



**Scottish  
Swimming**



#SNAGS2019

# 2019 Scottish National Age Group Swimming Championships

(Under FINA Rules & Scottish Swimming Regulations)

**Tollcross International Swimming Centre  
350 Wellshot Road, Glasgow G32 7QR  
27<sup>th</sup> March — 31<sup>st</sup> March 2019**

(Licence No: L1/592/SS/MAR19)



# CONTENTS

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	<b>Page</b>
Venue Details, Session Times & Programme of Events	3
Schedule of Events	4
Eligibility to Compete	5
Entry Times (Individual Qualifying & Consideration Times)	6 - 7
Entries Information	8-9
Withdrawal Procedures	9
General Information	10
Awards & Presentations	11
Team Staff Information	12

## VENUE DETAILS, SESSION TIMES & PROGRAMME OF EVENTS

**Venue:** Tollcross International Swimming Centre, 350 Wellshot Road, Glasgow G32 7QR, 0141 276 8282  
**Pool:** 10 lane x 50 metre (Full electronic timing)  
 Separate 4 lane x 25m warm-up and swim-down facility  
**Promoters:** SASA National Swimming Committee

<b>Session times:-</b>	<b>Wednesday – Sunday</b>	Morning	Heats	Warm Up:	08.00	<b>NB. Session start times may be adjusted once all entries have been received and processed. Any new session times will be notified with confirmation of acceptances.</b>
				Start:	09.00	
		Afternoon	Heats	Warm Up:	12.40	
				Start:	13.40	
		Evening	Finals	Warm Up:	16.25	
				Start:	17.15	

### INDIVIDUAL EVENTS

#### YOUTH

<b>Boys &amp; Girls:</b> 15, 16, 17/18 years, 19/over	Heats swum in the morning sessions
50m, 100m, 200m, 400m Freestyle 50m, 100m, 200m Backstroke 50m, 100m, 200m Breaststroke 50m, 100m, 200m Butterfly 200m, 400m Individual Medley	Heats and Finals
800m, 1500m Freestyle	Heat Declared Winner

#### AGE GROUP

<b>Boys &amp; Girls:</b> 11-13 and 14 years	Heats swum in the afternoon sessions
50m, 100m, 200m Freestyle 50m, 100m, 200m Backstroke 50m, 100m, 200m Breaststroke 50m, 100m, 200m Butterfly 200m Individual Medley	Heats and Finals
400m, 800m, 1500m Freestyle 400m Individual Medley	Heat Declared Winner

### RELAY EVENTS

#### YOUTH

<b>Boys &amp; Girls:</b> 14–16 and 17 years & over	Swum in the morning sessions
4 x 100m Freestyle, 4 x 100m Medley, 4 x 200m Freestyle	Heat Declared Winner
4 x 100m Medley - Mixed	Swum in the finals session - HDW

#### AGE GROUP

<b>Boys &amp; Girls:</b> 11-13 years	Swum in the afternoon sessions
4 x 100m Freestyle, 4 x 100m Medley	Heat Declared Winner
4 x 100m Medley – Mixed	Swum in the finals session - HDW

### PLEASE NOTE:

This is the **ONLY** event where Scottish relay teams may qualify for the British Summer Championships.

Swimmers aged 19 & over will swim heats only and will be integrated into the 15,16, 17/18 youth events. However, should there be ten or more 19 & over swimmers entered in any event at the end of the withdrawal window of each session, the fastest ten swimmers will swim in a heat of their own. In the event that there are fewer than ten swimmers aged 19 & over at the end of the withdrawal window of each session, a separate heat may be run at the discretion of the Meet Director.

