silver in the 200m backstroke and bronze in the 50m butterfly in 27.54

*Garrie Roberts,
Head Coach Carnegie SC*



UNCLE BEN'S BRITISH WINTER NATIONALS - SHEFFIELD 11- 14 DECEMBER, 1997



Ian Mason, Chairman of the board of management of Scottish Swimming was present at Sheffield in his capacity as Chairman of the Amateur Swimming Federation of Great Britain and was on hand for the medal presentation ceremonies. Ian said; " I was delighted to be able

to attend the British Winter Nationals in my new role as Chairman of GB and I hope that during my year in office that I can be a positive influence on the development of excellence in British Swimming."

SPEEDO  BORN IN THE WATER



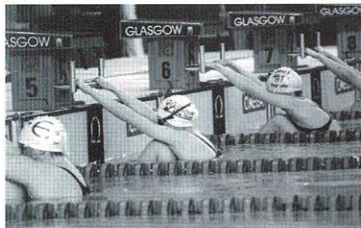
SCOTTISH YOUTH SQUAD 1997/1998 FIRST WEEKEND



WHO'S THE NEW BOY?



WINTER CHAMPIONSHIPS 1997 TOLLCROSS, GLASGOW



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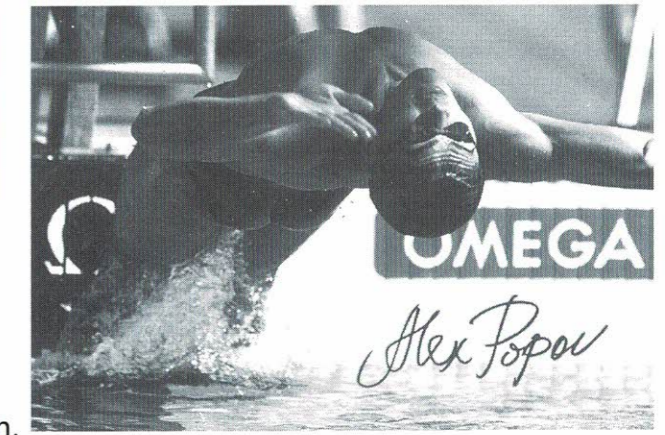
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- European Junior Champs, Glasgow 1997
- European Championships, Seville 1997
- European Short Course Champs, Sheffield 1998

- FINA World Championships, Perth 1998
- FINA World Cup, Sheffield 1998

Olympic Games, Sydney 2000

Omega Electronics, Unit 1 Discovery Business Park, Brickfield Lane, Chandlers Ford, Eastleigh, SO53 4DP

Tel:- 01703 274520 Fax:- 01703 274521 E-mail: omega_electronics@compuserve.com

* Prices as at 01/09/97

Running time	Start time	Arming delay	Intermediate times
4 FI B M 200 m BR			
2:18:5	WR	2:10:16	
Arm start	ER	2:11:23	
100 m 2	50 s	2	50m
2:13:83 2		1	2
2:13:09 2		2	2
2:12:11 2		3	2
2:12:46 2		4	2
		5	2
		6	2
		7	2
		8	2:01:38

Final times, Number of laps, Lane, Touch pad arming clock, Touch pad status, Lane status, Touch pad status, Lane, Intermediate times, Number of 1/2 laps

MARTYN WOODROFFE MOVES ON

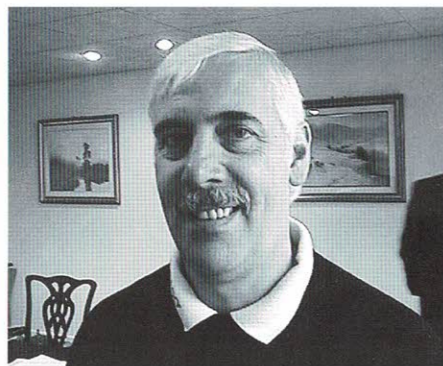
It is with regret that the Association announces that Martyn Woodroffe has decided not to renew his contract as Director of Swimming when it expires at the end of May 1998.

Martyn has decided that as the Association comes to the end of its four year development plan the job to be done in the future will not be the same as he is now doing and he has decided to move on.

Ian Mason, Chairman of the board of Management said; "It is a great disappointment to lose Martyn at this stage as he has played a pivotal role in the success of our first four year development plan. "Martyn's work in setting up the partnership agreements with clubs and local authorities has resulted in a network of professional appointments dedicated to developing excellence in Scottish Swimming. "On behalf of the Association I would like to thank Martyn for outstanding contribution over the past four years and I wish him success in whatever he decides to do next."

It is hoped that, although Martyn's contract expires in May he will be able to stay on until September to complete the commonwealth Games cycle and to hopefully provide a transition period for his successor.

The task of finding a new Director of Swimming begins immediately and adverts for the post will appear in March.



OBITUARY



It is with very great regret and sadness that we record the sudden death on Monday 5th January 1998, in hospital in Edinburgh following a stroke, of Mrs. Helen McLeod-Bain aged 70 years.

Our very deepest sympathy is extended to Alec McLeod-Bain and to their son Colin at this very sad time. A very well known and much respected Life Member of the Scottish Amateur Swimming Association, Helen was also a Past President and Life Member of both the SASA East District and, of Heart of Midlothian Swimming Club. A breaststroke swimmer of repute in her day, Helen had also been a teacher and was a registered swimming technical official.

Born in Dunfermline, where her mother had a small shop at that time, Helen, (nee Adamson) first became involved in swimming through the school. As a talented breaststroke swimmer however, she was to form a lifetime association with Heart of Midlothian Swimming Club during the 1930s. This early association was only very slightly interrupted, due to the outbreak of war in 1939 when many swimming clubs were forced to close, and Helen sought

temporary membership with Portobello ASC. A post war return to Hearts was later to see her emerge as East District ladies 200yds breaststroke champion three years running and, to her becoming the first lady in the East District to break 3 mins for 200yds. Over the following years, Helen was to occupy every elected position of office within the Hearts club, respect for which was shown by a life membership and, her position as club president during Hearts centenary in 1985. A representative delegate since 1960, Helen has served the East District with no less commitment. From 1966 until 1973 she took on the then dual role of championships convener and district records keeper. Although the two positions were then separated in 1973, she continued to maintain the district records for a total of thirty years through until 1996. As a member of the district swimming committee from 1980 to 1985, she acted as a chaperone to both district and national teams and, as VIP hostess on a number of occasions. Paramount however, to a successful conclusion of all swimming events in these days before the use of computers, were recorders. Long will we remember the excellent service which Helen and her team provided over some 13 years at national and international events held at the RCP. The introduction in 1968 of examinations for swimming technical officials saw her as an early candidate. Helen officiated at the Commonwealth Games held in Edinburgh in 1970 and 1986. In 1984 she was successful in obtaining her SASA referee certificate. During 1985 and 1986 Helen served as district president and member on the SASA Council.

In recognition of their each separate and considerable contribution to swimming, the Scottish Amateur Swimming Association in 1996 awarded both Helen and Alec McLeod-Bain separate life membership of the Association. In 1996 also, Helen and Alec with their many friends were pleased to celebrated their Golden Wedding. The great esteem with which Helen was held, was reflected by the very large number of family, friends and colleagues from all over Scotland and abroad, who attended at the funeral service which was held at Warriston Crematorium, Edinburgh.

Peter Syer

Scottish Long Course Ranking Lists Top Ten December 1997

Introduction

Welcome to the first edition of the Scottish Long Course ranking lists which has been produced in conjunction with ASFGB and SportSystems.

As this is still in the experimental stages it may not be entirely correct and I would ask you to contact Bob Dyett with any omissions, comments or suggestions.

The results information has come from a list of Long Course Meets meets within GB for which computerised results were available. Listed below are the most likely meets from which the Scottish lists come from.

If a particular result does not appear in the list then it may be:

- The meet not being included as results were not available.
- The swimmer was entered with details which did not exactly match the SASA registration data base.
- The swimmer is not "Scottish"
- The swimmer's registration is not up to date.

In future it will be the responsibility of meet organisers to ensure that the meet results are sent to SASA for inclusion in future ranking lists. The preferred format is SportSystems, but details are available from the District Swimming Conveners of a neutral file format which can be used to transfer results from meets run using bespoke software or proprietary database or spreadsheet packages. The responsibility for the conversion rests with the meet organiser. It should also be noted that from now on the club codes must be the new four character codes, e.g. WCGX for City of Glasgow, and full dates of birth are required in the following format - dd/mm/yyyy. In 1998 we plan to issue Short Course ranking lists so meet results from Short Course meet can also be submitted.

List of Meets Included

(not the complete list)

ASA Long Course Championships
ASA National Age Group Championships
British Grand Prix Final
Best of the West - Millfield
Canadian National Championships
European Junior Championships
European Youth Olympic Days
European Championships
World Student Games
Scottish National Open
Scottish National Youth Championships
East District Time Trials
British Winter Nationals

Ranking Lists produced by ASFGB using SportSystems National Ranking Software.

Published by:
Scottish Amateur Swimming Association
Public Relations Department.

50m. Freestyle	Open Age group - Women
1. SHEPPARD, ALISON (72) WMBX	SNOMJUN 00:26.26
2. MCLAREN, LYNN (81) ECEX	SNOMJUN 00:26.82
3. MCLEAN, PAULINE (75) WSSX	SNOMJUN 00:27.54
4. MARTIN, KERRY (75) WSSX	SNOMJUN 00:27.62
5. LONGDEN, KAY (80) NANX	SNOMJUN 00:27.82
6. BORLAND, DIANA (80) WREX	BOTWNVO 00:27.97
7. MCLUCKIE, LISA (79) WCGX	SNOMJUN 00:28.10

