



SCOTTISH *swimming*
everyone can swim!

Scottish Gas National Short Course Open Swimming Championships 2011 (under FINA/Scottish Swimming Regulations)

Licence No: L1/325/ND/DEC11



**INVERNESS LEISURE
BUGHT LANE
INVERNESS, IV3 5SS**

15th – 18th December 2011



Scottish Swimming is the trading name for the Scottish Amateur Swimming Association Limited. Registered in Scotland.
Company Number: SC246645 Registered Office: Scottish Amateur Swimming Association Limited, National Swimming Academy,
University of Stirling, Stirling, FK9 4LA.

Tel: 01786 466520 Fax: 01786 466521 Email: info@scottishswimming.com www.scottishswimming.com

Supported by **sportscotland**

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 Scottish Swimming and/or any police officer.
- No guarantee can be given by Scottish Swimming that the event will take place at a particular time or any particular date and Scottish Swimming 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 Scottish Swimming. Scottish Swimming 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 Scottish Swimming 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 Scottish Swimming. The taking of photographs or use of video equipment for non-commercial purposes is permitted subject to compliance with Scottish Swimming Guidelines with regard to video recording and zoom photography.
- **Should you wish to use your mobile phone for photographic purposes on poolside the procedure above must be followed.**
- **Coaches should not use cameras on pool deck unless media accreditation has been approved prior to the event.**
- **No flash photography permitted at anytime within the competition pool hall.**
- **In order to control digital photographs, mobile phones may not be used in the changing village.**
- **In the interests of Health and Safety, hot food and hot drinks must not be taken into the pool hall.**
- No articles, periodicals, publications, flyers or goods of any nature may be offered either free or for sale by any persons save only Scottish Swimming within events without the express written permission of Scottish Swimming.
- Any person entering events must at all times comply with any and all instructions of any steward or officer of Scottish Swimming 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 Scottish Swimming or any police officer.
- Scottish Swimming reserves absolutely the right to eject from events any person failing to comply with each and all of the Event Regulations.

GENERAL INFORMATION

ELIGIBILITY TO COMPETE

1. All competitors must be registered with their National Federation to be eligible to compete (FINA Rule GR 1.1).
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' (18th December 2011).
4. A swimmer can only compete for one Club/Team during the Championships. Scottish Club/team members must be eligible to swim for their Club/Team in accordance with Company Rule R5.1. Any swimmer entering a Scottish championships as 'unattached' cannot compete for a Club/Team in relay events.

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.

SCOTTISH GAS NATIONAL SHORT COURSE OPEN CHAMPIONSHIPS 2011

(Under FINA/Scottish Swimming Regulations)

Dates: Thursday 15th, Friday 16th, Saturday 17th and Sunday 18th December 2011
Venue: Inverness Leisure Complex, Inverness, IV3 5SS
Pool: 8 Lane, 25 metre pool with full Electronic Timing

Meet Promoters: Scottish Swimming National Swimming Committee

SESSION TIMES

Thursday 15th December	Session 1	Heats/Finals	Warm Up:	15.30
			Start:	17.00
Friday 16th December	Session 2	Heats	Warm Up:	07.00
			Start:	08.45
	Session 3	Heats	Warm Up:	12.15
			Start:	13.15
	Session 4	Finals	Warm Up:	16.30
			Start:	17.30
Saturday 17th December	Session 5	Heats	Warm Up:	07.00
			Start:	08.45
	Session 6	Heats	Warm Up:	12.15
			Start:	13.15
	Session 7	Finals	Warm Up:	16.30
			Start:	17.30
Sunday 18th December	Session 8	Heats	Warm Up:	07.00
			Start:	08.45
	Session 9	Finals	Warm Up:	12.15
			Start:	13.15

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

Swimsuits must comply with current FINA/Scottish Swimming Regulations at the time of the meet.