For individual and relay events: Age as at 31<sup>st</sup> December 2019

## SCHEDULE OF EVENTS

Wednesday 27 <sup>th</sup> March 2019	Thursday 28 <sup>th</sup> March 2019	Friday 29 <sup>th</sup> March 2019	Saturday 30 <sup>th</sup> March 2019	Sunday 31 <sup>st</sup> March 2019
<b>Session 1</b>	<b>Session 4</b>	<b>Session 7</b>	<b>Session 10</b>	<b>Session 13</b>
<b>Warm Up: 08.00 Start: 09.00</b>	<b>Warm Up: 08.00 Start: 09.00</b>	<b>Warm Up: 08.00 Start: 09.00</b>	<b>Warm Up: 08.00 Start: 09.00</b>	<b>Warm Up: 08.00 Start: 09.00</b>
<b>15, 16, 17/18 &amp; 19 &amp; over</b>	<b>15, 16, 17/18 &amp; 19 &amp; over</b>	<b>15, 16, 17/18 &amp; 19 &amp; over</b>	<b>15, 16, 17/18 &amp; 19 &amp; over</b>	<b>15, 16, 17/18 &amp; 19 &amp; over</b>
Girls 200m Backstroke	Girls 200m Breaststroke	Boys 200m Backstroke	Girls 200m Individual Medley	Boys 200m Individual Medley
Boys 100m Backstroke	Boys 200m Butterfly	Girls 400m Freestyle	Boys 200m Freestyle	Girls 200m Freestyle
Girls 100m Freestyle	Girls 100m Backstroke	Boys 50m Freestyle	Girls 100m Butterfly	Boys 100m Freestyle
Boys 200m Breaststroke	Boys 50m Breaststroke	Girls 50m Freestyle	Boys 100m Butterfly	Girls 100m Breaststroke
Girls 50m Breaststroke	Girls 400m Individual Medley	Boys 100m Breaststroke	Girls 50 Backstroke	Boys 50m Backstroke
Boys 50m Butterfly	Boys 400m Freestyle	Girls 200m Butterfly	Boys 400m Individual Medley	Girls 50m Butterfly
Girls 1500m Freestyle HDW	Girls 14-16 4x100m Medley Relay HDW	Boys 1500m Freestyle HDW	Girls 800m Freestyle HDW	Boys 800m Freestyle HDW
Boys 17&over 4x200m Freestyle Relay HDW	Girls 17&over 4x100m Medley Relay HDW	Girls 17&over 4x100m Freestyle Relay HDW	Boys 17&over 4x100m Freestyle Relay HDW	Girls 17&over 4x200m Freestyle Relay HDW
Boys 14-16 4x200m Freestyle Relay HDW	Boys 14-16 4x100m Medley Relay HDW	Girls 14-16 4x100m Freestyle Relay HDW	Boys 14-16 4x100m Freestyle Relay HDW	Girls 14-16 4x200m Freestyle Relay HDW
	Boys 17&over 4x100m Medley Relay HDW			
<b>Session 2</b>	<b>Session 5</b>	<b>Session 8</b>	<b>Session 11</b>	<b>Session 14</b>
<b>Warm Up: 12.40 Start: 13.40</b>	<b>Warm Up: 12.40 Start: 13.40</b>	<b>Warm Up: 12.40 Start: 13.40</b>	<b>Warm Up: 12.40 Start: 13.40</b>	<b>Warm Up: 12.40 Start: 13.40</b>
<b>11-13 &amp; 14</b>	<b>11-13 &amp; 14</b>	<b>11-13 &amp; 14</b>	<b>11-13 &amp; 14</b>	<b>11-13 &amp; 14</b>
Girls 200m Backstroke	Girls 200m Breaststroke	Boys 200m Backstroke	Girls 200m Individual Medley	Boys 200m Individual Medley
Boys 100m Backstroke	Boys 200m Butterfly	Girls 400m Freestyle HDW	Boys 200m Freestyle	Girls 200m Freestyle
Girls 100m Freestyle	Girls 100m Backstroke	Boys 50m Freestyle	Girls 100m Butterfly	Boys 100m Freestyle
Boys 200m Breaststroke	Boys 50m Breaststroke	Girls 50m Freestyle	Boys 100m Butterfly	Girls 100m Breaststroke
Girls 50m Breaststroke	Girls 400m Individual Medley HDW	Boys 100m Breaststroke	Girls 50 Backstroke	Boys 50m Backstroke
Boys 50m Butterfly	Boys 400m Freestyle HDW	Girls 200m Butterfly	Boys 400m Individual Medley HDW	Girls 50m Butterfly
Girls 1500m Freestyle HDW	Girls 11-13 4x100m Medley Relay HDW	Boys 1500m Freestyle HDW	Girls 800m Freestyle HDW	Boys 800m Freestyle HDW
Boys 11-13 4x100m Freestyle Relay HDW				Girls 11-13 4x100m Freestyle Relay HDW
				Boys 11-13 4x100m Medley Relay HDW
<b>Session 3 – FINALS</b>	<b>Session 6 - FINALS</b>	<b>Session 9 – FINALS</b>	<b>Session 12 – FINALS</b>	<b>Session 15 - FINALS</b>
<b>Warm Up: 16:25 Start: 17:15</b>	<b>Warm Up: 16:25 Start: 17:15</b>	<b>Warm Up: 16:25 Start: 17:15</b>	<b>Warm Up: 16:25 Start: 17:15</b>	<b>Warm Up: 16:25 Start: 17:15</b>
Girls 200m Backstroke	Girls 200m Breaststroke	Boys 200m Backstroke	Girls 200m Individual Medley	Boys 200m Individual Medley
Boys 100m Backstroke	Boys 200m Butterfly	Girls 400m Freestyle	Boys 200m Freestyle	Girls 200m Freestyle
Girls 100m Freestyle	Girls 100m Backstroke	Boys 50m Freestyle	Girls 100m Butterfly	Boys 100m Freestyle
Boys 200m Breaststroke	Boys 50m Breaststroke	Girls 50m Freestyle	Boys 100m Butterfly	Girls 100m Breaststroke
Girls 50m Breaststroke	Girls 400m Individual Medley	Boys 100m Breaststroke	Girls 50m Backstroke	Boys 50m Backstroke
Boys 50m Butterfly	Boys 400m Freestyle	Girls 200m Butterfly	Boys 400m Individual Medley	Girls 50m Butterfly
Mixed 14-16 4x100m Medley Relay HDW		Mixed 17&over 4x100m Medley Relay HDW	Mixed 11-13 4x100m Medley Relay HDW	
<b>Finals will be swum from youngest to oldest age groups</b>				