8. ANDERSON, GILLIAN (78) WREX	BOTWNVO 00:28.13
9. PUGGMURR, KELLY (76) EBDX	SNOMJUN 00:28.14
10. KENT, LISA (81) WCDX	SNOMJUN 00:28.36
100m. Freestyle	Open Age group - Women
1. SHEPPARD, ALISON (72) WMBX	SNOMJUN 00:57.74
2. MCLEAN, PAULINE (75) WSSX	ASASDEC 00:59.23
3. BORLAND, DIANA (80) WREX	BOTWNVO 00:59.32
4. MCLAREN, LYNN (81) ECEX	SNOMJUN 00:59.79
5. ANDERSON, GILLIAN (78) WREX	EURTAPR 01:00.54
6. KENT, LISA (81) WCDX	SNOMJUN 01:00.62
7. MCLUCKIE, LISA (79) WCGX	SNOMJUN 01:00.89
8. LONGDEN, KAY (80) NANX	SNOMJUN 01:01.01
9. BOLTON, REBECCA A (83) URMN	ASAAAUG 01:01.04
10. LEWIS, KAREN MHAIRI (80) WCDX	SNOMJUN 01:01.18
200m. Freestyle	Open Age group - Women
1. SHEPPARD, ALISON (72) WMBX	SNOMJUN 02:07.41
2. BORLAND, DIANA (80) WREX	ASALJUL 02:07.68
3. MCLAREN, LYNN (81) ECEX	SNOMJUN 02:09.56
4. REES, JILLIAN (81) UCEX	SNOMJUN 02:11.62
5. KENT, LISA (81) WCDX	EDTTAPR 02:11.66
6. MCLEAN, PAULINE (75) WSSX	EDTTAPR 02:11.75
7. MARTIN, KERRY (75) WSSX	EDTTAPR 02:11.83
8. MCCRONE, KAREN (78) WSSX	EDTTAPR 02:12.81
9. FRASER, LEE-ANNE (82) WDDX	SNOMJUN 02:13.46
10. SINCLAIR, KIRSTEN (82) ECEX	EDTTAPR 02:13.52
400m. Freestyle	Open Age group - Women
1. BORLAND, DIANA (80) WREX	BOTWNVO 04:30.38
2. LIVINGSTON, MICHELLE (77) EWBX	SNOMJUN 04:31.07
3. MCLAREN, LYNN (81) ECEX	EDTTAPR 04:35.38
4. REES, JILLIAN (81) UCEX	ASASDEC 04:36.61
5. GILMOUR, PAMELA (82) WMBX	SNOMJUN 04:38.92
6. KINNEL, LYNDA (82) ECEX	EDTTAPR 04:40.10
7. FERGUSON, CARRIE (81) WEKX	BOTWNVO 04:42.31
8. MCFADYEN, GILLIAN (81) WRXX	SNOMJUN 04:42.95
9. CARRUTH, CAROLAN (80) WRXX	BOTWNVO 04:43.02
10. SINCLAIR, KIRSTEN (82) ECEX	EDTTAPR 04:43.63
800m. Freestyle	Open Age group - Women
1. LIVINGSTON, MICHELLE (77) EWBX	SNOMJUN 09:14.85
2. GILMOUR, PAMELA (82) WMBX	EDTTAPR 09:27.81
3. REES, JILLIAN (81) UCEX	ASAAAUG 09:33.43
4. MCFADYEN, GILLIAN (81) WRXX	SNOMJUN 09:34.12
5. CARRUTH, CAROLAN (80) WRXX	EDTTAPR 09:40.03
6. FERGUSON, CARRIE (81) WEKX	SNOMJUN 09:45.62
7. KACZYNSKA, LESLEY (83) WMBX	SNOMJUN 09:57.65
8. BLACK, SUSAN (83) WDNX	SNOMJUN 10:07.32
9. KINNEL, SARAH (83) ECEX	SNOMJUN 10:13.51
10. ROWNEY, SINEAD (83) WEKX	EDTTAPR 10:18.30
50m. Breaststroke	Open Age group - Women
1. ROBERTSON, BEVERLEY (80) NANX	SNOMJUN 00:33.53
2. BRUCE, CLAIRE (81) NADX	ASASDEC 00:34.51
3. ORR, KIRSTY (82) UCEX	SNOMJUN 00:34.68
4. MCLAREN, LYNN (81) ECEX	SNOMJUN 00:34.71
5. LEAVER, RUTH (81) WCGX	SNOMJUN 00:35.44
6. ROWBORY, JOANNA (81) WCGX	SNOMJUN 00:36.44
7. SMITH, KIRSTEN (81) EFSX	SNOMJUN 00:36.57

8. MCKELVIE, ASHLEIGH (80) EBDX	SNOMJUN 00:36.86
9. GRAHAM, LAURA (80) EPSX	SNOMJUN 00:36.92
10. EYLES, CAROLE Y (79) NHNM	MILWAPR 00:37.15
100m. Breaststroke	Open Age group - Women
1. ROBERTSON, BEVERLEY (80) NANX	SNOMJUN 01:12.81
2. BRUCE, CLAIRE (81) NADX	ASASDEC 01:16.09
3. LEAVER, RUTH (81) WCGX	ASAAAUG 01:16.26
4. ORR, KIRSTY (82) UCEX	EURTAPR 01:16.27
5. MCPHERSON, CLAIRE J (80) MPPX	SNOMJUN 01:17.36
6. ROWBORY, JOANNA (81) WCGX	SNOMJUN 01:18.93
7. EYLES, CAROLE Y (79) NHNM	ASALJUL 01:19.11
8. MCLAREN, LYNN (81) ECEX	SNOMJUN 01:19.20
9. HOWIE, LISA (82) WSGX	SNOMJUN 01:19.50
10. BREHENY, RUTH (79) EHMx	EDTTAPR 01:20.17
200m. Breaststroke	Open Age group - Women
1. ROBERTSON, BEVERLEY (80) NANX	SNOMJUN 02:39.72
2. MCPHERSON, CLAIRE J (80) MPPX	SNOMJUN 02:45.89
3. BRUCE, CLAIRE (81) NADX	ASASDEC 02:45.90
4. LEAVER, RUTH (81) WCGX	ASAAAUG 02:47.93
5. EYLES, CAROLE Y (79) NHNM	ASALJUL 02:48.15
6. ORR, KIRSTY (82) UCEX	ASAAAUG 02:49.40
7. ROWBORY, JOANNA (81) WCGX	SNOMJUN 02:49.70
8. SMITH, KIRSTEN (81) EFSX	SNOMJUN 02:50.63
9. BYARS, EMILY (84) ECEX	EDTTAPR 02:51.81
10. BREHENY, RUTH (79) EHMx	SNOMJUN 02:52.18
50m. Butterfly	Open Age group - Women
1. MARTIN, KERRY (75) WSSX	SNOMJUN 00:29.08
2. MCLAREN, LYNN (81) ECEX	ASASDEC 00:29.31
3. PUGGMURR, KELLY (76) EBDX	SNOMJUN 00:30.05
4. MCCRONE, KAREN (78) WSSX	SNOMJUN 00:30.18
5. EDGAR, SIOBHAN (80) UCEX	SNOMJUN 00:30.77
6. GUILLLOT, CHANTAL (72) NANX	SNOMJUN 00:30.85
7. RUNGE, CANDY (79) MASX	SNOMJUN 00:31.18
8. STEEL, GILLIAN (79) NANX	SNOMJUN 00:31.27
9. SMITH, PETRA L (78) NEUE	SNOMJUN 00:31.61
10. WRIGHT, MICHAELA (82) NANX	SNOMJUN 00:31.91
100m. Butterfly	Open Age group - Women
1. MCCRONE, KAREN (78) WSSX	SNOMJUN 01:04.57
2. MARTIN, KERRY (75) WSSX	BOTWNVO 01:04.83
3. EDGAR, SIOBHAN (80) UCEX	SNOMJUN 01:06.75
4. ORR, KIRSTY (82) UCEX	ASAAAUG 01:06.95
5. ANDERSON, GILLIAN (78) WREX	EURTAPR 01:07.50
6. GUILLLOT, CHANTAL (72) NANX	SNOMJUN 01:09.06
7. LEWIS, KAREN MHAIRI (80) WCDX	SNOMJUN 01:09.21
8. MCGREGOR, LINDA (80) NDAX	SNOMJUN 01:09.65
9. GAY, SHARON (82) ECEX	SNOMJUN 01:10.46
10. ALEXANDER, CLAIRE (82) WCGX	ASAAAUG 01:10.77
200m. Butterfly	Open Age group - Women
1. MCCRONE, KAREN (78) WSSX	SNOMJUN 02:23.86
2. MCGREGOR, LINDA (80) NDAX	ASASDEC 02:25.82
3. EDGAR, SIOBHAN (80) UCEX	ASALJUL 02:26.28
4. SMITH, MELANIE (82) MASX	EDTTAPR 02:29.16
5. MCFARLANE, EMMA (81) MKOX	EDTTAPR 02:31.25
6. MACFARLANE, EMMA (81) WMBX	BOTWNVO 02:32.53
7. ALEXANDER, CLAIRE (82) WCGX	ASAAAUG 02:33.52
8. KACZYNSKA, LESLEY (83) WMBX	SNOMJUN 02:33.88

SCOTTISH AMATEUR SWIMMING ASSOCIATION

EASTER SWIM SCHOOL 1998

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For further details and an application form please contact **Community Activities Dept., Moray House Institute, Cramond Road North, Edinburgh, EH4 6JD**
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ISTC SEMINARS

In view of the importance in the future of teachers attending seminars in order to keep themselves up to date with current trends and new developments the attached schedule of seminars has been produced to enable people to plan ahead. These seminars will be valid for Continuing Professional Development (CPD) purposes and the necessary attendance certificates will be issued.

Further details and application forms for each seminar will be available approximately 3 months before the date of the seminar. The venues stated are approximate and intended to give an idea of the area in which the seminar will be held rather than the specific place.

1998

March District	Stirling
Back crawl/starts/turns	
April (late)National	Central belt
Butterfly/Water Polo	
May District	Inverness
Back crawl/starts/turns	
Sept District	Dumfries
Front crawl/starts/turns	
Sept District	Inverness
Front crawl/starts/turns	
Oct (late)National	Central belt
Breaststroke/Diving	

1999

March District	Greenock
Butterfly/teaching method	
May District	Aberdeen;-
Butterfly/teaching method	
April (late)National	Central belt
Back crawl/ Parent & Child	
Sept District	Dundee
Breaststroke/Beginners	
Sept (2 days)District	Shetland
Front Crawl / Back Crawl / Breaststroke / Butterfly Teaching Methods	
Oct (late)National	Central belt
Front crawl/Aquafit	

Winnie Ferguson



BUCKIE AMATEUR SWIMMING CLUB MINI MEET

The Buckie Mini Meet was held on the 22nd of November 1997 at Buckie swimming pool and was of a particularly high standard. The host club Buckie acquitted themselves very well indeed winning 6 of the 8 "Best of Age Group Trophies" - quite an achievement!

Trophies	Best Boy
Age 8	Dean Clark Buckie
Age 9	Nikki Smith Buckie
Age 10	Craig Cowie Buckie
Age 11	Ross Stewart Buckie
Trophies	Best Girl
Age 8	Hannah Miley Garioch
Age 9	Jenna Sopel Deveron
Age 10	Rebecca Cowie Buckie
Age 11	Alana Duncan Buckie

< *The swimmers with their trophies.*

CLACKMANNAN DISTRICT SWIMMING CLUB

Viv steps down after 20 years.

Clackmannan District Swimming Club is following the Scottish proposals to merge into vast City or Regional teams and will be acting as a 'feeder' club into the top Stirling ASC. Nine swimmers have already been training with Stirling and a further team of young age groupers are almost ready to make their mark at West District level for Stirling ASC.

For almost 20 years former British and Scottish internationalist Viv Alexander has catered for children of all abilities, at all levels - whether competitive swimmers or simply, youngsters who enjoy the sport. After retiring from competitive swimming which involved her in the top clubs with the top coaches - Carnegie, Falkirk Otters, Stirling, Cumbernauld and Beckenham - Viv took up swimming teaching and then was persuaded to embark on a coaching career by the dedicated entrepreneur Mr. Tommy Nelson at Stirling ASC.

