

S C O T T I S H *swimming*  
everyone can swim!

SPEEDO SCOTTISH NATIONAL

SHORT COURSE OPEN

SWIMMING CHAMPIONSHIPS

2007

TOLLCROSS PARK LEISURE CENTRE

GLASGOW

12 – 14 JANUARY 2007

## Event Regulations

Entry and Entries to all events is expressly subject to each and all of these regulations and may, where appropriate, also require compliance with the facility provider's regulations:

- Permission for any person to enter or to remain within the venue notwithstanding possession of any ticket by that person is at the absolute discretion of the stewards and officers of SASA Ltd and/or any police officer.
- No guarantee can be given by SASA Ltd that the event will take place at a particular time or any particular date and SASA Ltd reserves the right to reschedule the event without notice and without any liability for so doing.
- In the event of postponement, cancellation or abandonment of the event, refunds if any, will be made at the absolute discretion of SASA Ltd. SASA Ltd will have no legal liability to make a refund or to pay any form of consequential or indirect damage such as loss of enjoyment, travel and accommodation costs.
- The following are articles, which must not be brought within the venue (glasses, fireworks, smoke canisters, air horns, flares, glass bottles, weapons of any sort). Any person in possession of such items will be refused entry at the absolute discretion of any steward or officer of SASA Ltd and/or police officer.
- No object may be thrown by spectators within the venue.
- No foul or abusive language or other offensive words such as racial or sexual abuse may be used within venues.
- No alcohol may be consumed within events except in those areas specifically designated for such purposes and in accordance with any terms displayed in those areas.
- No person may for commercial purposes take photographs or use any video recording equipment inside events without the express written permission of SASA Ltd. The taking of photographs or use of video equipment for non-commercial purposes is permitted subject to compliance with SASA Ltd Guidelines with regard to video recording and zoom photography.
- No articles, periodicals, publications, flyers or goods of any nature may be offered either free or for sale by any persons save only SASA Ltd within events without the express written permission of SASA Ltd.
- Any person entering events must at all times comply with any and all instructions of any steward or officer of SASA Ltd and/or police officer. Failure to comply within a reasonable time with any such instruction will lead to the person being invited to leave.
- No tickets may be offered for resale within events. Any such tickets offered for sale may be confiscated by any steward or officer of SASA Ltd or any police officer.
- SASA Ltd reserves absolutely the right to eject from events any person failing to comply with each and all of the Event Regulations.

## Scottish Swimming

# Speedo National Short Course Open Championships 2007

## GENERAL INFORMATION

### ELIGIBILITY TO COMPETE

1. Competitors must be amateurs as defined by FINA and be registered with their home Association/Federation.
2. To compete for a Scottish Club or Team at National Open Championships, competitors must be registered with the Scottish Amateur Swimming Association and must have paid their current registration fee.
3. Age Group events are defined as age on the last day of competition (14<sup>th</sup> January 2007).
4. Scottish swimmers changing clubs in 2007 and committed to the first club shall swim unattached for the remainder of the set period. A swimmer entering any Scottish Championships as 'unattached' cannot compete for any club in relay events.

### DRUG TESTING

Please note that drug testing may be in operation at any Scottish event. All swimmers not registered with the Scottish Amateur Swimming Association or the Amateur Swimming Association/Welsh Amateur Swimming Association will be required to sign an agreement to undergo tests as required in accordance with FINA Law. N.B. The Home Country or the ASA/WASA swimmers will have signed an agreement when submitting their registration fee.

***All Scottish Amateur Swimming Association Swimming Committee Members, Staff etc should be aware that their registration card will gain them free admission to all Scottish Swimming Championships to include a programme, results and meals.***

### TV COVERAGE

Heats and finals will be swum as 10 lane events (please note however in the event of securing broadcasting, finals will be moved to 8 lanes).