## ELIGIBILITY TO COMPETE

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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 Age Group Championships, competitors must be registered with SASA and must have paid their current registration fee.

Any athlete eligible to represent Scotland in accordance with Company Rules R4.5.3 who is not a member or a club affiliated to SASA, who wishes to be recognised as 'Scottish' must register with SASA.

### **National Eligibility – Scottish Swimming Company Rule R4.5.3**

R4.5.3 - A competitor selected to represent Scotland must be a registered member of SASA as per SASA Constitution C3.3 or C.3.5.1. and must be either:

- A native of Scotland, **or**
- A person with a Scottish mother or father, **or**
- Satisfy either of the following residential criteria:
  - I. For the Commonwealth Games - In line with current Commonwealth Games Federation Regulations or Guidelines (see Commonwealth Games Swimming selection policy for details).
  - II. For all other Meets - A person who has been resident in Scotland for a minimum of 12 months prior to the first day of competition.
  
- Individual Age Group events and Relay events are defined as age at 31<sup>st</sup> December 2019.
- No more than 3 swimmers who do not qualify as Scottish (see above) will be allowed to progress into any Final.

### **Individual Consideration Times (CT)**

May be used by competitors registered with SASA if they:

- a) Are competing for a Scottish Club or Team, **or**
- b) Qualify for National Eligibility (as defined by Company Rule R4.5.3) **and** are registered with SASA having paid their current registration fee.

### **Individual Qualifying Times (QT)**

Competitors as defined above with an entry time equal to or faster than the **Qualifying Times (QT)** will be guaranteed acceptance (subject to time verification). Entries slower than the Qualifying Time may be restricted in order to manage session lengths.

### **Individual Non Scottish Time (Non Scot)**

Entries submitted by all other swimmers must be equal to or faster than the **Non Scottish Time (Non Scot)** These swimmers will be guaranteed entry acceptance (subject to time verification) with the exception of 800m and 1500m events where the Non Scot time will be treated as a consideration time rather than a qualifying time.

All competitors must enter times achieved in accredited competitions held between 6<sup>th</sup> March 2018 and 6<sup>th</sup> March 2019 and either be 50 metre pool times or conversions to 50 metre pool times (Official conversion tables: Hy-tek standard conversion or ASA conversion tables may be used).

### **Team Entries and Relay Consideration Times**

This year there **ARE** consideration times for Relays (see page 8) and these are applicable to all clubs and teams. Clubs must submit a time based on the individual times of the team members. This will be used for seeding purposes and must be capable of verification. If it is necessary to restrict the number of relay entries, this will be done on the basis of entry time.

### **Proof of Entry**

**A proof of entry times report is required in accordance with SW2.1.2.5. Random checks on entry times will be carried out prior to and during the event. Any swimmers 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. If it is necessary to reject entries, this will be done on the basis of entry time, slowest to fastest, excluding guaranteed acceptances as detailed above.