The setting up of Clackmannan District Swim Club in 1987 led to the emergence of some brilliant age groupers and Scottish Age Group Champions. For nine years Viv always had a swimmer in Scottish squads. Stuart Wallace, a great rival of Paul Latimer and Dominic Shiels. Lisa McLuckie (now with City of Glasgow), Ben Harkin (now swimming at Warrington), Claire Alexander also with City of Glasgow. In 1995/96 Viv took the above swimmers plus Linda Devlin (Scottish Youth Champion 1996), Alasdair Currie (Scottish Schools Champion 1997) to the English ASA National Age Group Championships and achieved 5 finalists out of a squad of 15 and a club of 40

swimmers.

Viv took her young proteges to meets all over Britain during the nine years - 42 trips to England gaining the much needed top age group competition.

Her most enjoyable year was 1996 when Lisa, Ben Alasdair and Claire all won Scottish Schools titles and Linda taking the silver. The local Alva Academy relay team won gold too. At the Scottish National and Open Championships Ben was Scottish Breaststroke Champion and bronze medallist in the Open category in breaststroke and individual medley. Lisa took bronze in the Women's 50m Freestyle, Linda gold in the Youth 200m Breaststroke with Claire just being pipped in the 100m and 200m butterfly having to settle for silver but with the consolation of having achieved Scottish Youth Squad times. Finally, Ben took the Scottish Short Course 200m individual title in Aberdeen beating Michael Cole in a good time of 2:09.00. Ben was only a "coat of nail varnish" behind Ian Edmond with a superb 1:04.00 to take silver.

Clackmannan District Swim Club will not be affiliating directly to the SASA West District in 1998, and will operate via Stirling ASC. All swimmers qualifying for the West District Championships will progress through the Stirling Development Plan.

Viv says "Everyone at our club is excited about the new challenges ahead and is keen to impress Alan Lynn - it is certainly the only way ahead for the 'District Club' swimmers if they are going to meet the rising standards in Scottish swimming and matching the much bigger city teams, Tayside and Highland regions" Due to ongoing illness Viv will eventually take a back seat but will remain with the Clackmannan youngsters - hopefully helping some new budding young coaches with all the experience she has gained as a successful swimmer and coach.

1997 Club Champions :

Back L to R : Andrew Pates; Jill McLuckie; Fiona McGregor; Laura Daniels; Kirsty Alexander; Donal Kellock; Middle L to R : Ashley McDowall; Julie Daniels; Peter Swift; Gregg Hobbs; Front L to R: Rowena Bell-Scott; Lauren Heddleston; Ross Stephenson. Donaldson Construction have sponsored the Club Championships for 10 consecutive years. (Photo courtesy of : Wee County Publishing Ltd. Alloa.)



SWIMMING TECHNICAL OFFICIALS

NEWS

Congratulations are extended to the following technical officials who received their Certificates of Competence during November and December.

STARTERS:

Monica Linklater West
Raymond Christie North
Jani Ellis North

TIMEKEEPERS:

Nigel Grant West
Carol Stewart North
Jessie Milne North
Joanne Hall West
Anne Page North
Martin Flett North
Susan Overstone North
Mary Kelly West
Gail Connell North
Janice Campbell North
David Wilson North
Helen Williams West
Jennifer Spinks North
Stewart Chalmers North
Milly Hutchison North
Morag Hughes North
Lilian Boyd East
Margaret Barron North

JUDGES:

Olive Macleod North
Anne Bancroft Midland
Andrew Evans North
Doreen Thomson North

RECORDERS:

Linda Orr East
Lindsay Aitken West
Christine Rees East

SWIMMING TECHNICAL OFFICIALS REGISTRATION - 1999

All swimming technical officials who are registered for the current year 1997, should now have received from the SASA Office their individual invitation to re-register with the Association for 1999.

Registration fee is £5.00.

SASA Life Members, who are technical officials and who wish to register, pay no fee but, should complete Part 2 of the registration form before returning same to the SASA Office.

Registration cards for 1998, together with updated copy of the present STO Regulations, are planned to be sent out during January.

Holders of a "Records of Pondsides Duties Forms for Timekeeper", will be registered automatically for the current year, on completion of the specified probationary duties undertaken and return of the forms to the SASA.

SASA REGISTERED TECHNICAL OFFICIALS

National Convener Ed Adam confirmed the following numbers of technical officials had registered during 1997.

East	151
North	214
West	119
Midland	99
Total 583	

SASA MILEAGE RATE 1997/98

The Board of Management has agreed that the mileage rate payable on SASA official business will be 28p per mile, effective from 1 December, 1997.

ASFGB FINA NOMINATION - SWIMMING REFEREE

GB Swimming Committee have confirmed the nomination of Peter Syer to the FINA Swimming Officials List as a referee.

SASA ANNUAL GENERAL MEETING FEBRUARY 1998

Ed Adam will retire as STO National Convener at the forthcoming SASA Annual General Meeting, which is to be held in Livingston, West Lothian on Saturday 28th February, 1998. The STO Committee are pleased to support the nomination of John Bruce for the position as STO National Convener.

SASA TECHNICAL OFFICIALS EXAMINATIONS NOVEMBER 1997

The STO Committee have announced the following number of PASS results in the examinations which were held in November

	Referee	Starter
North		6
East		2
Midland		1
West		0
		9

Judges Recorder Timekeeper

	Judges	Recorder	Timekeeper
North	9	6	54
East	2	0	5
Midland	1	0	1
West	2	0	2
	14	6	62

November saw the last written examination for Timekeepers under the new STO Regulations where, in future ALL timekeeper candidates will now be trained and assessed as Club Timekeepers in the first instance

Candidates who wish to progress to full SASA Timekeeper status can make application through their respective District STO Convener accompanied with the current of £3.00.

A Record of Pondsides Duties form which specifies the probationary service to be undertaken shall then be issued to each applicant by the STO National Convener.

District Conveners have reported the following numbers of candidates successful in Club Timekeeper assessments during 1997.

East 114, Midland 73, North 38, and West 141
Total 366 Club Timekeepers.
Thirty-one (31) of these are reported as having applied for conversion to full SASA Timekeeper status.

STO NATIONAL SEMINAR PERTH 1997

The STO National Committee wishes to make it absolutely clear that all of the information given during the presentation at the seminar by Peter Syer with regard to the "Referee's decision", had been approved by the Committee and was correct. This remains the Committee position.

The Committee would also make it absolutely clear that all the necessary papers and information required for the seminar were included in the official Information Pack sent out to each member and that no further papers were distributed by any member of the STO Committee.

It has however, been brought to the Committee's attention that, in an obviously premeditated and mischievous effort to undermine the work of the STO Committee and, to quite deliberately mis-inform some of those who were attending at the seminar, an anonymous pre-printed single sheet handout headed REFEREES DECISION - 28/9/-97" was distributed by some unauthorised individual during the afternoon session of the seminar.

THE STO COMMITTEE WISH TO MAKE IT ABSOLUTELY CLEAR THAT THE INFORMATION WHICH IS GIVEN IN THIS ANONYMOUS HANDOUT IS INCORRECT, IS WITHOUT ANY SUBSTANCE WHATSOEVER AND, IS CONTRARY TO WHAT THE STO COMMITTEE HAVE APPROVED AS BEING THE CORRECT AND PROPER RULES AND PROCEDURES WHICH SHOULD BE ADOPTED BY ALL SASA REFEREES WHEN CONSIDERING SUCH DECISIONS.

MEETINGS

The National STO Committee will meet on the following dates during 1998. Sunday 1st February, Sunday 5th April, Saturday 6th June, Sunday 2nd August, Saturday 3rd October, Sunday 6th December.

Annual meeting of SASA Referees will be held on Sunday 7th June 1998 at Perth.

The 1998 STO National Seminar will

be held on Sunday 4th October also at Perth.

SASA Swimming Technical Officials Committee

National Convener:
Ed Adam OBE
18 St. Andrews Drive, Thurso,
Caithness, KW14 8PY
Tel: 01847 893335

Committee Secretary ; vacancy

STO MEMBER:

Peter Syer
185 Park Road West, Rosyth,
Dunfermline, Fife, KY11 2SZ
Tel: 01383 415426 (H)

STO MEMBER:

Eddie Wilmott
294 Ravensby Road, Carnoustie,
Aingus, DD7 7NW
Tel: 01241 54853 (H)

EAST:

John Bruce 50 Station Road, Roslin,
Midlothian, EH25 9LR
Tel: 0131 440 1752 (H)

MIDLAND:

Jeanette Patterson,
45 Pitkerro Drive, Dundee, DD4 8AT
Tel: 01382 508486 (H)

NORTH:

Roy Wilson, 72 Leggart Avenue,
Aberdeen, AB1 6UQ
Tel: 01224 874638 (H)

WEST:

Bill Murdoch, 2 Briarhill Court,
Prestwrick, Ayrshire.
Tel: 01292 00144 (H)

POINTS OF VIEW, COMMENT OR ARTICLES

Points of view, comments or items and articles for inclusion in STO NEWS are welcome. These should be sent in the first instance to: Peter Syer at 185 Park Road West, Rosyth, KY11 2SZ. Tel: 01383 415426

A BUSY FESTIVE TIME

Usually it is the convener's large brown envelope which makes life interesting but in December my attention was on other things WINTER CHAMPIONSHIPS.

As Meet Director, I would like to thank everyone for the support that I received throughout the event, in particular from the coaching fraternity. There were some unfortunate incidents and I had to make some un-pleasant decisions, but everyone worked together in a positive manner and many lessons have been learned for the future.

The organisation of support activities in the Tollcross facility was made particularly easy by the positive co-operation of the Richard Campbell, the Facility Manager, and his staff.

Immediately after the Winter Championships, we set up the organising group for the Club Team Championships and the Premier League Finals and already we are reviewing the organisation in light of the experience of the Winters. We will be halfway through that programme by the time you read this and it will be interesting to reflect on how much easier the planning will have been !!! However, the postman delivered the christmas cards in their fresh white envelopes,

Santa delivered his presents in pretty coloured paper and the national swimming convener delivered his homework in the usual brown envelope. Not quite as full as usual (Christmas spirit I presume) but with interesting reading all the same. Isn't it amazing how hours of heated and meaningful debate can be condensed into a few lines in the minutes.

