



# East District Swimming



## **SASA EAST DISTRICT 2<sup>nd</sup> EAST OF SCOTLAND OPEN MASTERS CHAMPIONSHIPS**

*Held under S.A.S.A. Rules*

**Saturday 27<sup>th</sup> November 2010**

**PRESTONPANS POOL, MERCAT GAIT CENTRE  
PRESTON ROAD, PRESTONPANS, EH32 9EN**

**Tel. No. 01875 815483**

25m six-lane deck level pool with electronic timing and display boards, anti-turbulence lane ropes and cafeteria facilities

**Medals for 1st, 2nd & 3rd in all events  
Male and female age group winner awards  
Male and female sprint champion trophies  
Male and female 400m champion trophies  
Awards for the top 3 point scoring clubs**

**Includes 16-17 year "youth" and 18 - 24 year "senior" categories  
Buffet reception/ awards presentation ceremony included in entry fee**

### **Twelve Individual Events:**

50m freestyle, backstroke, breaststroke and butterfly. 100m freestyle, backstroke, breaststroke, butterfly and individual medley. 200m freestyle and individual medley  
Special event -400m any stroke for the "East District 400" men's and women's trophies

### **Two Team Events:**

4 X 50m mixed medley and freestyle relays

### **ENTRY FEES**

INDIVIDUAL EVENTS:: **£20** For up to 6 *individual events including 400m*

RELAY EVENTS: **Free**

*Entries will be accepted on a completed entry form accompanied by the correct payment by the closing date. Cheques made payable to SASA East District. Entry fees are non-refundable. Every effort will be made to accommodate poolside entries on the basis of £5 per individual event (subject to a maximum of 6 events per swimmer) but this will depend on time/ spaces and cannot be guaranteed. Overseas entrants may pay entry fees on the day (before swims).*

### **AGE CATEGORIES**

#### **INDIVIDUAL EVENTS**

(A) 25-29 years (B) 30-34 years (C) 35-39 years (D) 40-44 years (E) 45-49 years (F) 50-54 years (G) 55-59 years (H) 60-64 years (J) 65-69 years (K) 70-74 years (L) 75-79 years (M) 80+ (X) 18-24 years (Y) 16 – 17 years. Older age categories may be added at the organisers' discretion.

#### **RELAY EVENTS**

*Combined Age (I) 72 – 99 (ii) 100-119 years (iii) 120 - 159 years (iv) 160 - 199 (v) 200 – 239 years (vi) 240 plus*

**CLOSING DATE FOR ENTRIES – 10<sup>th</sup> November 2010**

## ELIGIBILITY

- Open to all nationalities. Must be registered with a FINA affiliated national swimming body. Non GB swimmers should send proof that they are a member of a FINA affiliated organisation
- Competitors (with the exception of category Y) are classified in accordance with their age on 31 December 2010.
- Y Category swimmers must be 16 or over on the day of competition.
- Competitors can only represent one Club during the competition (for which they are registered members).

As this event is held under an SASA masters license, times achieved will not be eligible as entry times for age group/ junior or other mainstream competitions

## PROGRAMME

### Session 1 (9.00 warm-up 10.00 start)

Event 101 200m Freestyle  
Event 102 50m Breaststroke  
Event 103 100m Backstroke  
Event 104 50m Butterfly  
Event 105 200m Individual Medley  
Event 106 100m Freestyle  
Event 107 4 x 50m Mixed Medley Relay

### Session 2 (Warm up 12.30 Start 13.15)

Event 201 The "East District 400m "

### Session 3 (Warm up 15.00 Start 15.15)

Event 301 100m Breaststroke  
Event 302 50m Backstroke  
Event 303 100m Individual Medley  
Event 304 50m Freestyle  
Event 305 100m Butterfly  
Event 306 4 x 50m Mixed Freestyle Relay

## INDIVIDUAL CHAMPIONSHIPS

### AGE GROUP AWARDS

Awards for male and female points winner in each age group: the more events you enter the greater your chances of winning. In the event of a points tie, the winner is the one with the greatest number of first places, then second, and so forth. The points system (In each of the 12 individual events) is:  
1st - 8 points 2nd - 6 points 3rd - 4 points 4th - 3 points 5th - 2 point 6th – 1 point

### SPRINT CHAMPIONSHIP

Trophies are awarded to the top male and top female FINA points scorer (age adjusted) in any one of the 50m events.

