



**Scottish
Swimming**



2015 Scottish National Short Course Open Swimming Championships

(Under FINA Rules/Scottish Swimming Regulations)

**Royal Commonwealth Pool,
Dalkeith Road, Edinburgh EH16 5BB**

11th – 13th December 2015

Licence No: L1/477/ED/DEC15



2015 SCOTTISH NATIONAL SHORT COURSE OPEN CHAMPIONSHIPS

MEET INFORMATION

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2015 SCOTTISH NATIONAL SHORT COURSE OPEN CHAMPIONSHIPS

scottishswimming.com



(Under FINA Rules/Scottish Swimming Regulations)

Event Venue Details:

Dates: Friday 11th, Saturday 12th, Sunday 13th December 2015
Venue: Royal Commonwealth Pool, Edinburgh, EH16 5BB
Pool: 8 Lane, 25 metre pool with full Electronic Timing
6 Lane, 25 metre swim down pool

Meet Promoters: Scottish Swimming National Swimming Committee

Session Times:

Friday 11th December	Session 1	Heats	Warm Up:	07.30
			Start:	08.45
	Session 2	Heats	Warm Up:	12.30
			Start:	13.30
	Session 3	Finals	Warm Up:	16.30
			Start:	17.30
Saturday 12th December	Session 4	Heats	Warm Up:	07.30
			Start:	08.45
	Session 5	Heats	Warm Up:	12.30
			Start:	13.30
	Session 6	Finals	Warm Up:	16.30
			Start:	17.30
Sunday 13th December	Session 7	Heats	Warm Up:	07.30
			Start:	08.45
	Session 8	Heats	Warm Up:	12.30
			Start:	13.30
	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.

PROGRAMME OF EVENTS:

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Individual Events

50m Freestyle, Backstroke, Butterfly, Breaststroke	Heats and A & B Finals
100m Freestyle, Backstroke, Butterfly, Breaststroke	Heats and A & B Finals
200m Freestyle, Backstroke, Butterfly, Breaststroke	Heats and A & B Finals
400m Freestyle	Heats and A & B Finals
100m, 200m and 400m Individual Medley	Heats and A & B Finals
800m (Women) and 1500m Freestyle (Men)	Heat Declared Winner

Relay Events

4 x 50m Freestyle Team	Heat Declared Winner
4 x 50m Medley Team	Heat Declared Winner
4 x 100m Freestyle Team	Heat Declared Winner

PLEASE NOTE

The five fastest heats of all events with finals will be swum in the morning. Further heats of these same events will be swum in the afternoon sessions. The finalists will therefore not be announced and final results for the heats posted until the final heat of each afternoon event has been completed. Provisional finalists based on the morning heats only will be announced but this does not guarantee a place in the final.

ELIGIBILITY TO COMPETE

- All competitors must be registered with their National Federation to be eligible to compete (FINA Rule GR 1.1).
- 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.
- 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.
- Swimmers with Scottish eligibility training outside Scotland and wishing to be considered for National Selection must be registered with Scottish Swimming (C3.5.1)