ENTRY TIMES

Competitors must enter times achieved in accredited competitions held in the 12 months prior to the event closing date (since 16th November 2010) and either be 25 metre pool times, or conversions to 25 metre pool times. Official Conversion Tables: Hy-tek standard conversion, or ASA conversion tables may be used.

A proof of entry times report is required. 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: **£9** Relays: **£18**

All cheques/postal orders should be made payable to 'SASA Ltd'.

No entries will be accepted without the correct fee, or with the Entry Files incorrectly completed.

Please note that no refunds will be given after the programme has been finalised.

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 by email **at least two weeks in advance** of the closing date for entries to jbruce2160@aol.com.

Closing date for receipt of entries is **2 pm on Wednesday 16th November 2011**

The entry files must be emailed to jbruce2160@aol.com. Only official files are acceptable. The fees and other paperwork* should be sent to:

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

Tel: 0131 440 1752

****Within a maximum of 3 days following the closing date***

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 must be notified no later than 1.00pm on Thursday, 15th December 2011. Withdrawals for subsequent heats sessions not previously notified must be lodged at the Recorders Desk no later than 6.00 pm on the day prior to the event. For afternoon sessions by 10.00 am on the day of 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.

TEAM ENTRIES

For this meet clubs may enter two (2) Male & (2) Female teams. Please specify whether the teams are senior or junior teams. Notification of provisional relay team members should be submitted prior to the Championships by either spread-sheet or word-document to jbruce2160@aol.com. Changes can be made up to 1 hour prior to the start of the appropriate session on relay team line forms and handed into the recorders desk. No changes to swim order or swimmers shall be permitted except in the event of medical emergency after the start of the appropriate session.

Should it be necessary to restrict the number of relay teams entered, A teams will take precedence over B teams, regardless of times.

Please submit estimated times for the purposes of seeding only. Please also include all relay swimmer's details who may not be swimming in individual events (this is to ensure that you are issued with the required number of swimmer passes and to ensure a more streamlined process on the day).

SWIMMER PASSES

All swimmers participating in the Championships will be issued with a pass which will allow them access to the changing village, designated seating areas and poolside (swimmers are **not** required to submit photographs). Within Inverness Leisure Complex swimmers must wear their accreditation pass and have it visible at all times

AWARDS (including relays)

- a) Scottish Open Champion 1st, 2nd and 3rd
- b) Scottish National Champion* 1st (provided the individual is not also the Open Champion)
- c) Scottish Junior Champion* 1st (aged under 17 as at 31st December 2011)

*Scottish National Champion and Scottish Junior Champion must be a registered member of Scottish Swimming. Scottish Junior Champion will only be awarded from the Open events.

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 200** - Best single performance for male and female as determined by Swimming Committee.
- e) **Best Team Cup** - Points will be calculated as follows for all eligible individual events:
 - 1st: 20 points
 - 2nd: 18 points
 - 3rd: 16 points
 - 4th - 16th: 13 points down to 1 point.

The first eight relay teams will score points as follows:

- 1st: 20 points
- 2nd: 18 points
- 3rd: 16 points
- 4th – 8th 13 points down to 9 points

Points will only be awarded from the Open competition.

AGE GROUP AWARDS

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

PRESENTATIONS

Swimmers must report to the Presentation Marshall immediately upon completing their race and collecting 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 deputy 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 deputy 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 50m, 100m, 200m & 400m Events are heats and finals.
- 800m & 1500m Events are Heat Declared Winner. **Please see note below**
- For the heats “**OVER THE TOP STARTS**” will be used where appropriate.

AGE GROUP EVENTS

Girls 14/under

800m Free: 400m Free: 400m Individual Medley, 100m Individual Medley

Boys 15/under

1500m Free: 400m Free: 400m Individual Medley, 100m Individual Medley

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

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

Important information for the 1500 and 800 freestyle

All swimmers (including age group swimmers) wishing to swim in the above events MUST reconfirm their intention to swim. Failure to do so will result in the swimmer being withdrawn from that event.