### 400m CHAMPIONSHIP

Trophies are awarded to the male and female masters (25+) closest to or exceeding, in percentage terms, the Australian Masters national record for his/her age group and chosen stroke. See [www.portal.aussi.org.au](http://www.portal.aussi.org.au) The swimmer must declare their chosen stroke, (freestyle, butterfly, breaststroke or backstroke) but not individual medley on the entry form but should be aware that the swim will be classified as freestyle in decathlon/ ranking lists. A 15 minute cut-off for individual swims will be enforced to ensure the meet does not over-run. Swims will count as freestyle for points purposes, but medals will be awarded for each stroke.

### CLUB CHAMPIONSHIP

The "Top Team" Trophy will be awarded to the club gaining the greatest number of points in the championships. There will also be awards for clubs finishing 2<sup>nd</sup> and 3<sup>rd</sup> with Points awarded as follows:

*Individual events 1st - 8 points 2nd – 6 points 3rd - 4 points 4th - 3 points 5th - 2 point 6th – 1 point*

*Relay events: 1st - 12 points 2nd - 10 points 3rd – 8 points 4th - 6 points 5th - 4 point 6th – 2 points.*

## PROGRAMME

This will be posted on the Scottish Swimming website [www.scottishswimming.com](http://www.scottishswimming.com) as soon as possible.

## RESULTS

Results be displayed in the reception area. Thereafter they will be posted on to the East District website [sasaeastdistrict.org.uk](http://sasaeastdistrict.org.uk), [www.scottishswimming.com](http://www.scottishswimming.com) and [www.scottishmasters.co.uk](http://www.scottishmasters.co.uk).

## CATERING

Hot and cold beverages, filled rolls and snacks will be available at the venue.

## BUFFET/ PRESENTATION OF AWARDS

This will take place at the end of the competition, and is included in the individual entry fees.

## **SEEDING**

All events are heat declared winner. Heats are seeded in order of entry time (i.e. slowest in first heat) irrespective of gender

Depending on the number of entries received, the organisers reserve the right to:

- introduce over the top starts.
- adjust the start time of the sessions
- combine age groups
- Limit the 400m to 10 heats (on a first come, first served basis). If unsuccessful, entrants will be e-mailed and invited to choose a replacement event

## **LOCAL ACCOMMODATION**

Travelodge Musselburgh, Moto Service Station , A1, Old Craighall Edinburgh EH21 8RE  
Telephone 0871 984 6138 (approx. 10 mins from pool by car)

Premier Inn, Carberry Road, Inveresk, Musselburgh, Edinburgh, EH21 8PT Telephone 0131 665 3005  
(under 10 minutes from pool by car)

## **FURTHER INFORMATION**

For further information on the meet please contact:

Stuart Forbes at [eastdistrictmasters@hotmail.co.uk](mailto:eastdistrictmasters@hotmail.co.uk)

## **COMPETITORS SAFETY CODE**

It is important that all Competitors read the "Competitors Safety Code" before signing the Entry Form. By signing and submitting the Entry form the competitor confirms that he/ she has read, understood and agrees to abide by this Code

- I am aware of the need to seek appropriate medical advice if I have any concerns as to the state of my health. I have not been informed by any medical practitioner and I do not have any knowledge of any medical condition which would make it inadvisable for me to participate in Masters Swimming events or any other associated activities. Accordingly, I hereby certify that I am physically fit and well to participate in the Swim Meet.
- I am aware of and appreciate the inherent risks involved in such a competition including the possibilities of injury and accident.
- I undertake at all times to compete in a safe and proper manner and not to do anything which would expose myself or fellow swimmers to unnecessary risk of injury. I further undertake at all times to take all reasonable safety measures for the protection of myself and fellow swimmers and to inform the Referee of any concerns I may have as regards safety.
- I acknowledge that the organisers of the East Of Scotland Open Masters Championships cannot be held responsible for any loss or damage to personal belongings and that I must take all reasonable steps against any such loss or damage.
- In submitting a signed Entry form I understand and accept that I have agreed to abide and be governed by the rules of Scottish Swimming and any other related laws and regulations.