SCHEDULE OF EVENTS

Friday, 11th December 2015	Saturday, 12th December 2015
<p>Session 1 – Warm Up 07:30 Start 08:45</p> <p>Mens 50m Freestyle Womens 100m Breaststroke Mens 200m Backstroke Womens 200m I.M. Mens 100m Butterfly Womens 50m Backstroke Mens 50m Breaststroke Womens 200m Butterfly Mens 400m Freestyle Womens 100m Freestyle Mens 100m I.M. Womens 800m Freestyle (slower heats)</p> <p>Session 2 – Warm Up 12:30 Start 13:30</p> <p>Mens 50m Freestyle Womens 100m Breaststroke Mens 200m Backstroke Womens 200m I.M. Mens 100m Butterfly Womens 50m Backstroke Mens 50m Breaststroke Womens 200m Butterfly Mens 400m Freestyle Womens 100m Freestyle Mens 100m I.M.</p>	<p>Session 4 – Warm Up 07:30 Start 08:45</p> <p>Womens 50m Freestyle Mens 100m Breaststroke Womens 200 Backstroke Mens 200m I.M. Womens 100m Butterfly Mens 50m Backstroke Womens 50m Breaststroke Mens 200m Butterfly Womens 400m Freestyle Mens 100m Freestyle Womens 100m I.M. Mens 1500m Freestyle (slower heats)</p> <p>Session 5 – Warm Up 12:30 Start 13:30</p> <p>Womens 50m Freestyle Mens 100m Breaststroke Womens 200 Backstroke Mens 200m I.M. Womens 100m Butterfly Mens 50m Backstroke Womens 50m Breaststroke Mens 200m Butterfly Womens 400m Freestyle Mens 100m Freestyle Womens 100m I.M.</p>
<p>Session 3 – Warm Up 16:30 Start 17:30</p> <p>Womens 800m Freestyle (Fastest Heat) ‘B’ & ‘A’ Finals of above Events Womens 4 x 50m Medley Relay Mens 4 x 50m Medley Relay</p>	<p>Session 6 – Warm Up 16:30 Start 17:30</p> <p>Mens 1500m Freestyle (Fastest Heat) ‘B’ & ‘A’ Finals of above Events Mens 4 x 50m Freestyle Relay Womens 4 x 50m Freestyle Relay</p>
Sunday, 13th December 2015	
<p>Session 7 – Warm Up 07:30 Start 08:45</p> <p>Womens 400m I.M. Mens 400m I.M. Womens 50m Butterfly Mens 50m Butterfly Womens 200m Freestyle Mens 200m Freestyle Womens 100m Backstroke Mens 100m Backstroke Womens 200m Breaststroke Mens 200m Breaststroke</p> <p>Session 8 – Warm up 12:30, Start 13:30</p> <p>Womens 400m I.M. Mens 400m I.M. Womens 50m Butterfly Mens 50m Butterfly Womens 200m Freestyle Mens 200m Freestyle Womens 100m Backstroke Mens 100m Backstroke Womens 200m Breaststroke Mens 200m Breaststroke</p> <p>Session 9 – Warm Up 16:30 Start 17:30</p> <p>‘B’ & ‘A’ Finals of above Events Womens 4 x 100m Freestyle Relay Mens 4 x 100m Freestyle Relay</p>	

CONSIDERATION TIMES

FEMALE		MALE
OPEN	EVENT	OPEN
0:28.50	50m Freestyle	0:25.40
1:01.60	100m Freestyle	0:55.60
2:13.40	200m Freestyle	02:02.10
4:43.20	400m Freestyle	4:24.30
9:36.10	800m Freestyle	
	1500m Freestyle	17.18.90
0:37.40	50m Breaststroke	0:33.20
1:20.80	100m Breaststroke	1:12.60
2:53.50	200m Breaststroke	2:39.10
0:33.00	50m Backstroke	0:30.00
1:10.00	100m Backstroke	1:04.50
2:28.80	200m Backstroke	2:18.80
0:31.20	50m Butterfly	0:28.00
1:09.30	100m Butterfly	1:02.20
2:38.80	200m Butterfly	2:23.30
1:11.90 *	100m Individual Medley	1:05.50 *
2:31.60	200m Individual Medley	2:20.00
5:24.40	400m Individual Medley	5:03.30
1:59.00	4 x 50m Freestyle Relay	1:50.00
4:20.50	4 x 100m Freestyle Relay	3:56.50
2:13.10	4 x 50m Medley Relay	2:01.20

Notes:

Competitors must enter times achieved in accredited competitions held in the 12 months prior to the event closing date (since 17th November 2014) 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 in line with SW2.1.2.5. 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.

For the 100m Individual Medley only, entry times must be equal to or faster than the consideration time listed above but need not be accredited provided that the swimmer has also entered the 200m Individual Medley with a verifiable accredited time. Any swimmer entering the 100m Individual Medley but not the 200m Individual Medley must submit a verifiable entry time as detailed above.