The information flow and communications with ASFGB (Amateur Swimming Federation of Great Britain), of which SASA is a constituent member, continues in a positive manner with increased activity in recent months. Although some channels of participation have been blocked, our association must continue to be involved to the fullest extent in all aspects and at all levels. The national age group championship

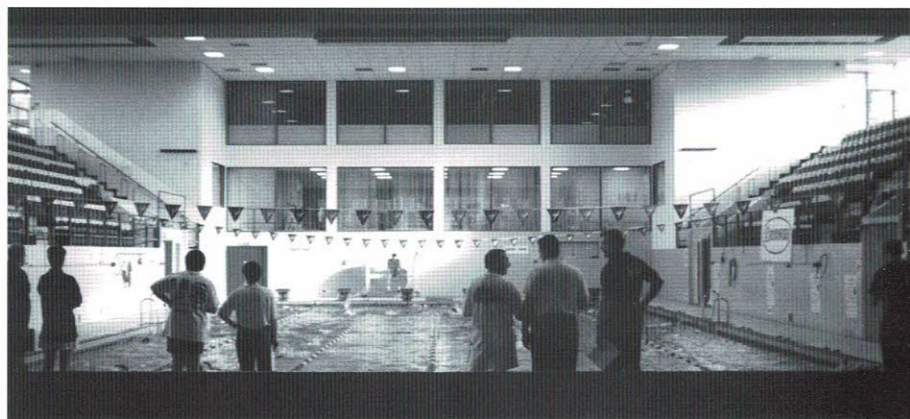
Continued on page 17



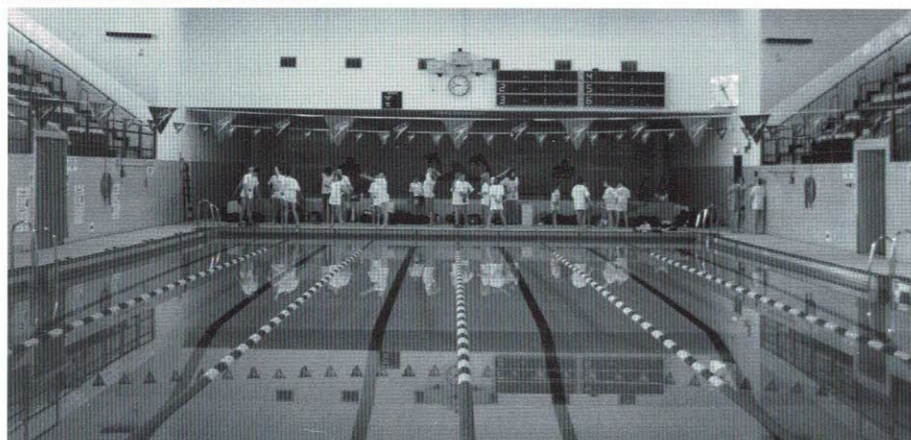
Area 9 Coaches in silhouette at Bellshill >

The behaviour, attitude and commitment of all the swimmers in Area 9a helped to make the three days a resounding success. I would like to thank the lane coaches for giving up their free time and for their help over the three days. Finally, the swimmers were a credit to their clubs and to their coaches.

yours sincerely
 Jim Mooney
 Head Coach Area 9a
 Blantyre ASC, Cumbernauld, East Kilbride,
 Hamilton Baths, Lanark ASC, Larkhall
 Avondale, Motherwell & Wishaw.



< Stretching - and reflecting - at Bellshill - not a coach in sight!



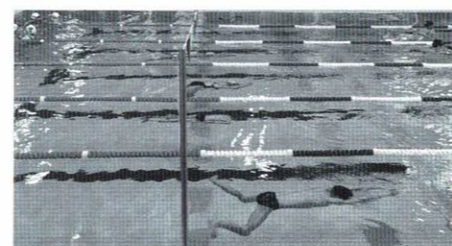
Area 5 Musselburgh - What's next?

PATHWAY TO PERFORMANCE POWERS ON

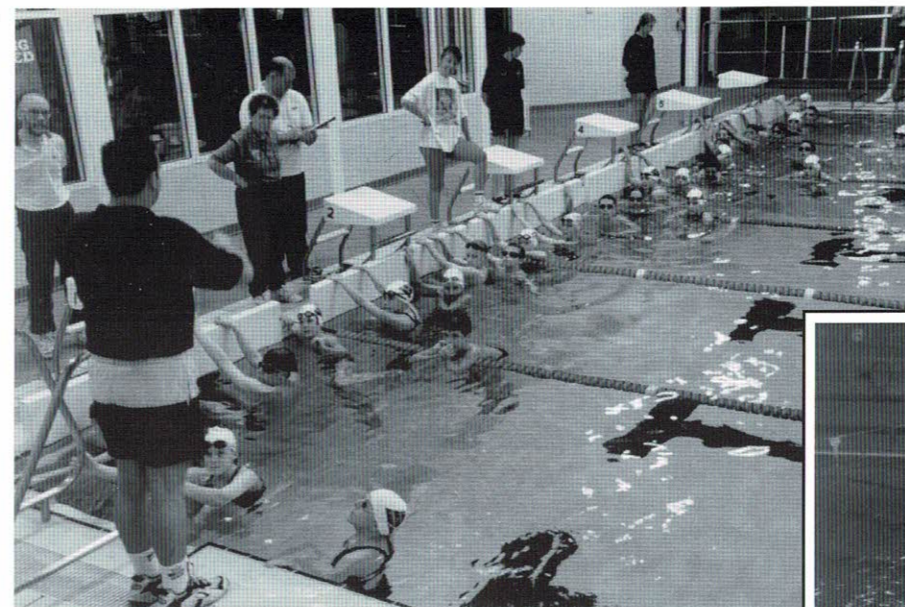
As this year's Pathway to Performance programme comes to a conclusion it is being hailed as a great success. Team Sport Scotland Swimming Co-ordinator Ian McGregor said; "This year's programme has built on the foundations laid last year and has been even better. "We were able to fund the setting up of two additional areas this year which gave us a total of over 350 swimmers in the programme. "In addition to the additional swimmers it allowed us to bring in additional staff and it also gave further opportunities for club coaches to get involved in the programme. "The club

coaches who took part this year are being given certificates as a credit towards the CPD aspect of keeping their qualifications up to date." Two new initiatives were added to the programme this year in the shape of a land training module written by Alan Lynn and the introduction of a fourth education day with long course experience for every area at the National Swimming Centre, Tollcross, Glasgow. On these pages you will see a collection of photographs from several of the areas showing the programme in operation. A date has already been set for the

staff debrief to ensure that the experiences gained and the lessons learned can be incorporated into next years programme ensuring that this highly successful grassroots development programme goes from strength to strength.



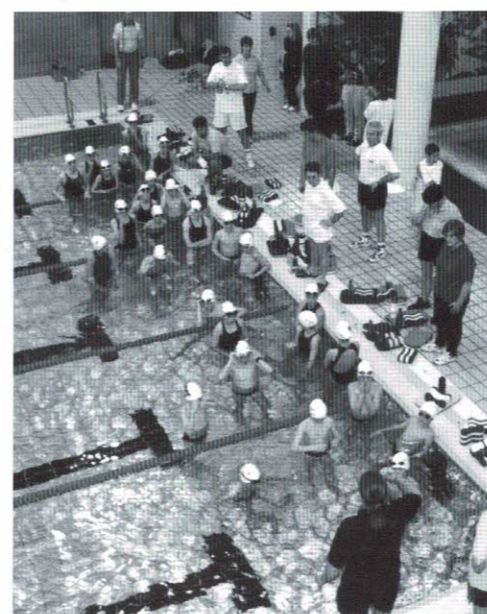
Area 5 Musselburgh in action ☒



< Robert Hammond with Area 5 Musselburgh swimmers

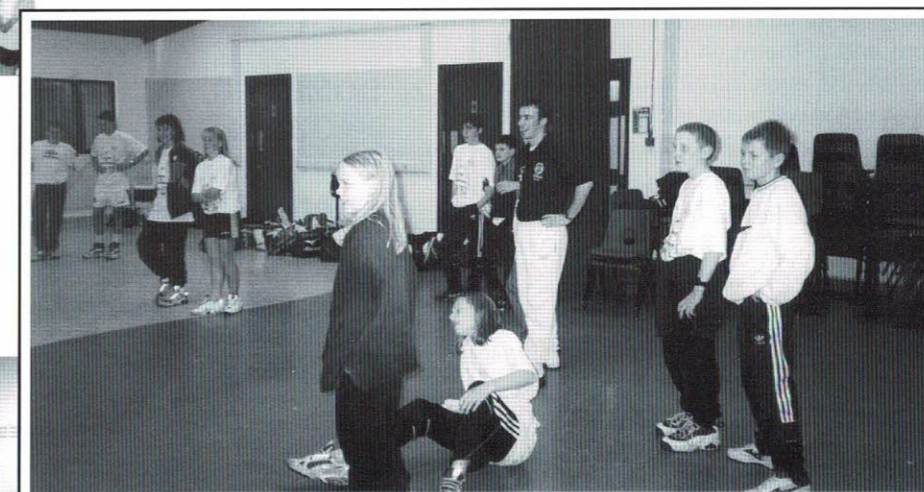


Area 5 Swimmers and coaches at St Margaret's Academy pool, Livingston.



< A pause for instruction at Perth Area 3 - Richard Edwards & Andrew Jackson

Area 5 Edinburgh and West Lothian >



< Jack Dickson (coach) puts the swimmers through their paces!



SCOTTISH MASTERS

NATIONAL CONVENER'S REPORT 1997

In management terms 1997 for Scottish Masters has been a year of consolidation. This was essential in order to ensure that the outcome of the ongoing review, in respect of the Masters Discipline which has been taking place since 1995, would have the result of providing a strong base on which to project a five year Development Plan.

This was deemed necessary in order not only to provide defined objectives and create annual performance targets but also to be an integral element in the drive to obtain a realistic level of funding through grant aid and sponsorship.

Unfortunately due to unforeseen circumstances the Development Plan to date has not materialised.

Taking into consideration the pressure in financial terms that the Swimming Association has to operate under from year to year it is essential that, in order to sustain and develop Masters Swimming in Scotland, additional external funding be obtained. Therefore one of the main priorities in 1998 will be the evolving of a Development Plan which will assist in the pursurance of the additional funding.

2. COMPETITION

2.1 EUROPEAN

The VI European Masters Championships were held in Prague on 3rd to 7th September 1997.

The trend, as experienced at the 1996 World Championships in Sheffield, would indicate that there is a continued increase in Masters Swimming worldwide with this specific event setting new records in participants for a European Championship. The official record shows that there were **9228** Individual Competitors and **658** Relay Teams competing representing **729** Swimming Clubs from **35** Countries.

Thirty two Scottish Swimmers competed at this a major championship for the first time under the banner Caledonia Masters.

From these Scottish Swimmers 45 individual swims were within the 10th place of their respective events. This included **8 Gold, 2 Silver and 3 Bronze**.

In the relays **18** Teams competed under the Caledonia banner with **6** Teams achieving inside 10th place. This included **1 Silver**.