Women's 800 freestyle must reconfirm by 16.00 at the latest on Thursday 15th December

Men 's 1500 freestyle must reconfirm by 16.00 at the latest on Thursday 15th December

Girl's 800 freestyle must reconfirmed by 11.00 am on Friday 16th December

Boy's 1500 freestyle must reconfirmed by 11.00 am on Saturday 17th December

Reconfirmation will be taken at recorders desk.

TRAINING PRIOR TO CHAMPIONSHIPS

Inverness Leisure are able to offer pool space on a first come/first served basis to any competitors/clubs who would like to train in advance of the competition on Thursday. Please contact Audrey on 01463 667520 or audrey.dignan@invernessleisure.co.uk in order to make individual arrangements.

PROGRAMME OF EVENTS

Thursday 15th December 2011	Friday 16th December 2011
	Session 2 – Warm Up 07:00 Start 08:45 Mens 200m Freestyle Womens 200m Butterfly Mens 100m Butterfly Womens 400m I.M. Mens 200m Backstroke Womens 200m Breaststroke Mens 100m Breaststroke Womens 100m Freestyle Mens 100m I.M.
	Session 3 – Warm Up 12:15 Start 13:15 Boys 15/u 400m Freestyle (HDW) Girls 14/u 800m Freestyle (HDW) Boys 15/u 400 I.M. (HDW)
Session 1 – Warm Up 15:30 Start 17:00 Mens 50m Butterfly (Heats) Womens 50m Butterfly (Heats) Mens 1500m Freestyle (HDW) Womens 800m Freestyle (HDW) B & A Finals - Mens 50m Butterfly B & A Finals - Womens 50m Butterfly	Session 4 – Warm Up 16:30 Start 17:30 Mens 50m Backstroke (Heats) Womens 50m Breaststroke (Heats) B & A Finals - Mens 200m Freestyle B & A Finals - Womens 200m Butterfly B & A Finals - Mens 100m Butterfly B & A Finals - Womens 400m I.M. B & A Finals - Mens 200m Backstroke B & A Finals - Womens 200m Breaststroke B & A Finals - Mens 100m Breaststroke B & A Finals - Womens 100m Freestyle B & A Finals - Mens 100m I.M. B & A Finals - Womens 50m Breaststroke B & A Finals - Mens 50m Backstroke Womens 4 x 100m Freestyle Relay (HDW) Time Req Mens 4 x 100m Freestyle Relay (HDW) Time Req
Saturday 17th December 2011	Sunday 18th December 2011
Session 5 – Warm Up 07:00 Start 08:45 Womens 200m Freestyle Mens 200m Butterfly Womens 100m Butterfly Mens 400m I.M. Womens 200m Backstroke Mens 200m Breaststroke Womens 100m Breaststroke Mens 100m Freestyle Womens 100m I.M.	Session 8 – Warm Up 07:00 Start 08:45 Womens 200m I.M. Mens 200m I.M. Womens 100m Backstroke Mens 100m Backstroke Womens 400m Freestyle Mens 400m Freestyle Boys 15/u 100m I.M. (HDW) Girls 14/u 100m I.M. (HDW)
Session 6 – Warm up 12:15, Start 13:15 Girls 14/u 400m Freestyle (HDW) Boys 15/u 1500m Freestyle (HDW) Girls 14/u 400m I.M. (HDW)	Session 9 – Warm up 12:15, Start 13:15 Womens 50m Freestyle (Heats) Mens 50m Freestyle (Heats) B & A Finals - Womens 200m I.M. B & A Finals - Mens 200m I.M. B & A Finals - Womens 100m Backstroke B & A Finals - Mens 100m Backstroke B & A Finals - Womens 400m Freestyle B & A Finals - Mens 400m Freestyle B & A Finals - Womens 50m Freestyle B & A Finals - Mens 50m Freestyle Womens 4 x 50m Medley Relay (HDW) Time Req Mens 4 x 50m Medley Relay (HDW) Time Req
Session 7 – Warm Up 16:30 Start 17:30 Womens 50m Backstroke (Heats) Mens 50m Breaststroke (Heats) B & A Finals - Womens 200m Freestyle B & A Finals - Mens 200m Butterfly B & A Finals - Womens 100m Butterfly B & A Finals - Mens 400m I.M. B & A Finals - Womens 200m Backstroke B & A Finals - Mens 200m Breaststroke B & A Finals - Womens 100m Breaststroke B & A Finals - Mens 100m Freestyle B & A Finals - Womens 100m I.M. B & A Finals - Mens 50m Breaststroke B & A Finals - Womens 50m Backstroke Mens 4 x 50m Freestyle Relay (HDW) Time Req Womens 4 x 50m Freestyle Relay (HDW) Time Req	