Please submit individual accredited times for each relay team member and reserves. The submitted relay entry time should be the sum of the accredited times for each provisional team member and be equal to or faster than the consideration time detailed above.

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

ENTRIES

Fees : Individual Events: **£9.50** Relays: **£20.00**

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. Entry fees will not be refunded for any times submitted out-with the consideration time. No refunds will be given after the programme has been finalised.

Making entries

Entries will be by computer files, which are downloadable from **Swimscotland from Monday 12th October 2015**. The closing date for receipt of entries is **2pm on Tuesday 17th November 2015**. The entry files must be emailed to nationals@scottishswimming.com. Only official files are acceptable. The fees and other paperwork (***within a maximum of 3 days following the closing date***) should be sent to:

Mrs Melanie Orr
Scottish Swimming
Scottish Swimming Academy
University of Stirling
Stirling, FK9 4LA

Tel: 01786 466520

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 nationals@scottishswimming.com

For those who are not swimming in individual events, please submit names and times as above (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).

Please note: Relays will be restrict to three heats per relay event. Teams will be selected on a time basis, whether they are A or B teams.

Changes to Relay Teams

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 change to swim order or swimmers shall be permitted after that time except in the event of a medical emergency.

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 the Royal Commonwealth Pool, swimmers must wear their accreditation pass and have it visible at all times

Drug Testing

Drug testing may be in operation at this event. All swimmers registered with Scottish Swimming, the Amateur Swimming Association or Welsh Amateur Swimming Association have signed an agreement to submit to testing when submitting their registration. Other swimmers will be required to sign an agreement to undergo tests as required in accordance with FINA Regulations.

WITHDRAWALS

Heats

Any withdrawals (including reserves) prior to the first day of the Championships should be notified to nationals@scottishswimming.com Withdrawals for Session 1 must be notified no later than 6.00pm on Thursday, 10th December 2015. Withdrawals for subsequent morning sessions not previously notified must be lodged at the Recorders Desk no later than 6.00 pm on the day prior to the event and 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

It is the responsibility of the swimmers/coaches/team managers to check whether a swimmer has made the finals or named as a reserve. Should you wish to withdraw from a Final you must inform the Recorders in writing on the form provided within 30 minutes of Finalists Lists having been published or announced.

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 Championships. 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 from Heats or Finals on medical grounds should be discussed with the Meet Director prior to submission to the Recorders.

800m and 1500m Freestyle

All swimmers (including reserves) wishing to swim in 800m and 1500m Freestyle 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 8.00 am on Friday 11th December
Men's 1500 freestyle must reconfirm by 6.00 pm on Friday 11th December

Reconfirmation will be taken at the recorders desk.

Swimwear

British Swimming and ASA advise that FINA BL 8.1 only applies to Olympic Games and FINA Events. A suit check will only be made if a World or European record is being claimed. There is not a requirement for officials to check that costumes are on the approved FINA list. Bylaws BL 8.2 and BL 8.3 cover our requirements for design and material.

AWARDS

Open Events (including relays)

Scottish Open Champion	1 st , 2 nd and 3 rd
Scottish National Champion	1 st (provided the individual is not also the Open Champion)
Scottish Junior Champion	1 st (aged under 17 as at 31 st December 2015)

The Scottish National Champion and Scottish Junior Champion must be registered with Scottish Swimming and must be:

- A native of Scotland, **or**
- A person with a Scottish mother or father, **or**
- Satisfy the residential criteria for the Commonwealth Games in line with current Commonwealth Games Federation Regulations or Guidelines (see Commonwealth Games Swimming Selection policy for details).

A junior relay team shall consist of 4 swimmers who will be aged under 17 years on 31st December 2015

Special awards

The following Trophies will be awarded:

- **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.
- **Paisley 500** - Best overall performance by a male or female as determined by points calculated as below for individual events.

1 st :	20 points
2 nd :	18 points
3 rd :	16 points
4 th - 16 th :	13 points down to 1 point.