**SPEEDO SCOTTISH NATIONAL SHORT COURSE OPEN CHAMPIONSHIPS 2007**  
(Under FINA/SASA Laws)

DATES: Friday 12, Saturday 13 and Sunday 14 January 2007  
VENUE: Tollcross Park Leisure Centre, Glasgow  
POOL: 10 Lane, 25 metre pool with full Electronic Timing  
Separate 25 metre warm up/swim down facility  
MEET PROMOTERS: Scottish National Swimming Committee

**SESSION TIMES:**

|                            |           |        |          |       |
|----------------------------|-----------|--------|----------|-------|
| <b>Friday 12 January</b>   | Session 1 | Heats  | Warm Up: | 07.30 |
|                            |           |        | Start:   | 08.45 |
|                            | Session 2 | Heats  | Warm Up: | 12.15 |
|                            |           |        | Start:   | 13.15 |
|                            | Session 3 | Finals | Warm Up: | 16.30 |
|                            |           |        | Start:   | 17.30 |
| <b>Saturday 13 January</b> | Session 4 | Heats  | Warm Up: | 07.30 |
|                            |           |        | Start:   | 08.45 |
|                            | Session 5 | Heats  | Warm Up: | 12.15 |
|                            |           |        | Start:   | 13.15 |
|                            | Session 6 | Finals | Warm Up: | 16.30 |
|                            |           |        | Start:   | 17.30 |
| <b>Sunday 14 January</b>   | Session 7 | Heats  | Warm Up: | 07.30 |
|                            |           |        | Start:   | 08.45 |
|                            | Session 8 | Heats  | Warm Up: | 12.15 |
|                            |           |        | Start:   | 13.15 |
|                            | Session 9 | Finals | Warm Up: | 16.30 |
|                            |           |        | Start:   | 17.30 |

**NB. Session times may be adjusted when all entries have been processed. Any new session times will be notified with confirmation of acceptances.**

### ENTRY TIMES:

Competitors must enter times achieved in accredited competitions held in the 12 months prior to the event closing date (since 12<sup>th</sup> December 2005) and either be 25 metre pool times or conversions to 25 metre pool times. Official Conversion Tables must be used.

**Random checks on entry times will be carried out prior to and during the event. Any swimmer submitting an unaccredited entry time will automatically be withdrawn from all entered events and will forfeit all entry fees.**

The organisers reserve the right to restrict entries to ensure a good standard of competition.

### ENTRY FEES:

Individual Events:       £7.00                      Relays:       £14.00

All cheques/postal orders should be made payable to 'Scottish Amateur Swimming Association Ltd'. **No entries will be accepted without the correct fee or with the Entry Files incorrectly completed.**

### COMPUTER ENTRIES:

The competition will be computerised. Cards will not be used.

Entries will be by computer files, which are obtainable from the Meet Entry Secretary (see below). Requests for the meet entry file should be made **at least two weeks in advance** of the closing date for entries. Only official files are acceptable.

Closing date for receipt of entries is **2 pm on Tuesday 12<sup>th</sup> December 2006**. The organisers reserve the right to restrict entries. The entries file together with entry fees and summary sheet, should be sent to:

John Bruce (Meet Entry Secretary)  
50 Station Road  
Roslin  
Midlothian EH25 9LR.

Tel:   0131 440 1752

Email: [jbruce2160@aol.com](mailto:jbruce2160@aol.com)

### ACCREDITATION:

Within Tollcross Park Leisure Centre, coaches and team support staff must wear their accreditation pass and have it visible at all times.

### WITHDRAWALS:

#### **Heats:**

Any withdrawals (inc reserves) or amendments prior to the first day of the Championships should be notified to the Entries/Withdrawals Secretary initially by telephone and confirmed in writing. However, any withdrawals for sessions 1 & 2 must be notified no later than noon on Thursday 11<sup>th</sup> January 2007. Withdrawals for subsequent heats sessions not previously notified must be lodged at the Recorders Desk no later than the end of the afternoon session on the day prior to the event. Swimmers failing to comply with the above (except in the case of a genuine illness or proven emergency), will be liable to a £10 fine for each inappropriate withdrawal.

## **Finals:**

Should you wish to withdraw from a Final you must inform the Recorders IN WRITING ON THE APPROPRIATE FORM within 30 minutes of Finalists Lists having been published or announced. Swimmers who fail to appear for finals will be fined and may be subject to further disciplinary action. A maximum of two reserves will be nominated for finals.