Taking the above facts into consideration it can be noted that Scotland were again well represented at a major Championship in particular when it was held overseas and the individuals were in the main self financed. At this point I would like to take the opportunity to express on behalf of both the Swimmers who competed and the Masters Committee our appreciation of the support given by the Board of Management through the kit allocation obtained from the Speedo Contract. Scottish Masters were for the first time ever the envy of all the participating nations by their immaculate turn out. As can be appreciated this created a tremendous team feeling which ensured that the Championships were successful in more ways than one.

2.2 DOMESTIC PROGRAMME : SCOTTISH CHAMPIONSHIPS

The Scottish National Open Short Course Swimming Championships were held in the Scotstoun Leisure Centre Glasgow on 9th, 10th & 11th May 1997.

It is pleasing to note that since 1994 there has been an increase in the entries received and it is to be hoped that this growth continues. Comparison between 1996 and 1997 is as follows:
1996 915 Individual Swims and 40 Relays from 31 Clubs
1997 1086 Individual Swims and 48 Relays from 45 Clubs

The benefits of utilising for the first time a ten lane pool for this Championship

was clearly reflected in the minimum time taken to complete each Session. It is therefore intended to take advantage of the spare time generated and extend the Programme for the 1998 Championships by incorporating the 200m Back Crawl, 200m Breast-stroke and 200m Butterfly.

The Competition and Social Evening was sponsored by Glasgow City Council to whom the Committee is extremely grateful and as such express our appreciation for their support.

2.3 GLASGOW INTERNATIONAL

The Glasgow International Masters Swim Meet was held at the Scotstoun Leisure Centre on 7th/8th November 1997.

As stated in the past this event continues to grow in stature every year and its International title is truly reflected by the increasing number of overseas competitors attracted to Glasgow.

The statistics show that there were **480** Competitors from **15** countries swimming approximately **2400** individual swims resulting in the following Records:

World - 4
European - 4
British - 5
Scottish - 24

This influx of 'foreign' swimmers and the resultant high standard of competition which is reflected in the results and records broken can only be beneficial to Scottish Masters Swimming in its endeavour to raise national standards.

2.4 LOCALISED SWIM MEETS

With regards to localised Swim Meets it was disappointing that in 1997 the Scottish Masters Calendar lost three Meets 'i.e. Alloa, Inverclyde & Annan. As can be appreciated this severely depleted the opportunities to compete in Scotland. Therefore I am pleased to be able to report that with the Committee's encouragement and

support these three events are reinstated to the 1998 Calendar.

As in the past the Masters Committee is very appreciative of the continuing support of Clubs and Districts in promoting local Swim Meets and providing opportunities for Masters Swimmers to compete in Scotland. These in 1997 were Lomond Masters, and Silver City Blues, Aberdeen.

3. NATIONAL TRAINING PROGRAMME

Based on the success of the previous two years the Masters Committee have agreed to support Scottish Masters Swimmers in 1998 by giving a continued commitment to a National Training Squad as an integral part of an ongoing National Training Programme.

The defined objectives are:

1. To assist swimmers in their preparation for National & International events.
2. Provide the opportunity for like ability to train together.
3. To educate and develop skills which will assist swimmers to achieve their potential.
4. Create a focus to Scottish Masters Swimming.

In order to maximise the available resources and offer a training opportunity to the majority of Scottish Swimmers it is proposed that the National Training Programme will provide for three groups. The selection criteria will be as follows:

- Group 1**
Swimmers achieving times with 5% of National Short Course Records
- Group 2**
Swimmers achieving times with 5%-10%
- Group 3**
Swimmers who have not achieved the above criteria

Training Camps both Long and Short Course have been arranged utilising the City of Glasgow's facilities for which the Committee is extremely grateful for their continued support in terms of both finance and resources.

4. RECORDS

For those interested in statistics the following Scottish Masters National Records were achieved in 1997.

Long Course 36 Short Course 82 Total 118

5. FUTURE EVENTS

5.1 G.B. MASTERS SWIMMING CHAMPIONSHIPS

The GB Masters Committee have decided that the GB Championships should circulate between the constituent members and as such the Championships will be held for the first time in Scotland, as long course event, at the Tollcross Leisure Centre Glasgow on 29th, 30th & 31st May 1998.

The Masters Committee is determined to ensure that Scotland in respect of this event sets the standards in more ways than one. As such in respect of administration a Sub-Committee has been formed to organise the event and at the same time a comprehensive training programme, as indicated above, will be implemented.

5.2 WORLD MASTERS SWIMMING CHAMPIONSHIPS

- will take place in Casablanca in June 1998.

5.3 NIKE WORLD MASTERS GAMES

will take place in Portland Oregon USA in July/August 1998.

With regards to both events the Masters Committee have put together comprehensive travel packages in support of Scottish Swimmers who wish to compete under the banner of Caledonia Masters.

6. ACKNOWLEDGEMENTS

I would like to express on behalf of Scottish Masters Swimming my appreciation for the support given by:

- Glasgow City Council's Park & Recreation Department
- Management and Staff of Scotstoun / Tollcross Leisure Centres, Glasgow
- SASAOfficeStaff

- Janette Paterson and Mark Dickson (Masters Records)
 - Bill Black and Archie Adams (Communications & IT Support)
 - Officials who voluntarily give up their leisure time to ensure that the Masters Swim Meets are a success
- Last and not least my long suffering wife Marion.

Donald Muirhead
National Masters Convener

SCOTTISH NATIONAL MASTERS TRAINING PROGRAMME 1998

GROUP TWO TRAINING CAMPS

Short Course
8/02/98 ; 5/04/98 ; 6/09/98 ; 6/10/98
Scotstoun Leisure Centre
Danes Drive
GLASGOW
014 9H0

COST
£17.00 per Training Camp
(includes provision of mid day meal)

COACHING STAFF
Technical Director/Group One Coach
Drew Gordon

Swimming Coach Group Two
David Bance

Senior ASA Coach
Fitness Consultant
Vickie Speedie

Health & Fitness
Development Officer
City of Glasgow

VISITING LECTURERS
Louise Martin Nutritionist
Tom Lucas
Sports Psychologist

OUTLINE PROGRAMME
2 x 1.5 hours Swim Session
1 x 1 hour Land Conditioning
2 x 1 hour Lectures/Discussions
Normal Swim Kit
Land Conditioning Kit i.e. Shorts, T-Shirt, Trainers etc.

Completed application forms together with cheque made payable to SASA should be forwarded to:

Donald Muirhead
3 Ryan Road
WEMYSS BAY
PA18 6DH
by Saturday 31st January 1998
NB for the first camp only

SCOTTISH MASTERS 1998 CALENDAR OF EVENTS

February 7th

Open 5000m Marathon Swim
Tollcross Glasgow
Scottish ASA
Holmhill Farm
Greenlees Road
Cambuslang
GLASGOW G728DT
Attention: Gillian Ross
0141 641 8818

February 8th

Scottish National Squad
Training Camp - Group 2
Scotstoun Glasgow
Donald Muirhead
01475 520440

February 21st

Alloa Short Course Swim Meet
Alloa
Helen Williams
34 Kingseat Drive
TILlicoultry
01259 751657

March 1st

Scottish National Squad
Training Camp - Group 1
Scotstoun, Glasgow
Donald Muirhead
01475 520440

March 6/7/8th

Welsh Short Course Open
Championships
Swansea
Welsh ASA
Wales Empire Pool
Wood Street
CARDIFF CF1 1PP
01222 342201

March 7th

Silver City Blues Open Swim Meet
Aberdeen
John Smith
30 Silverburn Road,
Bridge of Don,
ABERDEEN AB22 8RW
01224 702446

March 21st/22nd

Scottish National Long Course Training
Camp (Open to all Registered Masters
Swimmers (to be confirmed))
Tollcross, Glasgow
Donald Muirhead
01475 520440

April 5th

Scottish National Squad Training Camp -
Group 2
Scotstoun, Glasgow
Donald Muirhead
01475 520440

April 25th/26th

Leeds Long Course Open Swim Meet
Leeds
Leeds Open Masters Swim Meet
International Pool
Westgate
Leeds LS1 4PI
0113 214 5002

May 1st/2nd/3rd

Scottish Short Course Open National
Championships
Scotstoun, Glasgow
Scottish ASA
Holmhill Farm
Greenlees Road
Cambuslang
GLASGOW G728DT
Attention: Gillian Ross
0141 641 8818

May 16th/17th

Scottish National Long Course Training
Camp (Open to all Registered Masters
Swimmers)
Tollcross, Glasgow
Donald Muirhead
01475 520440

May 29th/30th/31st

Great Britain Masters Long Course
Championships
Tollcross, Glasgow
Scottish ASA
Holmhill Farm
Greenlees Road
Cambuslang
GLASGOW G728DT
Attention: Gillian Ross
0141 641 8818

June 20th - 30th

VII FINA World Masters Swimming
Championships
Casablanca, Morocco
Scottish ASA
Holmhill Farm
Greenlees Road
Cambuslang
GLASGOW G728DT
Attention: Gillian Ross
0141 641 8818

August 10th - 15th

Nike World Masters Games
Portland, Oregon, USA
Scottish ASA
Holmhill Farm
Greenlees Road
Cambuslang
GLASGOW G728DT
Attention: Gillian Ross
0141 641 8818

August 22nd

Lomond Masters Open Swim Meet
Vale of Leven, Alexandria,
Dunbartonshire.
Jim Percy
22 Chapelacre Grove
HELENSBURGH, G84 7SH
01436 674876

August 30th

Scottish National Short Course Training
Camp - Open to Registered Masters
Swimmers excluding National Squad
Members - Groups 1 & 2.

Scotstoun, Glasgow

Donald Muirhead
01475 520440
September 6th
Scottish National Squad
Training Camp - Group 2
Scotstoun Glasgow
Donald Muirhead
01475 520440

September 12th

Inverclyde Masters Open Swim Meet
(to be confirmed)
Donald Muirhead
01475 520440
3 Ryan Road
WEMYSS BAY PA18 6DH

September 20th

Scottish National Squad
Training Camp - Group 1
Scotstoun Glasgow
Donald Muirhead
01475 520440

October 2nd/3rd

Aer Lingus International Masters Swim
Meet
Dublin
Mary Fitzpatrick
501 Griffith Avenue,
DUBLIN 11
00 353 1 836 0691

October 23rd/24th/25th

ASA Masters Open Championships
Sheffield
ASA Harold Fern House, Derby Square,
LOUGHBOROUGH LE11 5AL
Attention: Judy Mott
01509 618 728

November 6th/7th

7th Glasgow International Masters Open
Swim Meet
Scotstoun, Glasgow
Glasgow City Council,
Parks & Recreation Department,
Swimming Development Office
37 High Street, GLASGOW, G1 1LX
0141 287 5947

November 21st

Annan Masters Open Swim Meet
Annan
Sandra Shaw
Sports & Development Officer,
Council Offices,
ANNAN DG12 6AQ
01461 203 311

November 29th

Scottish National Squad
Training Camp - Group 1
Scotstoun, Glasgow
Donald Muirhead
01475 520440

December 6th

Scottish National Squad
Training Camp - Group 2
Scotstoun, Glasgow
Donald Muirhead
01475 520440

1997 SCOTTISH MASTERS TOP TEN BOOK NOW AVAILABLE PRICE £5.00

Send cheque with order to : Scottish
ASA
Holmhill Farm
Greenlees Road
Cambuslang
GLASGOW G728DT
Attention: Gillian Ross

VII EUROPEAN MASTERS SWIMMING CHAMPIONSHIPS AUGUST 25th - 29th 1999 Innsbruck, Austria.