SCOTTISH GAS NATIONAL OPEN SHORT COURSE CHAMPIONSHIPS 2011

CONSIDERATION TIMES

FEMALE			MALE	
14/under	OPEN	EVENT	OPEN	15/under
Consideration			Consideration	
	0:30.02	50 Freestyle	0:26.79	
	1:04.43	100 Freestyle	0:58.18	
	2:19.81	200 Freestyle	2:08.97	
5:08.34	4:53.66	400 Freestyle	4:31.49	4:45.06
10:34.63	10:04.41	800 Freestyle		
		1500 Freestyle	19:24.63	20:22.86
	0:39.37	50 Breaststroke	0:36.59	
	1:24.00	100 Breaststroke	1:16.99	
	3:02.10	200 Breaststroke	2:52.49	
	0:35.35	50 Backstroke	0:32.12	
	1:14.25	100 Backstroke	1:07.92	
	2:38.80	200 Backstroke	2:29.03	
1:21.68	1:17.79	100 IM	1:11.76	1:15.35
	2:40.19	200 IM	2:27.49	
5:54.96	5:38.06	400 IM	5:17.74	5:33.63
	0:33.68	50 Butterfly	0:30.27	
	1:15.27	100 Butterfly	1:06.77	
	2:50.73	200 Butterfly	2:39.52	

ACCREDITATION

COACH INFORMATION

Coach Meal Pass per day (meals only) - **£18.50**

COACH/CHAPERONE PASS FOR DECEMBER 2011

Charges for December 2011 are as follows:

Scottish National Short Course Open Championships Coach Pass: **£20.00**

A pass is required for any coach/chaperone wishing to be poolside.

A pass entitles you to:

Entry for the whole of the Meet, Poolside Access, Start and Result Sheets, and complimentary tea, coffee and soft drinks in the specified area.

Without a valid pass any coach/chaperone will NOT be permitted on poolside.

Please Note: *Information on coaches/chaperone passes for 2012 will be included in the Age Group Meet Information.*

Application Requirements:

- Enhanced Disclosure
All applicants **MUST be CRB checked** through either: Scottish Swimming/ASA /WASA

It is the responsibility of the Club/Coach to ensure that, if they require their swimmers to have coach/chaperone representation on the poolside, their applications are made in good time and that the relevant Criminal Records Bureau (CRB)/Disclosure Scotland forms have been completed and sent to Scottish Swimming/ASA/WASA office(s).

Please note that we are unable to issue any Coach/Chaperone Pass unless a person has a valid Disclosure Certificate through Scottish Swimming/ASA//WASA. In-line with current legislation, valid Disclosure Certificates from any other agency, will not be accepted.

Coaches/Chaperones applying for passes from outside the UK

Arrangements must be made for their National Governing Body to forward a letter of declaration to the CEO of Scottish Swimming that all applicants have conformed with their 'home country's' policy concerning child protection;

Passes will not be issued without such a letter.

- Photograph
New applicants must submit one recent electronic photograph (preferably in jpeg format).

Previous applicants need not submit a photograph unless their appearance has changed dramatically or they wish to update the photograph held on file.