- **Citrus Trophies** - Best performance by a junior male and female as determined by FINA points.
- **Aberdeen 200** - Best single performance for male and female as determined by FINA points.
- **Best Team Cup** – Most points earned by a Scottish Club/Team in the Open competition. Points will be calculated as follows for all eligible individual events:

1 st :	20 points
2 nd :	18 points
3 rd :	16 points
4 th - 16 th :	13 points down to 1 point.

The first eight relay teams will score points as follows:

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

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.

TRAINING PRIOR TO CHAMPIONSHIPS

The Royal Commonwealth Pool will be available for open training from 16.00 until 20.00 on Thursday 10th December 2015.

COACH INFORMATION

Accreditation

Coaches/team managers/chaperones who are not in possession of an annual pass may purchase an individual pass for the Championship, the fee for which is £20.00.

Lost/replacement passes will be charged a fee of £10.00 for the issue of a temporary pass.

A pass is required for any coach/chaperone/team manager wishing to be poolside, and entitles you to entry for the whole of the Meet, poolside access, start & result sheets, complimentary tea, coffee and soft drinks in the specified area.

Coaches and chaperones will NOT be permitted on poolside without a valid pass.

Applying for a pass

- All applications should be submitted on the attached form via the Club Secretary and forwarded to: Ms M Orr, Scottish Swimming, National Swimming Academy, University of Stirling, Stirling, FK9 4LA
- The closing date for passes for the Scottish National Short Course Championship is **2.00pm, Tuesday 17th November 2015.**
- All applicants must be Disclosure Scotland/PVG/CRB checked through either Scottish Swimming, ASA or 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 by the required date and that the relevant PVG/Criminal Records Bureau(CRB)/Disclosure Scotland forms have been completed and sent to the Scottish Swimming/ASA /WASA office(s).
- Scottish Swimming will not issue a Coach/Chaperone Pass unless the applicant has a valid Disclosure Certificate/PVG/CRB issued through Scottish Swimming, ASA or WASA. Valid Disclosure Certificates/PVG/CRB from any other agency will not be accepted.
- Coaches/Chaperones applying for passes from outside the UK should make arrangements 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.
- New applicants must submit a recent electronic photograph in digital 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 rules regarding passport photographs.

Payment

Payment of the appropriate fee can be made by either;

Debit or credit card by telephoning the office – contact: Melanie Orr, tel. no. - 01786 466471

Cheque – made payable to SASA Limited and posted to:-

Scottish Swimming, National Swimming Academy, University of Stirling, Stirling, FK9 4LA

- Passes will be available for collection from the Coaches Desk from the first day of competition onwards.
- Within the Royal Commonwealth Pool, coaches and team support staff must wear their accreditation pass and have it visible at all times.

If you have any queries regarding PVG/Disclosure Scotland certification and CRB, please contact:

Melanie Orr (m.orr@scottishswimming.com) or Eilidh McCall-Lawrie

(e.mccall-lawrie@scottishswimming.com) at Scottish Swimming.

Coaches meals

Coaches may purchase meal passes by completing the attached form at a cost of £17.50 per day which entitles you to a light lunch after the morning session and a two course meal between the afternoon and evening session.

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.

- Video and photographs should not be posted on unsecure social websites but may be posted on secure sections of club websites.
- Should you wish to use your mobile phone for photographic purposes on poolside the procedure above must be followed.
- No flash photography permitted at any time 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.

PHOTOGRAPHY/MEDIA

Throughout this event Scottish Swimming will have a number of authorised media partners taking static photographs and video footage. These images are intended solely for the purposes of promotion and celebration of the activities. Images will be made available to our media partners and uploaded to our website and our social network sites.

All parents, competitors, coaches and volunteers are required to acknowledge this is a public event and upon entering the swimming arena this may result in the recording and publication of his/her image.

Scottish Swimming may record the competition events and general images of swimmers for the purposes of education, training, swimmer analysis, performance, development and event promotion. Scottish Swimming will hold this information on file for the use of promotion, general information and marketing. This information will not be passed on to third party media partners.

Should any competitor wish not to be photographed please complete the attached form (See Page 16). If at any time a competitor wishes an image to be removed from our website, 7 days' notice must be given to Scottish Swimming after which the data will be removed.