VIII FINA WORLD MASTERS SWIMMING CHAMPIONSHIPS July 27 - August 9th, 2000 Munich, Germany

Details of package deals for the above
championships will be circulated as
soon as they are available.

ADVERTISING OPPORTUNITIES IN SCOTTISH MASTERS PUBLICATIONS

Masters Swimming involves competi-
tors and supporters - over the age of
25 in five year age bands and is based
on the premise of "Fitness, Fun and
Friendship". Participation has dramati-
cally increased in the past few years
both at international and national
level. The current calendar of events
illustrates the point.

During 1998 the following events will
be organised in Scotland at the new
facilities in Glasgow :-

Scottish Masters Short Course Open
National Championships 1 / 2 / 3 May,
Scotstoun Leisure Centre.

Great Britain Masters Long Course
Championships 29 / 30 / 31 May, Na-
tional Swimming Centre, Tollcross
Park.

We are producing five publications, a
programme and results book for the
Scottish Championships and an infor-
mation entry booklet, a programme
and a results book for the Great Brit-
ain event. These will be given to all
participants in each event. The for-
mat for all of these will be A4.

The advertising rates, for an advert to
be inserted in all five publications, are
as follows :

Full Page = £100 + VAT
Half Page = £60 + VAT
Quarter Page = £35 + VAT

The programmes and the GB informa-
tion book will be on gloss paper the
results books on plain paper.

The GB information book will be cir-
culated at the beginning of February
and will be the first of our publications.
For further information about this and
other sponsorship opportunities with
Scottish Masters contact :-

Bill Black
SASA Masters Committee
5 Burnside
Spokers Loan,
Balfron, Stirlingshire,
G63 0QQ
Tel / Fax : 01360 440 740

SUBSCRIBE TO SCOTTISH MASTERS PUBLICATIONS

A new package service is now avail-
able to Masters Swimmers on an
annual subscription basis starting
in 1998.

The package will consist of the fol-
lowing :-

Scottish Masters Top Ten;
Masters Short Course Records;
Masters Long Course Records.
To be issued twice a year in April
and October.

If you wish to take advantage of this
opportunity send a cheque for £10
with your order to : Scottish ASA
Holmhill Farm
Greenlees Road
Cambuslang
GLASGOW G728DT
Attention: Gillian Ross

SCOTTISH MASTERS DATABASE

The Scottish Masters' Database at the
SASA Headquarters is much improved
but it could be better.

Many Masters Swimmers are not
keeping the office informed of changes
in their details, some do not indicate
in their registration form that they are
Masters and are not included in the
database. Only those who register as
Masters and include full details of
name, address (with postcode) and
telephone/fax and email (if you have
it), will benefit with improved
communications and information from
the Masters Committee.

Continued from page 11

programme is still under debate, but
should be resolved by the time your
Questions are now coming in about the
practical side of the Licencing &
Accreditation Regs. and the
associated form. Great, we had not
thought through some of the issues
and it will be a learning experience for
everyone, but the system will improve
with use and debate. The pressure will
be on the District Swim Convenors,
bear with them, they are only human,
well that is what they paid me to say
but the rest of us know the truth.

The participants of the "dry" camps
(Hogmonay on "Irn Bru") to Florida &
Sierra Nevada have not returned at the
time of writing but I am sure that they
will be able to exchange stories of sun-
burn, frostbite and progress to the
Games.

I will sign off now as the World
Championships are coming back on
Eurosport, with our own Drew Gordon
(Youth Team Senior Coach)
commentating. Wouldn't it be nice to
organise outside events like that in
Scotland, or maybe it's good to have
an excuse to go to Australia.

As an aside, before I finish, a thought
for all coaches. You need to become
more professional and competent in
providing information for
commentators at National Swimming
events. I was really impressed with the
quality, quantity and standard of the
information offered, without prompting,
by many of the Clubs from outwith our
national borders, at the Winter Cham-
pionships.

Full A4 sheets of personal information
and performance statistics. Apart from
making the commentators job easier,
it ensures that the information that is
given during a race is accurate and
not what the commentator has "picked
up" recently.

Everyone else seems to be used to
doing it so, coaches in Scotland, get
your pens to paper, write out these
swimmers profiles, submit them to
meet organisers and let's provide them
with the basis for some meaningful
commentaries.

Don't restrict it to National Meets, get
started on the graded ones, I doubt if
anyone will turn away info that can be
used during any meet.
I'll get off my soap box until next is-
sue, happy swimming !!!

John Deans
Scottish Swimming Committee

REFEREE DECISION & DECISIONS BY THE REFEREE

Regretably due to lack of space within the last issue of STO NEWS precluded the printing of the full text and, the solution to Event 407, set in the article on "Referee Decision & Decisions by the Referee".

Following a number of requests from interested technical officials, the remainder of the article is continued to a conclusion in this issue.

Printout from Final of Junior Womens 200m Freestyle L/ Course Event.

BRITISH JUNIOR RECORD 02:03.23

EVENT: 407 FINAL
P 18.43:45.70

L A L
A A L
C N A
E E P

FINAL			
11/04/97			
BACK-UP			
1	5	2	2:03.22
	5	2	2:03.25
2	3	2	2:03.25
	3	2	2:03.32
3	7	2	2:04.77
	7	2	2:04.86
4	1	2	2:05.61
	1	2	2:05.68
5	4	2	2:05.47M
	4	2	2:03.23
6	8	2	- : - : -
	8	2	2:03.58
7	2	2	2:06.41M
	2	2	- : - : -
8	6	1	2:04.59
	6	1	2:04.61

JUDGES BALLOT

JUDGES BALLOT		JUDGES RESULT	
5 - 1 for lane 4		4	
4 - 2 for lane 5		5	
5 - 0 for lane 3		3	
4 - 2 for lane 8		8	
4 - 2 for lane 7		7	
4 - 2 for lane 6		6	
3 - 3 for lane 1 & lane 2		1	
3 - 3 for lane 2 & lane 1		2	

MANUAL TIMES

2 Timekeepers per Lane	
Lane 4	2:03.24
Lane 5	2:03.24
Lane 3	2:03.33
Lane 8	2:03.57
Lane 7	2:04.88
Lane 6	2:04.62
Lane 1	2:05.58
Lane 2	2:05.59

Indicate as N/R any new record/s you, as the Referee, would sanction.

Additional information available to the referee:-

JUDGES BALLOT
JUDGES RESULT
OFFICIAL MANUAL TIMES

Referee finish order is not given since referee would not be directly involved in the judges ballot. He should however, report his finish order to the AOE operator to be used for placing in any dispute.

Included within the printout is such information as might be the case, where each circumstance or, a combination of same, were to occur during a swimming event.

AOE operators will of course tell us we would never get a printout with any of these markings or errors showing - and whilst that may be true - it is also part of the root problem. Many referees apparently, do not fully understand all of the information given in the back-up printout. It is for instance, important for referees to be aware of any personal intervention by the AOE operator.

If the machine fails to start with the starting signal, the OPERATOR can manually start the system. The printout thus obtained from the present OSM6 computer system in use, will clearly identify this on the printout as 'Manual Start'. The resultant primary and back-up times thus obtained however, would not be acceptable. On the other hand, the swimmers' placings being considered automatic, would be acceptable.

Likewise, if the operator realises that a swimmer's touch has not been recorded, he can manually insert his own 'primary time'. This insertion will then be marked with an "M". This 'M' time means absolutely nothing. However, the machine will place the swimmer on the printout by that time. **UNDER NO CIRCUMSTANCES CAN THE REFEREE USE THIS PLACING WHEN DECIDING THE OFFICIAL RESULT.** He must place the swimmer in accordance with the previously shown procedures.

OFFICIAL RESULT:

1st Lane 4 2 2:03.22*

RID SWI:13.3.3.3 Resolved by SW13.3.4.3. Two watches only per lane therefore, FINISH JUDGES MUST DECIDE PLACINGS.

Backup time adjusted to be EQUAL to time of swimmer whose time and place contradicts the official time.

Not equal places. No dead heat is

declared. However, computer (Sykes) will print result as being equal.

No record.

2nd Lane 5 2 2:03.22

AOE time and relative order.
SW 13.3.3.1

3rd Lane 2 2 2:03.25

AOE time, relative order maintained.
SW 13.3.3.1

4th Lane 8 2 2:03.58*

D/R No primary time. Judges placing. Backup time inserted. No contradiction

5th Lane 6 2 2:04.59

D/R Swimmer completed full distance. First intermediate touch by swimmer was not recorded - (number of laps shown being the clue) - machine does not recognise the swim is completed. No suggestion of a disqualification. Correct AOE time recorded - cannot change this time. Placed by comparison of AOE time.
SW 13.3.3.2 Decision of Referee.

6th Lane 7 2 2:04.77

AOE time, relative order maintained.
SW 13.3.3.1

7th Lane 2 2 2:05.59*

D/R No Primary Time. Judges placings are not conclusive. SW 2.1.3. Referee decides placing. No Backup time available. Official manual time - 2:05.59 - is consistent with lane 2 placing. No contradiction.

8th Lane 1 2 2:05.61

AOE time, relative order maintained.
SW 13.3.3.1

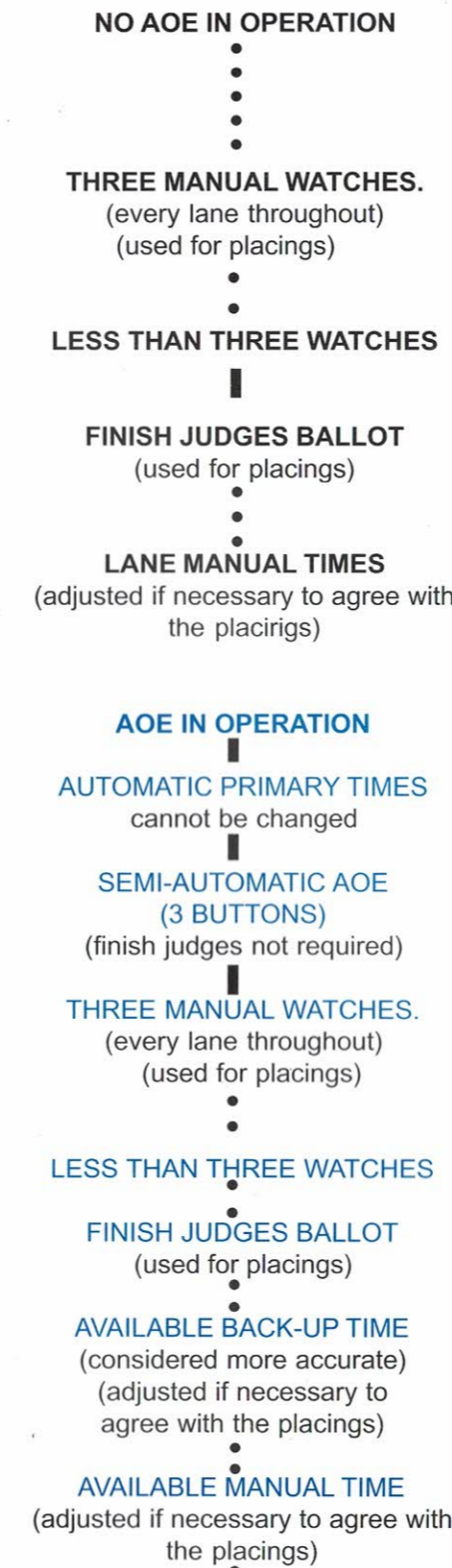
R/D = SW 13.3.4.3. "Referee's decision".