Any competitor withdrawing from a final in such a manner as to prevent a reserve taking part (except in the case of a genuine illness or proven emergency) shall be suspended immediately from all further events at the Championship. Where a reserve is brought in at short notice, the reserve shall occupy the vacant lane - there will be no re-seeding.

**Please note any late withdrawals on medical grounds should be discussed with the Meet Director prior to submission to the Recorders.**

Please note in the event of securing broadcasting, finals will be moved to 8 lanes.

## **TEAM ENTRIES:**

For this meet clubs may enter two (2) Male & Female teams per age group. Team Line forms will be issued with notification of acceptances. These should be completed in swimming order and handed to the Recorder with swimmers' names and current registration numbers 1 hour prior to the start of the appropriate session. No changes to swim order or swimmers shall be permitted except in the event of medical emergency after the start of the appropriate session.

**Please submit estimated times for the purposes of seeding only.**

## **COACHES PASSES:**

Clubs will receive complimentary passes which allows them, on presentation, poolside access, start and result sheets on the basis of one pass per 10 swimmers and multiples thereof for any one day. A maximum of five (5) passes will be issued.

In addition you can order the following:

- a) £ 6.00 - Coaches Pass per day (poolside access, start and result sheets)
- b) £16.50 - Coaches Pass per day (meals only)

Please complete the enclosed Coaches Pass Form and return with entry.

## **AWARDS:**

- a) Scottish Open Champion 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>
- b) Scottish National Champion\* 1<sup>st</sup> (provided the individual is not also the Open Champion)
- c) Scottish Junior Champion\* 1<sup>st</sup> (aged under 17 as at 31<sup>st</sup> December 2007)

\*Scottish National Champion and Scottish Junior Champion must be a registered member of Scottish Swimming.

In addition, the following Trophies will be awarded:

- a) **Alistair Sankey Memorial Trophy**  
Best combined performance in the senior men's 100m and 200m Butterfly Championships using FINA points.  
Restricted to swimmers based in Scotland or eligible to swim for Scotland.
- b) **Paisley 500**  
Best overall performance by a male or female as determined by Swimming Committee.
- c) **Citrus Trophies**  
Best performance by a junior male and female as determined by Swimming Committee.
- d) **Aberdeen 2000**  
Best single performance for male and female as determined by Swimming Committee.
- e) **Best Club**  
Calculated using Hy-Tek standard points.

## AGE GROUP AWARDS

Medals will be presented to 1<sup>st</sup> , 2<sup>nd</sup> and 3<sup>rd</sup> placed swimmers.

## PRESENTATIONS:

Swimmers must report to the Presentation Marshall immediately upon completing their race and picking up their dry clothes from the holding area. Appropriate clothing must be worn for the presentations. It is the responsibility of the Coach/Team Manager to ensure that medallists or a depute be available for presentation as per the presentation schedule, a copy of which will be included in your club envelope and posted around the pool.

**Failure of a swimmer or depute to attend the appropriate presentation will result in the swimmer forfeiting his/her medal.**

## PROGRAMME OF EVENTS:

Full Olympic Programme plus 50m events in breaststroke, backstroke, butterfly and 100m individual medley.

## PLEASE NOTE

- All 50, 100, 200 & 400 Events are heats and finals.
- 800 & 1500 Events are Heat Declared Winner.
- For the heats **"OVER THE TOP STARTS"** will be used where appropriate.
- Heats and finals will be swum as 10 lane events (please note however in the event of securing broadcasting, finals will be moved to 8 lanes).

## Age Group Events

### Girls 14/under

800 Free: 400 Free: 400 Individual Medley: 100 Individual Medley

### Boys 15/under

1500 Free: 400 Free: 400 Individual Medley: 100 Individual Medley

Please note entry fees will not be refunded for any times submitted outwith the consideration time.

The organisers reserve the right to restrict entries and alter session times in order to ensure a good standard of Championships.

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12 – 14 JANUARY 2007

TOLLCROSS PARK LEISURE CENTRE, GLASGOW

## COACHES MEAL FORM

Club: .....