Further guidance can be found in our Child Protection Policy

Information for File Entries

Entries

- Entry files can be found on the SwimScotland website for download only:- <http://www.swimscotland.co.uk/>
- Entries should be sent to: nationals@scottishswimming.com
- The subject line **MUST** be **Short Course Open Championships**
- Please ensure that you request a read receipt if you wish confirmation of entries being received.
- The summary sheet and proof of entry time report should be returned with the entry file.
- Link to Hy-Tek website for Team Manager Lite, should you not have a copy of Team Manager

<http://www.hy-tek.com/downloads.html>

Select Team Manager , then Lite

Payment

- Payment should be made directly to the Scottish Swimming Office.
- This can either be sent to the office with the summary sheet and a cheque or payment can be made by credit card and the summary sheet forwarded separately.

Website Information

- As soon as possible after closing date, an entry list will be posted on the website for clubs to check <http://www.swimscotland.co.uk/> (there will be a time limit on returns)
- The entry list will show acceptances, reserves and scratches
- Any queries from the entry list should be directed to nationals@scottishswimming.com
- A draft programme will then be posted on the SwimScotland <http://www.swimscotland.co.uk/> and Scottish Swimming <http://www.scottishswimming.com/compete/swimming/national-events.aspx> websites.

APPLICATION SUMMARY

SCOTTISH NATIONAL SHORT COURSE CHAMPIONSHIPS 2015 11th – 13th December 2015

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		@ £9.50	=	£	-
Total Female Entries		@ £9.50	=	£	-
Total Relay Entries		@ £20.00	=	£	-
Total Coach Meals		@ £17.50	=	£	-
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'

Forms to be returned to: **Melanie Orr**
Scottish Swimming
University of Stirling
Stirling
FK9 4LA

Tel: **01786 466520**
 Email: m.orr@scottishswimming.com

TO BE RETURNED BY 2PM TUE 17TH NOVEMBER 2015

APPLICATION FOR COACH/CHAPERONE PASS

SCOTTISH NATIONAL SHORT COURSE CHAMPIONSHIPS 2015 11th – 13th December 2015

Applications must be made by the Entry/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.

Coaches/Chaperone/Team Manager pass - £25.00 (for further information please see pages 10/11)

Applications close on Tuesday 17th November 2015.

Applicant's Details

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

Entry/Club Secretary Details:

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

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

PVG/CRB:	please do not send certificate	
Payment:	cheque made payable to 'SASA' Ltd or	
	card payment made by contacting Scottish Swimming Office	
Photograph:	e-mailed to: m.orr@scottishswimming.com	

Send completed form, photograph and cheque to;

Ms M Orr, Scottish Swimming, National Swimming Academy, University of Stirling, Stirling, FK9 4LA

scottishswimming.com



COACHES MEALS

SCOTTISH NATIONAL SHORT COURSE CHAMPIONSHIPS 2015 11th – 13th December 2015

Club:	
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require meal tickets for the following days:

	Name	Name	Name	Name
11 th December				
12 th December				
13 th December				

(meal tickets £17.50 per day per person)

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: **Melanie Orr**
Scottish Swimming
University of Stirling
Stirling
FK9 4LA

Tel: 01786 466520
Email: m.orr@scottishswimming.com

TO BE RETURNED BY 2PM TUE 17TH NOVEMBER 2015

MEDIA / PHOTOGRAPHY REFUSAL OF CONSENT

SCOTTISH NATIONAL SHORT COURSE CHAMPIONSHIPS 2015 11th – 13th December 2015

Name of Swimmer:	
Club:	

I refuse permission for the Official Photographer of Scottish Swimming and its media partners to take and/or publish the images of me / my child. This includes the sharing of photos/images on your website and social media sites.

Signed (Parent/Carer if aged 16 or under):	
Print Name:	
Date:	

Forms to be returned to: **Melanie Orr**
Scottish Swimming
University of Stirling
Stirling
FK9 4LA

Tel: 01786 466520
Email: m.orr@scottishswimming.com