**SASA EAST DISTRICT**  
**2<sup>nd</sup> EAST OF SCOTLAND OPEN MASTERS CHAMPIONSHIPS**  
**Saturday 27<sup>th</sup> November 2010**

**INDIVIDUAL ENTRY FORM**

Surname		Forename	
Club Name			
Address			
Postcode		Telephone No.	
E-mail address			
Nationality		Registration No.	
Date of Birth		Age category	
Gender (please tick appropriate)	Male		Female

I WISH TO ENTER THE FOLLOWING EVENT. TIMES SHOULD BE 25m or 25m CONVERSION (ESTIMATES ARE ACCEPTABLE)

Stroke/ Distance	Time	Stroke/ Distance	Time	Stroke/ Distance	Time	Stroke/ Distance	Time
50m Free		50m Back		50m Breast		50m Fly	
100m Free		100m Back		100m Breast		100m Fly	
200m Free		100 IM		200 IM			

400m Championship	Stroke*:	Estimated time
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\*Either freestyle, backstroke, breaststroke or butterfly, not medley

**ENTRY FEES**

Individual Swims:	£20 maximum 6 individual events in any session OR	£
	£12 maximum of 3 events IN ANY ONE SESSION	£
Additional buffet tickets	£4 each	£
<b>TOTAL COST</b>		£
I will be able to attend the buffet/presentation (please tick)		Yes   No

*Entries will only be accepted on a completed entry form (including estimated entry times) accompanied by the correct fee which is non-refundable. Cheques payable to SASA East District.*

*I have read and agree to abide by the competitors code*

Signature.....

Date.....

**CLOSING DATE FOR ENTRIES – 10<sup>th</sup> November 2010**

**SEND TO:** Susan Liddle  
 9 Rullion Road  
 Penicuik EH26 9HS Tel. 01968 673471  
 susan@dwliddle.co.uk

**A buffet and presentation of awards will take place at the end of the competition (venue to be advised). This is included with either option of the individual swim cost.**

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**RELAY ENTRY FORM**

Team representative's full name			
Address			
Postcode		Telephone No.	
E-mail			
Club Name			

RELAY EVENTS ENTERED. TIMES CAN BE ESTIMATES

	75 to 99	100 to 119	120 - 159	160 - 199	200-239	240 and over
Mixed Freestyle Relay  (You may enter up to three teams per box)						
Mixed Medley Relay  (You may enter up to three teams per box)						

- All Relay Swimmers must be affiliated to and eligible to represent the club
- A Swimmer cannot swim for more than one team per relay event and can only represent one club in the championships
- Each team must include a minimum of two female swimmers
- Ages of teams are total age as at 31st December 2010
- X and Y Group swimmers can take part in relays as long as the combined age of the relay team is 72 years or above.

Subject to the above, Clubs can enter up to three relay teams within each age category, and as many categories as they have the swimmers to cover. This means a club can field up to 18 relay teams in each of the relay events (3 teams in each age category and 6 age categories)

I declare that the above particulars are correct and confirm that the Club Members who comprise the Relay Team *have read and agree to abide by the competitors code*

Signature.....

Date.....

**CLOSING DATE FOR ENTRIES – 10<sup>th</sup> November 2010**

**SEND TO:** Susan Liddle  
9 Rullion Road  
Penicuik EH26 9HS Tel. 01968 673471  
e-mail: susan@dwliddle.co.uk

**A buffet and presentation of awards will take place at the end of the competition. This is included with the individual swim cost. Relay participants not taking part in and paying for individual swims should purchase buffet tickets (£4 – see individual entry form) if wishing to attend.**