



SCOTTISH *swimming*
everyone can swim!

BRITISH GAS SCOTTISH NATIONAL SHORT COURSE OPEN SWIMMING CHAMPIONSHIPS 2011

(under FINA/SASA Laws)

TOLLCROSS PARK LEISURE CENTRE
GLASGOW

7th – 9th JANUARY 2011

speedo 

Kellogg's

 **LOTTERY FUNDED** | **sportscotland**

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

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' (11th January 2011).
4. Scottish swimmers changing clubs in 2011 and committed to the first club shall swim unattached for the remainder of the set period. A swimmer entering any Scottish Championships as 'unattached' cannot compete for any club in relay events.

DRUG TESTING

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

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

TV COVERAGE

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

BRITISH GAS SCOTTISH NATIONAL SHORT COURSE OPEN CHAMPIONSHIPS 2011 (Under FINA/SASA Laws)

Dates: Friday 7th, Saturday 8th and Sunday 9th January 2011
Venue: Tollcross Park Leisure Centre, Glasgow, G32 7QR
Pool: 10 Lane, 25 metre pool with full Electronic Timing
Separate 25 metre warm up/swim down facility
Meet Promoters: Scottish National Swimming Committee

SESSION TIMES

Friday, 7th January	Session 1	Heats	Warm Up: 07.00 Start: 08.45
	Session 2	Heats	Warm Up: 12.15 Start: 13.15
	Session 3	Finals	Warm Up: 16.30 Start: 17.30
Saturday, 8th January	Session 4	Heats	Warm Up: 07.00 Start: 08.45
	Session 5	Heats	Warm Up: 12.15 Start: 13.15
	Session 6	Finals	Warm Up: 16.30 Start: 17.30
Sunday, 9th January	Session 7	Heats	Warm Up: 07.00 Start: 08.45
	Session 8	Heats	Warm Up: 12.15 Start: 13.15
	Session 9	Finals	Warm Up: 15.30 Start: 16.30

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/SASA rules 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 8th December 2009) 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.

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 'Scottish Amateur Swimming Association 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 8th December 2010**

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***

ACCREDITATION

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

WITHDRAWALS

HEATS

Any withdrawals (inc reserves) or amendments prior to the first day of the Championships should be notified to the Entries/Withdrawals Secretary initially by telephone and confirmed in writing. However, any withdrawals for sessions 1 & 2 must be notified no later than 6.00 pm on Thursday, 8th January 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.

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

TEAM ENTRIES

For this meet clubs may enter two (2) Male & (2) Female teams. Notification of provisional 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 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.

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 Meet will be issued with a pass which on presentation will allow them access to the changing village and poolside access (swimmers are **not** required to submit photographs).

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: 1st – 13 points: 2nd – 11 points: 3rd – 9 points: 4th – 10th place: 7 points down to 1 point. Relays will be awarded double 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 50, 100, 200 & 400 Events are heats and finals.
- 800 & 1500 Events are Heat Declared Winner. **Please see note below**
- For the heats “**OVER THE TOP STARTS**” will be used where appropriate.
- Heats and finals will be swum as 10 lane events (please note however in the event of securing broadcasting, finals will be moved to 8 lanes).

AGE GROUP EVENTS

Girls 14/under

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

Boys 15/under

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

Please note entry fees will not be refunded for any times submitted 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.

1
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 swim. Failure to do so will result in the swimmer being withdrawn from that event.

Women and Girls 800 free must reconfirm by 10.00 am on Friday, 7th January at the latest.

Men and Boys 1500 free must reconfirm by 10.00 am on Saturday, 8th January at the latest.

Reconfirmation will be taken at recorders desk.

TRAINING PRIOR TO CHAMPIONSHIPS

It may be possible to arrange some training times directly with the pool on Thursday, 6th January 2011. This would be subject to availability. Please contact Mr Garry Bruce, Facilities Manager, or the Duty Manager, Tollcross Park, Glasgow, Tel: 0141 276 0800.