D/R = Decision made by the Referee consistent with the relevant Rules. additional comments:-There are no records declared - viz SW12.8 Only the time of the winner of a race may be submitted for a record.

SW 13.4.2 A "Referee Decision" time cannot be used for a record. It is far more important now, to ensure that all referees' are fully in accord with the relevant rules and, that they insist on always having the correct procedures carried out for each event result.

Peter Syer

OVERALL REFEREE PROCEDURE/ DECISIONS TO ESTABLISH TIMES AND PLACINGS :



The formal rules and procedures are set down in FINA Rules, and from

these principally are:-

SW 2.1.3 Where the finish judge's decision and the times recorded do not agree, the REFEREE shall determine placing.

SW 13 1 When Automatic Officiating Equipment is used in any competition the placing and times so determined and relay take-offs judged by such equipment shall have precedence over the decision of human judges and timers.

SW13.3.3.1 A swimmer with an Automatic Equipment time and place must retain his relative order when compared with other swimmers having an Automatic Equipment time and place within a race.

SW13.3.3.2 A swimmer not having an Automatic Equipment place - but having an Automatic Equipment time - will establish his relative order by comparing his Automatic Equipment time with the Automatic Equipment times of the other swimmers.

SW13.3.3.3 A swimmer having neither an Automatic Equipment place nor an Automatic Equipment time shall establish his relative order by the time recorded by the Semi-Automatic Equipment or by three digital watches.

This however assumes:-

FR4.8 Semi Automatic Equipment may be used as a back-up to the Automatic Officiating Equipment at FINA or other major events, if there are three (3) buttons per lane, each operated by a separate official, in which case other finish judges shall not be required. An Inspector of Turns may operate one of the buttons. The Omega OSM6 system in use at present can accommodate two (2) only back-up buttons. The new Ares 21 system, in use at Glasgow, Tollcross and Inverness, can however, accommodate three.

SW 11.1 In the event that a breakdown of the Automatic Equipment does occur or, it is clearly indicated that there has been a failure of the Equipment, or that a swimmer has failed to activate the Equipment, the decisions of the human judges and recordings of the human timekeepers shall be official.

Where AOE is in use, it is always for the referee to decide whether the equipment has operated correctly

(You may need the help of the operator in this but, none the less, the ultimate decision is with the referee.)

In case of a breakdown of the AOE Equipment therefore, it is always more important to ensure there are three (3) timekeepers working on every lane throughout each competitive session. The official manual times recorded for each lane would, in these circumstances, provide the official finish order for the event.

The back-up time operated by one timekeeper must not be used to place a swimmer, and likewise, where there are not three timekeepers on each lane, throughout the session / competition, the lane manual times are not used to place swimmers.

In either of these circumstances, the finish judges only would place the swimmers by ballot, and technically, the Chief Finish Judge has no vote in such a ballot.

SW 1.2 Where Automatic Officiating Equipment is no available, such equipment must be replaced by chief timekeeper, three (3) timekeepers per lane and two additional timekeepers.

SW13.3.4.3 When using finish judges without three digital watches, if the human time contradicts the official placing, the official time shall be EQUAL to the official time of those swimmers whose time and place contradicts the human time or Semi-Automatic Equipment.

This time to be marked "Referee's decision".

In accordance with SW 12.7 a time obtained this way cannot be accepted as a record.

ScotSwim DIRECT

0141-641 8818

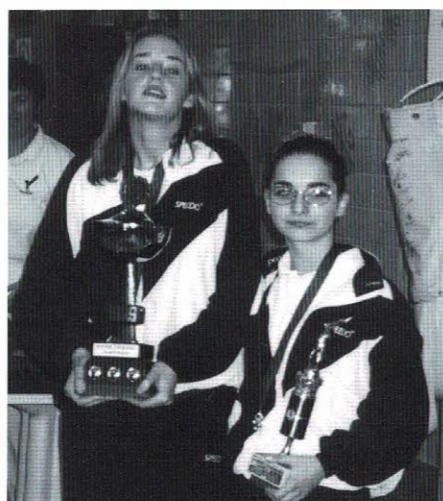
NAIN SYNCHRONISED SWIMMING CLUB

SCOTTISH NATIONAL SYNCHRONISED SWIMMING CHAMPIONS 1997



National Solo Champion
Pauline McFadyen

Photos : Win McFadyen



Junior National Solo Champion
Catriona Munro with Pauline
McFadyen National Senior
Champion



Junior National Duet Champions
Emily Dunbar and Michelle MacBean

< Team Members :
Michelle MacBean, Emily Dunbar,
Katey McPherson, Julie MacKintosh,
Cheryl MacKintosh Catriona Munro
and Pauline McFadyen

ADVERTISE IN SWIMMING 2000

WHY NOT ADVERTISE YOUR CLUB MEET OR VACANCIES FOR STAFF - VOLUNTARY OR PAID?

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SWIMMING 2000 IS DISTRIBUTED TO ALL CLUBS, TECHNICAL OFFICIALS, TECHNICAL COMMITTEES, LOCAL AUTHORITIES, SCOTTISH SPORTS COUNCIL AND INTERESTED INDIVIDUALS

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MIDLAND DISTRICT PREMIER LEAGUE 1997 WINNERS & 3RD DIVISION SECTION WINNERS

The Nig Trophy and also individual trophies were presented at the Age Group Championships to the winners of the Premier League 1997 team members.

girls 10 years & under
Mairi Stewart, Lyndsey Meacher
Rachael Adams, June-Frances Potts.
boys 10 years & under
Simon Adams, Rhys Tapley, Michael
Woodburn, John Roberts.
girls 11/12 years
Elaine Fitzsimmons, Michelle Anderson
Carolyn Crawford, Louise Morrison,
Debbie Roberts.
boys 11/12 years
Eric Potts, Richard Paton, Graeme O'Brien
Dean Cargill, Christopher Cargill, Fraser
Balharry.
girls 13/14 years
Jennifer Heap, Claire Cowper, Laura
Stewart, Lesley Smith.
girls 15 years & over
Claire Geddes, Juliette Botterill, Linda
Oliphant, Lisa Wujec, Laurie Caird.

THE 1997 3RD DIVISION SECTION WINNERS

girls 9 years & under
Laura Quinn 13.12.88, Laura Quinn
3.8.88, Fiona Hill, Carly Stubbs, Laura
McDonald.

Boys 13/14 years
Colin McNicoll, Allan Fitzsimmons, Iain
Jarret, Drew Clement
boys 15 years & over
Ross McInroy, Kirk McInroy, Kevin Bates,
Fraser Millar, Neil Bancroft
boys 9 years & under
Matthew Gove, Steven Watson, Andrew
Black, Ross Watson, Lee Smart

Any swimmer not present at the
Championships can collect their award
from Lesley Smith.

New Amateur Swimming Association Assistant Teachers

Scott Flaxton, Ross McInroy, Jamie
Watson and Claire Geddes have all
qualified after completing the course for
the A.S.A. Assistant Teacher Certificate for
Swimming.

Kathy Geddes

St Thomas ASC Press Officer
Tel: 01241 890 228 ext. 213



< Left to Right : Ross McInroy,
Juliette Botterill, Swimmer of the Year 1997,
Claire Geddes
Photo : Stewart Davidson

St THOMAS AMATEUR SWIMMING CLUB

Over 100 swimmers competed in the finals of St Thomas ASC Centenary Year Age Group Championships, sponsored by the Bank of Scotland and held at Arbroath Sports Centre on Saturday, November 29 before an audience of enthusiastic and appreciative spectators. Brian Milne, Depute Provost of Angus Council presented the Ago Group Trophies and medals. Referee for the Centenary Year Age Group Championship gala was St Thomas Amateur Swimming Club President Eddie Wilmott. Vice-President Gordon Pyper was Starter and Midland District President Stewart Davidson acted as Commentator. New Age Group Championships Records were recorded by Lyndsey Meacher, 10 years 100 metres breaststroke 42.29 and Claire Geddes, 14 years & over 100 metres breaststroke 1.19.03

RESULTS

Girls 8 years & under - Arbroath Fishermens' Association Trophy
Erin Ritchie Gold
Katie-Louise Potts Silver
Claire Kubicki Bronze
Boys 8 years & under - Angus Decorating Company Limited Trophy
Gordon McDonald Gold
Ross Watson Silver
Mark Dryden Bronze
Girls 9 years - Walker's Service Station Trophy
Kimberly Richards Gold
Laura McDonald Silver
Laura Quinn (13.12.88) Bronze
Boys 9 years - R. R. Spink & Sons Trophy
Steven Watson Gold
John Roberts Silver
Andrew Black Bronze
Girls 10 years - The Card Shop Trophy
Lyndsey Meacher Gold
Mairi Stewart Silver
Rachael Adams Bronze
Boys 10 years - Henry Smith Memorial Cup
Michael Woodburn Gold
Simon Adams & Rhys Tapley Silver
Girls 11 years - Watson Precision Engineering Trophy
Elaine Fitzsimmons Gold
Carolyn Crawford Silver
Siobhan Ritchie Bronze

Boys 11 years - A. K. Adamson Ltd.
Trophy
Richard Paton Gold
Graeme O'Brien Silver
Christopher Cargill Bronze
Girls 12 years - W. R. Dakers Memorial Trophy
Michelle Anderson Gold
Emily Mexander Silver
Jennifer Smith Bronze
Boys 12 years - Gerrard Bros.
Trophy
Eric Potts Gold
Dean Cargill Silver
Marc Russell Bronze
Girls 13 years - John P. McFarlane Trophy
Claire Cowper & Lesley Smith Gold
Linzi Carnegie Bronze
Boys 13 years - John P. McFarlane Trophy
Colin McNicoll Gold
Iain Jarret Silver
Girls 14 years & over - D. T. Wilson Rosebowl
Claire Geddes Gold
Linda Oliphant Silver
Aileen McNicoll Bronze
Boys 14 years & over - Edward Dorward Cup
Ross McInroy Gold
Fraser Millar Silver
Craig Watson Bronze