# MALE ENTRY TIMES

Age as at 31<sup>st</sup> December 2019

Male	11 to 13			14			15			16			17-18			19 & Over		
	Non Scot	QT	CT	Non Scot	QT	CT	Non Scot	QT	CT	Non Scot	QT	CT	Non Scot	QT	CT	Non Scot	QT	CT
50m Freestyle	00:28.44	00:29.94	00:30.70	00:27.01	00:28.38	00:29.06	00:25.97	00:26.91	00:27.38	00:25.34	00:26.21	00:26.64	00:24.41	00:25.36	00:25.83	00:23.50	00:24.14	00:24.46
100m Freestyle	01:02.15	01:05.64	01:07.38	00:58.72	01:01.78	01:03.31	00:56.31	00:58.39	00:59.44	00:55.08	00:57.17	00:58.22	00:53.14	00:54.92	00:56.07	00:50.80	00:52.22	00:53.45
200m Freestyle	02:14.43	02:22.18	02:26.05	02:07.59	02:13.98	02:17.17	02:02.59	02:07.27	02:09.61	02:00.77	02:04.71	02:06.68	01:56.01	01:59.67	02:01.49	01:51.32	01:54.45	01:56.01
400m Freestyle	04:44.50	05:00.69	05:08.78	04:31.08	04:43.70	04:50.01	04:19.72	04:29.18	04:33.91	04:17.25	04:24.55	04:28.19	04:07.82	04:15.59	04:19.47	03:59.27	04:10.76	04:16.51
800m Freestyle	09:42.22	10:20.02	10:38.91	09:11.88	09:34.81	09:46.28	08:56.86	09:21.76	09:34.21	08:47.38	09:05.94	09:15.22	08:32.10	08:47.97	08:56.86	08:17.37	08:41.92	08:52.86
1500m Freestyle	18:24.40	19:39.45	20:16.97	17:30.18	18:14.54	18:36.73	17:05.34	17:50.94	18:13.74	16:51.07	17:22.06	17:37.55	16:16.81	16:47.33	17:02.59	15:51.30	16:33.75	16:54.98
50m Backstroke	00:33.27	00:35.07	00:35.98	00:31.00	00:33.28	00:34.42	00:29.69	00:30.98	00:31.63	00:29.03	00:30.39	00:31.07	00:27.74	00:28.96	00:29.81	00:26.72	00:28.17	00:29.15
100m Backstroke	01:10.90	01:15.37	01:17.61	01:06.72	01:11.26	01:13.53	01:03.87	01:06.49	01:07.80	01:02.73	01:05.09	01:06.27	00:59.68	01:02.48	01:03.88	00:57.26	01:00.39	01:01.95
200m Backstroke	02:30.89	02:40.77	02:45.71	02:23.73	02:32.90	02:37.48	02:18.11	02:24.16	02:27.18	02:15.75	02:22.59	02:26.01	02:10.17	02:17.04	02:20.48	02:07.00	02:15.27	02:19.42
50m Breaststroke	00:36.45	00:39.19	00:40.56	00:34.32	00:36.74	00:37.96	00:32.66	00:34.08	00:34.78	00:32.07	00:33.30	00:33.91	00:30.56	00:31.75	00:32.34	00:29.10	00:29.86	00:30.25
100m Breaststroke	01:20.19	01:26.53	01:29.71	01:15.73	01:21.28	01:24.07	01:12.17	01:15.69	01:17.45	01:11.02	01:13.75	01:15.12	01:07.27	01:10.33	01:11.86	01:03.67	01:06.07	01:07.28
200m Breaststroke	02:51.63	03:04.73	03:11.28	02:42.74	02:52.03	02:56.68	02:36.59	02:43.03	02:46.25	02:34.14	02:39.24	02:41.80	02:25.48	02:32.65	02:36.24	02:18.87	02:24.81	02:27.78
50m Butterfly	00:30.96	00:33.05	00:34.09	00:29.12	00:31.01	00:31.96	00:27.72	00:29.01	00:29.65	00:27.23	00:28.29	00:28.81	00:26.14	00:27.11	00:27.59	00:25.09	00:25.90	00:26.30
100m Butterfly	01:09.92	01:15.87	01:18.84	01:05.28	01:10.57	01:13.22	01:01.74	01:05.19	01:06.91	01:00.42	01:03.43	01:04.94	00:57.71	01:00.27	01:01.54	00:55.24	00:57.16	00:58.11
200m Butterfly	02:35.20	02:52.25	03:00.77	02:24.84	02:37.95	02:44.50	02:17.98	02:28.79	02:34.20	02:15.39	02:22.92	02:26.69	02:08.60	02:15.19	02:18.49	02:03.10	02:08.44	02:11.11
200m I.M.	02:32.16	02:41.07	02:45.53	02:24.22	02:30.74	02:34.00	02:19.04	02:24.95	02:27.90	02:16.88	02:22.19	02:24.84	02:11.34	02:16.17	02:18.59	02:05.59	02:11.22	02:14.04
400m I.M.	05:21.76	05:46.55	05:58.95	05:04.87	05:22.36	05:31.11	04:56.27	05:09.03	05:15.40	04:52.70	05:01.46	05:05.84	04:42.52	04:50.29	04:54.17	04:34.95	04:47.77	04:54.17