I require meal tickets for the following days:

|                          | <u>Name</u> | <u>Name</u> | <u>Name</u> | <u>Name</u> |
|--------------------------|-------------|-------------|-------------|-------------|
| 12 <sup>th</sup> January | .....       | .....       | .....       | .....       |
| 13 <sup>th</sup> January | .....       | .....       | .....       | .....       |
| 14 <sup>th</sup> January | .....       | .....       | .....       | .....       |

Please indicate with a (V) if vegetarian meals are required.

**ANY CLUB NOT RETURNING THIS FORM WILL NOT BE ENTITLED TO MEALS.**

Forms to be returned to: John Bruce  
Meet Entry Secretary  
50 Station Road  
Roslin  
Midlothian EH25 9LR.  
  
Tel: 0131 440 1752  
email: [jbruce2160@aol.com](mailto:jbruce2160@aol.com)

**TO BE RETURNED BY 2pm TUESDAY 12<sup>th</sup> DECEMBER 2006**

# SPEEDO SCOTTISH NATIONAL SHORT COURSE OPEN CHAMPIONSHIPS 2007

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## SUMMARY SHEET

**\* This form must be completed and returned with  
the entry file and individual entry forms\***

Club: .....

Contact Name: .....

Address: .....

.....

Post Code: ..... Tel No. ....

e-mail address: .....

(important for urgent distribution of information and updates pertaining to the meet)

Total Male Entries @ £ 7.00 ..... £.....

Total Female Entries @ £ 7.00 ..... £.....

Total Relay Entries @ £14.00 ..... £.....

Total for Coaches Pass (full details overleaf) £ .....

Total cheque enclosed £ \_\_\_\_\_

Make cheques payable to 'Scottish Amateur Swimming Association Ltd'

Form to be returned to: John Bruce (Meet Entry Secretary)  
50 Station Road  
Roslin  
Midlothian EH25 9LR  
Tel: 0131 440 1752  
email: jbruce2160@aol.com

**TO BE RETURNED BY 2pm TUESDAY 12<sup>th</sup> DECEMBER 2006**



# SPEEDO SCOTTISH NATIONAL SHORT COURSE OPEN CHAMPIONSHIPS 2007

12 – 14 JANUARY 2007

TOLLCROSS PARK LEISURE CENTRE, GLASGOW

## Entry File Request Form

|                      |          |
|----------------------|----------|
| Club Name:           |          |
| Club Contact's Name: |          |
| Address:             |          |
| Post Code:           | Tel No.: |
| E Mail:              |          |

Files will be produced using the Hy-Tek Meet Management System and will be sent along with instructions by email. Hy-Tek's Team Manager or Team Manager Lite is needed in order to complete the entries. Team Manager Lite can be downloaded free of charge by going on line to [www.hy-tek ltd.com](http://www.hy-tek ltd.com)

Applications to:                      John Bruce (Meet Entry Secretary)  
   50 Station Road  
   Roslin  
   Midlothian EH25 9LR  
   Tel 0131 440 1752  
   email: [jbruce2160@aol.com](mailto:jbruce2160@aol.com)

Requests for the meet entry file should be made at least two weeks in advance of the closing date for entries.

*Date File Issued..... Date File Returned ..... Date File Processed.....*

# 2007 Speedo Scottish National Short Course Open Swimming Championships

## Friday 12<sup>th</sup> January

Session 1 - Warm-up 07:30; Start 08:45  
(Event consideration time in brackets)

|     |                         |           |
|-----|-------------------------|-----------|
| 101 | Mens 50 Freestyle       | (0:26.79) |
| 102 | Womens 100 Breaststroke | (1:24.00) |
| 103 | Mens 200 Backstroke     | (2:29.03) |
| 104 | Womens 200 I.M.         | (2:40.19) |
| 105 | Mens 100 Butterfly      | (1:06.77) |
| 106 | Womens 50 Backstroke    | (0:35.35) |
| 107 | Mens 50 Breaststroke    | (0:36.59) |
| 108 | Womens 200 Butterfly    | (2:50.73) |
| 109 | Mens 400 Freestyle      | (4:31.49) |
| 110 | Womens 100 Freestyle    | (1:04.43) |