SPECIAL AWARDS

Presentations to the Youngest swimmers participating in the Finals -
Rowan Duncan & Craig Ramsay - both 6 years old - St Thomas swim wear

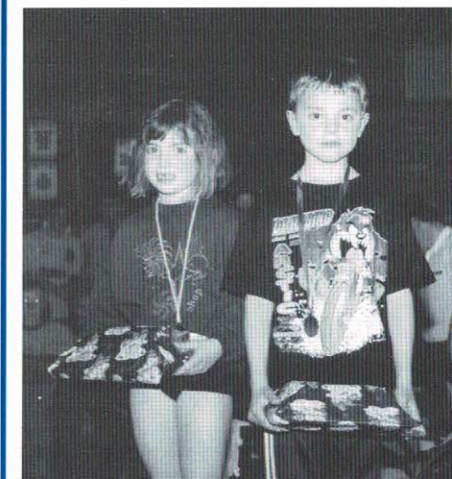
ST THOMAS ASC AGE GROUP CHAMPIONSHIPS 1997 TROPHY WINNERS

(Photograph courtesy of Kathy Geddes)
Left to Right
BACK:- Michael McGurk, Lesley Smith, Claire Cowper, Laura Stewart, Iain Jarret, Colin McNicoll
CENTRE:- Lee Smart, Gordon McDonald, Steven Watson, Michael Woodburn, Councillor Brian Milne Depute Provost of Angus Council, Simon Adams, Eric Potts, Lyndsey Meacher
FRONT :- Ross McInroy, Juliette Botterill, Elaine Fitzsimmons, Erin Ritchie, Richard Paton, Kimberly Richards, Claire Geddes



Most Improved Swimmer presented by the Parents' Committee -
girl - Lyndsey Meacher
boys - Simon Adams & Michael Woodburn
Squad Swimmer of the Year presented by P.H. Plumbing and selected from Racing Squads 1, 2 and 3 and Competitive Squads 2 and 3 -
girl - Michelle Anderson
boy - Iain Jarret
Squad Swimmer of the Year presented by the Parents' Committee and selected from Competitive 1 and Development Squads 1 and 2 -
girl - Laura Stewart
boy - Michael McGurk
Swimmer of the Year - Grace Kinnear
Trophy -
Juliette Botterill

Rowan Duncan and Craig Ramsay both six years old youngest competitors
Photo : Stewart Davidson





SCOTTISH AMATEUR SWIMMING ASSOCIATION

The Scottish Water Polo Committee are inviting applications for the posts of:

Coach, Scottish Senior team, Assistant Coaches, Scottish Senior and Junior teams and Team Managers, Scottish Senior and Junior teams for 1998.

Please note that the positions will be reviewed at the end of the year.

Please apply in writing enclosing a current C.V. to the following address by **31 January 1998.**

**Mr R. Elder
160 Broughty Ferry Road
Dundee
DD4 6JJ**

**Tel: 01382 455767 (home)
Tel: 01382 452525 (work)**

Please do not hesitate to contact Ross Elder with any questions you may have before applying.

SCOTTISH WATER POLO 1997

A year of ups and downs is the best way to describe 1997. The successes ranged from personal to international achievement and seemed to be equalled by the number of pitfalls.

HOME NATIONS

The year started on an up in March with the Scottish junior males team beating England for the first time in history to tie the Junior home Nations tournament, but this was quickly levelled by the first disappointment. The abandonment of the Home Nations due to England's withdrawal. A mixed weekend indeed with the Senior males team finishing third, after a successful training camp in Holland at the beginning of the month.

NATIONAL INTERMEDIATE SQUAD

A much needed step was taken to reintroduce a National Intermediate squad, to provide a path from junior to senior level. This will hopefully maintain the interest of the players and put an end to losing players in this age group. The squad was given its first outing at Tollcross for the Willie Mellors quadrangular and proved themselves by coming a very creditable third, missing out on second place by only one goal. A word now on the facilities which we have had the pleasure of using at Tollcross - **EXCELLENT**. There were admittedly operational problems at the start but with the cooperation and understanding of Mr. George Steele and the staff it was nothing that could not be overcome. All that remains now is for the administration and co-ordination problems within SASA to be ironed out for Tollcross to hold true centre of excellence for most aquatic sports status.

NATIONAL SWIMMING CENTRE, TOLLCROSS PARK

With this facility Scotland can now look to host recognised international events, and this was put to the test in May when three tournaments were run simultaneously. The Senior males emerging victorious; over Poland and Denmark, during which the intermediate squad provided an exciting 9-9 tie with Denmark. The Scottish Ladies and Junior males teams played Ireland. The Ladies losing all three games, the Juniors losing two winning one. The Ladies (and their coach) were generally satisfied at the results

of the weekend 7-8, 4-5, and 7-9, this being a very necessary rebuilding period. They had previously played in the ASA National Feeder leagues with considerable success, only an administration problem halting their progress. The Scottish Junior results 8-9, 10-6, 5-7, were on the whole disappointing and inconsistent. To a degree this could be blamed upon the lack of true match experience at club level, but ultimately it reflects the problems the players face outside of National weekend camps.

"AMATEUR"

What the weekend's tournaments did highlight (in a most embarrassing and public display) was the 'amateur' way in which we in this country treat these events. The organisation and co-ordination of the whole weekend was at best "shambolic" and it was only through the good nature of those involved on the days that it was brought to a satisfactory conclusion. If we have any hope of improving and promoting Water Polo in Scotland we must prove it is a sport worth participating in, and carry forward the lessons we have learned.

EIGHT NATIONS

Back on confident form the Senior males team travelled to Cardiff for the Eight Nations, the last International Water Polo tournament to be played at the magnificent Empire Pool before it shuts down its pumps for good. A good tournament where the team was left a little disappointed to only finish in second place, losing to the "auld enemy" by one goal in the deciding match. It was also at the conclusion of this tournament that the Senior male teams management resigned, feeling unable to commit themselves fully to an impending four year programme heading for the Commonwealth Games in Manchester. For their hard work on behalf of the team and the association we thank Hugh and Howie and wish them and their families all the best for the future.

SUCCESS IN HOLLAND

The next international event was a trip to Leiden, Holland for both the Ladies and Junior mens teams to compete in a friendly tournament. The Ladies team, still in their transition period, worked themselves to second place whilst gaining valuable experience and knowledge of the commitment required to progress at a higher level. The Junior males went one better to finish their second cycle on tournament winning form. Both of these events providing a reference base for the final cycle which culminates in another tourna-

ment against the Irish at the Royal Commonwealth Pool from 21-23 November.

INTERNATIONAL REPRESENTATIVES

Still on an international theme Ross Elder has had the pleasure in refereeing four tournaments throughout Europe this year and Brian Littlejohn now joins him on the International Referees list. Brian passed his exam and referees clinic in Poland in July and has refereed the first round Group C of the European Champions Cup in Holland. Junior Ladies goalkeeper Lynne Baird was picked for the Great Britain squad and was in the team for a tournament in the Czech Republic.

CONFUSION IN GREAT BRITAIN

Confusion remains regarding the future of Great Britain's male teams and once again begs the question, "Do the people who are running (or is that ruining) our sport really have any idea of what is going on?"

DOMESTIC

On a domestic front only the Phase 2 of the National league remains to be played. The Males Scottish Cup being retained by Portobello in a 14-9 victory over old rivals Dunfermline. The Malta Trophy (U21 males) and Willie Mellors (U17 males) are Midland bound, with the newly formed Tayseals Composite teams beating Dunfermline 10-6 and Portobello 8-7 respectively in two action packed thrillers at Tollcross. The title of the most exciting final however goes to the Ladies with Tayseals scraping an 8-7 victory over Hamilton at Olympia, Dundee. The atmosphere and crowd at this game proved that Ladies Water Polo is again gaining momentum in Scotland.

The East District won both Male Inter District tournaments, their Juniors showing the Seniors how to do it by easily disposing of the contenders, the Seniors struggling to a one goal victory over the Midland. District competitions have this year proved disappointing, but the Midland District and Clubs must be congratulated on their initiative to host and organise many and varied events which have kept things ticking over in an otherwise calendar shuffling year. This problem is being tackled and a comprehensive calendar for 1998 already compiled, which was set and confirmed at the clubs AGM of 7th December, 1997.

Ross Elder
Water Polo Convener

THE MASK



We caught up with Eddie Wright of Wrightsport at the Winter Nationals where he was displaying Speedo's new face mask.

On enquiring about the mask Eddie said; "A bargain at only £40, how many do you want?"

Next question - what happens if the hat tears and the goggles are still fine? Eddie retorts; "No problem Speedo have plenty in stock!"

CLASSIFIEDS

Unfortunately there has been no space for classified adverts this issue.

Material for the next issue should be in our hands by 1st March 1998

2nd Congress and 99th Annual General Meeting

SASA AGM will be held at the **HOWDEN PARK CENTRE, Livingston on Saturday 28 February**. There is a lack of eating places in the vicinity and the East District organisers are providing a cold buffet lunch at a cost of £4.50 - if booked and paid for in advance.

WARRENDER BATHS CLUB

110th ANNIVERSARY OPEN SPRINT MEET and INVITATIONAL 5-A-SIDE WATER POLO CONTEST

(Under SASA Laws)

** This information refers to the Open Sprint Meet only and not the Invitational Water Polo Contest **

Saturday 28th March 1998

Carnegie Leisure Centre, Dunfermline

6 lane 25 metre; full electronic timing with 6 lane display scoreboard; anti-wave lane ropes. spectator area; cafeteria; swim shop.

	Girls warm-up	Boys warm-up	Start	Finish
1	08:30 - 08:55	08:55 - 09:20	09:30	12.00
2	12:30 - 12:55	12:55 - 13:20	13:30	16.00
3	16:30 - 16:55	16:55 - 17:20	17:30	20.00

Ages: As at 31st December 1998

Age Groups: 10 and under, 11/12, 13/14, 15 and over

Events: 50m all strokes plus Open 100m I.M. (Heats and Finals)
8 x 50m Mixed Freestyle Squadron Relay

Entry Fees: £2 per individual event
£5 per relay team

Coaches Pass:
Day Pass: £10 - covers: programme, results sheets, 2 meals
Session Pass: £2 per session covers: programme, result sheet

Awards: Top Club, Top Coach, Top Girl /Boy in each age group
Individual events - medals to 1-2-3, flashes to 4-5 -6
Relay - gold medals to winning team

Officials: Any Swimming Technical Officials travelling with clubs should make themselves available for assistance on the day.

Closing Date for entries:
Midnight Wednesday 18th February 1998