# FEMALE ENTRY TIMES

Age as at 31<sup>st</sup> December 2019

Female	11 to 13			14			15			16			17-18			19 & Over		
	Non Scot	QT	CT	Non Scot	QT	CT	Non Scot	QT	CT	Non Scot	QT	CT	Non Scot	QT	CT	Non Scot	QT	CT
<b>50m Freestyle</b>	00:29.36	00:30.27	00:30.72	00:28.71	00:29.64	00:30.10	00:27.95	00:28.65	00:29.00	00:27.88	00:28.55	00:28.88	00:27.25	00:28.10	00:28.53	00:26.59	00:27.51	00:27.98
<b>100m Freestyle</b>	01:03.90	01:06.12	01:07.23	01:02.32	01:04.52	01:05.62	01:00.40	01:02.30	01:03.25	01:00.03	01:02.12	01:03.17	00:58.75	01:00.81	01:01.85	00:57.24	00:59.32	01:00.37
<b>200m Freestyle</b>	02:17.31	02:22.57	02:25.20	02:13.84	02:18.29	02:20.52	02:10.80	02:15.19	02:17.40	02:09.31	02:14.41	02:16.96	02:06.93	02:12.11	02:14.70	02:03.38	02:08.21	02:10.63
<b>400m Freestyle</b>	04:49.90	05:02.14	05:08.26	04:42.68	04:51.76	04:56.30	04:34.83	04:44.16	04:48.82	04:33.89	04:42.53	04:46.85	04:28.45	04:38.76	04:43.91	04:20.65	04:35.68	04:43.20
<b>800m Freestyle</b>	09:49.57	10:14.67	10:27.22	09:32.19	09:52.05	10:01.98	09:19.56	09:34.85	09:42.49	09:16.14	09:31.70	09:39.48	09:09.83	09:26.47	09:34.78	08:50.94	09:18.09	09:31.66
<b>1500m Freestyle</b>	18:56.65	19:48.00	20:13.68	18:22.08	19:03.61	19:24.38	18:02.84	18:32.36	18:47.12	17:57.30	18:26.63	18:41.29	17:44.09	18:16.16	18:32.20	17:21.16	18:04.49	18:26.16
<b>50m Backstroke</b>	00:33.67	00:34.79	00:35.35	00:32.83	00:34.02	00:34.62	00:31.78	00:32.91	00:33.47	00:31.50	00:32.50	00:33.00	00:30.83	00:32.11	00:32.75	00:30.06	00:31.50	00:32.21
<b>100m Backstroke</b>	01:12.28	01:14.74	01:15.97	01:10.84	01:13.19	01:14.37	01:08.02	01:10.62	01:11.92	01:07.42	01:09.57	01:10.65	01:06.00	01:08.20	01:09.30	01:04.12	01:07.57	01:09.30
<b>200m Backstroke</b>	02:33.56	02:38.49	02:40.95	02:30.80	02:35.33	02:37.59	02:26.47	02:33.02	02:36.29	02:24.84	02:30.30	02:33.03	02:22.35	02:28.22	02:31.15	02:18.33	02:26.88	02:31.15
<b>50m Breaststroke</b>	00:37.37	00:39.15	00:40.04	00:36.53	00:38.20	00:39.04	00:35.36	00:36.83	00:37.56	00:35.12	00:36.70	00:37.50	00:34.50	00:35.65	00:36.22	00:32.89	00:35.11	00:36.21
<b>100m Breaststroke</b>	01:21.85	01:25.88	01:27.89	01:20.17	01:23.53	01:25.21	01:17.67	01:21.16	01:22.91	01:17.15	01:20.90	01:22.77	01:15.06	01:18.26	01:19.86	01:12.02	01:17.14	01:19.70
<b>200m Breaststroke</b>	02:54.51	03:04.28	03:09.16	02:51.61	02:58.83	03:02.44	02:46.17	02:53.84	02:57.67	02:45.95	02:52.39	02:55.61	02:41.53	02:48.64	02:52.20	02:33.38	02:45.93	02:52.20
<b>50m Butterfly</b>	00:31.58	00:33.05	00:33.78	00:30.81	00:32.23	00:32.93	00:29.80	00:30.95	00:31.52	00:29.62	00:30.70	00:31.24	00:28.91	00:29.96	00:30.48	00:28.23	00:29.50	00:30.14
<b>100m Butterfly</b>	01:11.12	01:15.81	01:18.15	01:09.02	01:12.96	01:14.92	01:06.59	01:09.54	01:11.02	01:05.83	01:09.12	01:10.76	01:04.07	01:07.23	01:08.81	01:02.42	01:06.68	01:08.81
<b>200m Butterfly</b>	02:37.77	02:49.16	02:54.86	02:32.02	02:42.71	02:48.06	02:28.22	02:36.48	02:40.62	02:26.31	02:35.35	02:39.86	02:22.59	02:32.31	02:37.17	02:19.05	02:31.13	02:37.17
<b>200m I.M.</b>	02:35.75	02:41.40	02:44.22	02:31.81	02:36.63	02:39.03	02:28.20	02:32.10	02:34.06	02:27.51	02:30.81	02:32.46	02:23.71	02:28.65	02:31.12	02:21.17	02:27.80	02:31.10
<b>400m I.M.</b>	05:28.13	05:42.90	05:50.28	05:21.23	05:30.76	05:35.53	05:14.46	05:26.46	05:32.46	05:13.42	05:23.77	05:28.94	05:06.65	05:19.97	05:26.63	05:01.31	05:18.19	05:26.63