Session 2 - Warm-up 12:15; Start 13:15

|     |                                |            |
|-----|--------------------------------|------------|
| 111 | Boys 15/u 400 Freestyle (HDW)  | (4:45.06)  |
| 112 | Womens 800 Freestyle (HDW)     | (10:04.41) |
| 113 | Girls 14/u 800 Freestyle (HDW) | (10:34.63) |
| 114 | Boys 15/u 100 I.M. (HDW)       | (1:15.35)  |

Session 3 - Warm-up 16:30; Start 17:30

|                                      |  |  |
|--------------------------------------|--|--|
| 112                                  | Womens 800 Freestyle (fastest heat)      |  |
| 'B' & 'A' Finals of events 101 - 110 |  |  |
| 115                                  | Mens 4 x 50 Medley Relay (HDW) Time Reqd |  |

## Saturday 13<sup>th</sup> January

Session 4 - Warm-up 07:30; Start 08:45  
(Event consideration time in brackets)

|     |                        |           |
|-----|------------------------|-----------|
| 201 | Womens 50 Freestyle    | (0:30.02) |
| 202 | Mens 100 Breaststroke  | (1:16.99) |
| 203 | Womens 200 Backstroke  | (2:38.80) |
| 204 | Mens 200 I.M.          | (2:27.49) |
| 205 | Womens 100 Butterfly   | (1:15.27) |
| 206 | Mens 50 Backstroke     | (0:32.12) |
| 207 | Womens 50 Breaststroke | (0:39.37) |
| 208 | Mens 200 Butterfly     | (2:39.52) |
| 209 | Womens 400 Freestyle   | (4:53.66) |
| 210 | Mens 100 Freestyle     | (0:58.18) |

Session 5 - Warm-up 12:15; Start 13:15

|     |                                |            |
|-----|--------------------------------|------------|
| 211 | Girls 14/u 400 Freestyle (HDW) | (5:08.34)  |
| 212 | Mens 1500 Freestyle (HDW)      | (19:24.63) |
| 213 | Boys 15/u 1500 Freestyle (HDW) | (20:22.86) |
| 214 | Girls 14/u 100 I.M. (HDW)      | (1:21.68)  |

Session 6 - Warm-up 16:30; Start 17:30

|                                      |  |  |
|--------------------------------------|--|--|
| 212                                  | Mens 1500 Freestyle (fastest heat)         |  |
| 'B' & 'A' Finals of events 201 - 210 |  |  |
| 215                                  | Womens 4 x 50 Medley Relay (HDW) Time Reqd |  |

## Sunday 14<sup>th</sup> January

Session 7 - Warm-up 07:30; Start 08:45  
(Event consideration time in brackets)

|     |                         |           |
|-----|-------------------------|-----------|
| 301 | Womens 200 Freestyle    | (2:19.81) |
| 302 | Mens 200 Freestyle      | (2:08.97) |
| 303 | Womens 50 Butterfly     | (0:33.68) |
| 304 | Mens 50 Butterfly       | (0:30.27) |
| 305 | Womens 100 Backstroke   | (1:14.25) |
| 306 | Mens 100 Backstroke     | (1:07.92) |
| 307 | Womens 200 Breaststroke | (3:02.10) |
| 308 | Mens 200 Breaststroke   | (2:52.49) |
| 309 | Womens 100 I.M.         | (1:17.79) |
| 310 | Mens 100 I.M.           | (1:11.76) |

Session 8 - Warm-up 12:15; Start 13:15

|     |                           |           |
|-----|---------------------------|-----------|
| 311 | Womens 400 I.M.           | (5:38.06) |
| 312 | Mens 400 I.M.             | (5:17.74) |
| 313 | Girls 14/u 400 I.M. (HDW) | (5:54.96) |
| 314 | Boys 15/u 400 I.M. (HDW)  | (5:33.63) |

Session 9 - Warm-up 16:30; Start 17:30

|   |   |  |
|---|---|--|
| 'B' & 'A' Finals of 311 Womens 400 I.M. |   |  |
| 'B' & 'A' Finals of 313 Mens 400 I.M.   |   |  |
| 'B' & 'A' Finals of events 301 - 310    |   |  |
| 315                                     | Womens 4 x 50 Freestyle Relay (HDW) Time Required |  |
| 316                                     | Mens 4 x 50 Freestyle Relay (HDW) Time Required   |  |