Photographs should be taken under the same rules regarding passport photographs.

- Payment

Payment of the appropriate fee (noted above), can be made by either;

Card – Debit or credit (with the exception of maestro)

By telephoning the office – contact: Shona McCallum, tel. no. - 01786 466471

Cheque – made payable to: SASA Limited

Posted to: Scottish Swimming
National Swimming Academy
University of Stirling
Stirling
FK9 4LA

All applications should be submitted via the Club Secretary and forwarded to: **Miss S McCallum, Scottish Swimming, National Swimming Academy, University of Stirling, Stirling, FK9 4LA**

Closing dates for Application:

The closing date for passes for the Scottish Gas Scottish National Short Course Championship (15th – 18th December 2011) is **noon, Wednesday 16th November 2011**

Application forms can be obtained from our website: www.scottishswimming.com

Passes will be available for collection from the Coaches Desk from the first day of the competition onwards.

Photographic passes issued for the Open Championships up to and including the Scottish National Championships in 2011 are no longer valid.

The Annual pass issued for this Championship will also include the Age Group Championships and the Open Championships in 2012.

If you have any queries regarding CRB/Disclosure Scotland certification, please contact:
Shona McCallum (s.mccallum@scottishswimming.com) or
Lynne McGregor (l.mcgregor@scottishswimming.com) from Scottish Swimming.

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

All Scottish 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 and results.

APPLICATION FOR DECEMBER 2011 COACH/CHAPERONE PASS **SCOTTISH GAS NATIONAL CHAMPIONSHIPS**

Applications must be made by the Club Secretary. Please ensure that the form is completed fully and is in block capitals. Please note that we reserve the right to refuse applications.

Applicant's Details

Surname:																
Forename(s):																
Home Address:																
											Postcode:					
Telephone Number:																
Email Address:																
Membership No:																
Disclosure No:																
Date of Disclosure:	D	D	/	M	M	/	Y	Y	Y	Y						
Signature:																

Club Secretary Details:

Application Made by (Name):															
Secretary of (Club Name):															
Telephone Number:															
Email Address:															
Signature:															

Please ensure the following are complete (please confirm by entering a tick in the relevant box);

Valid Enhanced Disclosure

Payment: cheque enclosed for £_____, made payable to SASA Ltd.
card payment to be made by contacting Scottish Swimming office

Photograph (e-mailed to: s.mccallum@scottishswimming.com)

COACH MEAL INFORMATION

Coach Meal Pass per day (meals only) - **£18.50**

Please complete form below should you require coach meals

COACHES MEAL FORM

Scottish Gas National Short Course Championship

INVERNESS LEISURE COMPLEX

INVERNESS

15th – 18th December 2011

Club:

require meal tickets for the following days:

	Name	Name	Name	Name
16 th December				
17 th December				
18 th December				

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**

TO BE RETURNED BY 2PM WED 16TH NOVEMBER 2011
--

Scottish Gas National Open Short Course Championships, 15th – 18th December 2011
Application Summary

This form must be completed and returned with payment.

Club Name:

Club Contact's Name:

Address:

Postcode:

Telephone No:

Email:

Email address is important for urgent distribution of information and updates pertaining to the Meet

Double click anywhere in grid below then add the number of entries, etc. in column B

Total Male Entries		@ £9.00	=	£	-
Total Female Entries		@ £9.00	=	£	-
Total Relay Entries		@ £18.00	=	£	-
Total Coach Meals		@ £18.50	=	£	-
Total value of cheque enclosed			=	£	-

Press ENTER then click anywhere outside the grid to return to normal mode.

Make cheque payable to '**Scottish Amateur Swimming Association Ltd**'

Form to be returned to:

**John Bruce
Meet Entry Secretary
50 Station Road
Roslin
Midlothian
EH25 9LR**

TO BE RETURNED BY 2PM WED 16TH NOVEMBER 2011