# ENTRIES INFORMATION

## Making Entries

Entries will be by computer files, which are downloadable from Swimscotland . The closing date for receipt of entries is **2.00pm Wednesday 6<sup>th</sup> March 2019**. Please see below information on how to make entries.

**Please complete the Application Summary Sheet online by Wednesday 6<sup>th</sup> March 2019, this can be found by clicking [here](#).**

## Payment

Payment can be made by the following options:-

- Cheque made payable to 'SASA' Ltd
- Card payment made by contacting Scottish Swimming Office
- BACS: Please use Ref 6012\_Club The Royal Bank of Scotland, Sort Code: 832709, Account No:00292938

**Individual Events: £10.00**

**Relays: £20.00**

**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.

## Entry Files

- 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](mailto:nationals@scottishswimming.com)
- The subject line **MUST** be **National Age Groups 2019 (Club Code)**
- 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
- **The closing date for receipt of entries is 2.00pm on Wednesday 6<sup>th</sup> March 2019**

## Team Entries

There is no restriction on the number of teams clubs may enter subject to achieving the Relay Consideration Time. If it becomes necessary to restrict the number of entries received, teams will be selected on a time basis.

**NB.** Team events for swimmers aged 14–16 and 17 & Over, excluding the mixed medley relay, may be combined at the discretion of the National Championships Convener in consultation with the National Coach in order to maximised the opportunity to compete. This decision will be made at the time of the draft programme being produced.

**Please Note:** include all relay swimmers who have not been entered in individual events on to the originally submitted HyTek file. (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). Failure to do this may result in your relay team being unable to compete. Please submit individual accredited times for each team member and reserves. The submitted relay entry time should be the sum of the accredited times for each provisional team member and must be equal to or faster than the times below.

## Mixed Medley

The Mixed (two boys and two girls) 4 x 100m Medley relay event is an addition to the programme. The maximum number of heats for this is as follows and will be swum at the end of the finals session. Please see programme of events.

**17 & Over – 2 heats: 14–16 – 3 heats: 11–13 – 2 heats.**

<u>Relay Consideration Times</u>	<u>11 – 13 years</u>		<u>14 – 16 years</u>		<u>17 years and over</u>	
	<u>Boys</u>	<u>Girls</u>	<u>Boys</u>	<u>Girls</u>	<u>Boys</u>	<u>Girls</u>
4 x 100m Freestyle	5.04.00	4.52.31	4.13.57	4.27.00	3.51.59	4.21.21
4 x 100m Medley	5.37.00	5.28.16	4.41.86	4.52.22	4.20.50	4.45.37
4 x 200m Freestyle	No event	No event	9.21.74	9.50.44	8.36.04	9.46.56
	<u>Mixed</u>		<u>Mixed</u>		<u>Mixed</u>	
4 x 100m Medley	5.11.39		4.40.35		4.26.58	



## ENTRIES INFORMATION

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### Team Lines and Changes to Relay Teams

Team Lines for Day1 Morning session must be submitted by 6:00pm on the day prior to the event to [agegroupswithdrawals@gmail.com](mailto:agegroupswithdrawals@gmail.com)

Team Lines for Days 2, 3, 4 & 5 Morning Sessions should be submitted to the recorders desk by 6:00 pm on the day prior to the event.

For afternoon sessions Team Lines should be submitted to the recorders desk no later than 10:00 am on the day of the event.

For finals sessions Team Lines should be submitted to the recorders desk by the start of the afternoon session on the day of the event.

Changes to the submitted Team Lines can be made up to 1 hour prior to the start of the appropriate session at the Recorder's Desk. After this time, no changes to submitted Team Lines shall be permitted except in the event of medical emergency.

### 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)
- Any queries from the entry list should be directed to [nationals@scottishswimming.com](mailto: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.
- Please note once the draft programme is posted no subsequent updates will be shown.

## WITHDRAWALS

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### Heats

Any withdrawals (including reserves) or amendments prior to the first day of the Championships should be notified to [agegroupswithdrawals@gmail.com](mailto:agegroupswithdrawals@gmail.com) by email providing full details (Name, Event No. entry time and Event rank no.) or withdrawal form.

Withdrawals for Session 1 (including reserves) must be notified by email to [agegroupswithdrawals@gmail.com](mailto:agegroupswithdrawals@gmail.com) no later than **6.00pm on Tuesday 26<sup>th</sup> March 2019**. Withdrawals for Sessions 4, 7, 10 and 13 – including reserves (morning sessions) not previously notified must be lodged at the Recorder's Desk no later than the 6.00 pm on the day prior to the event. Withdrawals for Sessions 2, 5, 8, 11 and 14 – including reserves (afternoon sessions) not previously notified must be lodged at the Recorder's Desk no later than 10am on 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 £10.00 fine for each inappropriate withdrawal.

### Finals

Should you wish to withdraw from a Final (including reserves), you must inform the Recorders in writing on the appropriate form within 30 minutes of finalist's 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 2 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 Championships). Where a reserve is brought in at short notice, the reserve shall occupy the vacant lane – there will be no re-seeding.

### Team withdrawals

Withdrawals for relays swum in the morning sessions must be lodged no later than 6.00pm on the day prior to the event. Withdrawals for relays swum in the afternoon sessions must be lodged by 10.00 am on the day of the event. Withdrawals for relays swum in the final sessions must be lodged by the end of the afternoon session on the day of the event. Withdrawals should be done at the recorders desk.

## GENERAL INFORMATION

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### Event Regulations

Entry and Entries to all events is expressly subject to the Event Regulations on our website which can be found [here](#) and may, where appropriate, also require compliance with the facility provider's regulations.

Scottish Swimming reserves absolutely the right to eject from events any person failing to comply with each and all of the Event Regulations.

### Anti-Doping

Please note that anti-doping may be in operation at any Scottish event. All swimmers not registered with SASA or Swim England (SE) /Welsh Amateur Swimming Association (WASA) will be required to sign an agreement to undergo tests as required in accordance with FINA Law. N.B. SASA, SE and WASA swimmers will have signed an agreement when submitting their registration fee.

### Swimmers 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. Within the venue, swimmers **MUST** wear their accreditation pass and have it visible at all times.

### Swimwear

British Swimming and SE advise that FINA BL8.1 only applies to Olympic Games and FINA events. A suit check will only be made if a World or European record is claimed. There is no requirement for officials to check that costumes are on the approved FINA list. Bylaws BL 8.2 and BL 8.3 cover our requirement for design and material.

### **SW8.0 Scottish Swimming Rules** **SW8.8 Swimwear Policy**

SW8.8.1. For events held under the direct jurisdiction and control of Scottish Swimming the Scottish Swimming 'Swimwear Policy' shall apply. The policy can be found at [www.scottishswimming.com/compete/swimming/important-documents.aspx](http://www.scottishswimming.com/compete/swimming/important-documents.aspx)

### Media & Photography Information

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 and may include live streaming on the internet. Images will be made available to our media partners and uploaded to our website and our social network sites.

Should any competitor wish not to be photographed please [complete this form](#). If at any time a competitor wishes a static image to be removed from our website, 7 days' notice must be given to Scottish Swimming after which the data will be removed.

# AWARDS & PRESENTATIONS

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## Individual Awards

Medals shall be presented as follows:

- Scottish Age Group Open Champion 1<sup>st</sup> 2<sup>nd</sup> and 3<sup>rd</sup>
- Scottish National Age Group Champion 1<sup>st</sup> (provided the individual is not also the Open Champion)
- Scottish National Age Group Champion must be a registered member of Scottish Swimming

## Special Awards

Trophies (1 male/1 female) to be awarded to the best performance by a boy and girl aged 16 and under as at 31<sup>st</sup> December 2019, calculated on the basis of the FINA points for 1 single event.

Sharp Trophies (1 male/1 female) to be awarded to the fastest boy and girl swimmer from the youngest age group for the 200m Individual Medley (age as at 31<sup>st</sup> December 2019)

## Top Scottish Age Group Club Award

Points will be calculated as follows: 1<sup>st</sup> - 13 points: 2<sup>nd</sup> - 11 points: 3<sup>rd</sup> - 9 points: 4<sup>th</sup> to 10<sup>th</sup> place: 7 points down to 1 point. Relays will be awarded points as follows: 1<sup>st</sup> - 26 points: 2<sup>nd</sup> - 22 points: 3<sup>rd</sup> - 18 points: 4<sup>th</sup> to 10<sup>th</sup> place: 14 points down to 2 points. Please see below conditions for this award.

- Clubs must be registered with Scottish Swimming. For the purposes of the competition, "Club" is defined as any individual or composite team registered with Scottish Swimming
- Points will be allocated to the club of representation as per the closing date for entries to the Scottish Age Group Championships
- An individual swimmer can only be counted for 1 individual event per day, using their best scoring event of each day
- Swimmers scoring points for clubs in either individual or relay events must be resident or undertake the majority of training within Scotland
- The highest scoring eligible relay team per club only will be counted for relay events
- Scores will be derived from finals (from the position finished within the final) and HDW events only
- Final points will be calculated following the completion of the last event with updates given at the end of each finals session
- The Scottish Club or Composite team with the most points earned following the completion of the final event will be presented with the "Top Age Group Club" Award
- No points shall be scored from 19 & over events
- No points shall be scored from 17 & over relays

## Presentations

Swimmers must report to the Presentation Marshal 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 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 depute to attend the appropriate presentation will result in the swimmer forfeiting his/her medal.

## TEAM STAFF INFORMATION

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### Training Prior to Championships

It may be possible to arrange some training times directly with the pool on Tuesday 26<sup>th</sup> March 2019. This would be subject to availability. Please contact The Duty Manager on 0141 276 8282 at Tollcross International Swimming Centre.

### Poolside Pass Information/ Accreditation

Coaches/team managers/chaperones who are not in possession of an annual pass may purchase an individual pass for the Championship:-

**Full Meet £30.00 (5 day access)**  
**Day Pass £10.00 (Access is only granted for the day the pass has been purchased)**

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 in the specified area. Without a valid pass any coach/chaperone/team manager will NOT be permitted on poolside.

All passes must be worn by all team personnel and made visible at all times. Passes will be available for collection from the Coaches Information Desk on or after the first day of the Championships.

### Applying for a Pass

- All applications must be submitted online, you can find more information by following the link below:-  
<http://www.scottishswimming.com/compete/swimming/national-events.aspx>
- **Please Note: All chaperone/team manager passes must be confirmed by the Head Club/Team coach as detailed on the online application form**
- All applicants MUST be Disclosure Scotland/PVG/CRB checked through either: Scottish Swimming/Swim England/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 application is made in good time and that the relevant PVG/Criminal Records Bureau(CRB)/Disclosure & Barring Service(DBS) forms have been completed and sent to the Scottish Swimming/Swim England/WASA office(s)
- Scottish Swimming will not issue any Coach/Chaperone Pass unless a person has a valid Disclosure Certificate/PVG/CRB through the Scottish Swimming/Swim England/WASA. In-line with current legislation, valid Disclosure Certificates/PVG/CRB from any other agency, will not be accepted. If you have any queries regarding PVG/CRB certification, please contact your Governing Body or Scottish Swimming via email to [childprotection@scottishswimming.com](mailto:childprotection@scottishswimming.com)
- Team Staff 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
- Applicants must submit one recent photograph (jpeg format). This can be done once the order is completed on the website. 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.
- Passes will be emailed direct to members to print themselves. Plastic wallets will be available for collection from the Coach/Swimmer Desk at our Scottish Swimming National Events

**Applications close at 2pm on the 12<sup>th</sup> March 2019**  
**Please Note: Any late applications will be charged £45.00 per pass**