COACH/CHAPERONE PASS FOR 2011

Charges for 2011 are as follows:

Scottish National Short Course Open Championship Coach Pass:	£20.00
Scottish National Age Groups Championship Coach Pass:	£30.00
Scottish National Open Championship Coach Pass:	£30.00
All 3 Scottish National Championships Coach Pass (Annual):	£55.00
Lost/Replacement Pass:	£10.00

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.

Application Requirements:

- Enhanced Disclosure
All applicants **MUST be CRB checked** through either: SASA/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 the ASA CRB/SASA/WASA office(s).

Please note that we are unable to issue any Coach/Chaperone Pass unless a person has a valid Disclosure Certificate (valid for 3 years from date of issue) through the ASA/SASA/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:

- Passes for individual championships will have a closing date that corresponds to the closing date for entries to the relevant competition (as advertised in the relevant Meet Information)

The closing date for passes for the British Gas Scottish National Short Course Championship (7th – 9th January 2011) is **2pm, Wednesday 8th December 2010**

- **Annual** Passes have a closing date of **4pm, Friday 27th November 2010**

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

Photographic passes issued in 2010 are no longer valid.

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.

Application forms can also be downloaded from our website:

<http://www.scottishswimming.com/assets/files/downloadfiles/Swimming/Scottish%20National%20Events%20Information%20011%20Events/British%20Gas%20Scottish%20National%20Short%20Course%20Championship%202011.pdf>

APPLICATION FOR 2011 COACH/CHAPERONE PASS BRITISH GAS SCOTTISH NATIONAL CHAMPIONSHIPS

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

Please tick (✓) the relevant box for the pass that you require

British Gas Scottish National Short Course
Championship (7th – 9th January 2011) £20

British Gas Scottish National Age Group
Championship (7th – 10th April) £30

British Gas Scottish National Open
Championship (23rd – 26th June) £30

British Gas Scottish National Championships
Annual (all 3 events) £55

Applicant's Details

Surname:	<input type="text"/>													
Forename(s):	<input type="text"/>													
Home Address:	<input type="text"/>													
	<input type="text"/>													
	<input type="text"/>						Postcode:	<input type="text"/>						
Telephone Number:	<input type="text"/>													
Email Address:	<input type="text"/>													
Membership No:	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Disclosure No:	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Date of Disclosure:	<input type="text"/>	<input type="text"/>	/	<input type="text"/>	<input type="text"/>	/	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>				
Signature:	<input type="text"/>													

Club Secretary Details:

Application Made by (Name):	<input type="text"/>
Secretary of (Club Name):	<input type="text"/>
Telephone Number:	<input type="text"/>
Email Address:	<input type="text"/>
Signature:	<input type="text"/>

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

Valid Enhanced Disclosure

Payment: cheque 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) - £17.50

Please complete form below should you require coach meals

COACHES MEAL FORM

British Gas Scottish National Short Course Championship

TOLLCROSS PARK LEISURE CENTRE, GLASGOW

7th – 9th January 2011

Club:

require meal tickets for the following days:

	Name	Name	Name	Name
7 th January				
8 th January				
9 th January				

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

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

**Forms to be returned to: John Bruce
Meet Entry Secretary
50 Station Road
Roslin
Midlothian
EH25 9LR**

**Tel: 0131 440 1752
email: jbruce2160@aol.com**

TO BE RETURNED BY 2PM WED 8TH DECEMBER

British Gas Scottish National Open Short Course Championships, 7th – 9th January 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		@ £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'

Form to be returned to:

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

TO BE RETURNED BY 2PM WED 8TH DECEMBER

Friday, 7th January 2011	Saturday, 8th January 2011
<p>Session 1 – Warm Up 07:00 Start 08:45</p> <p>101 Mens 50 Freestyle 102 Womens 100 Breaststroke 103 Mens 200 Backstroke 104 Womens 200 I.M. 105 Mens 100 Butterfly 106 Womens 50 Backstroke 107 Mens 50 Breaststroke 108 Womens 200 Butterfly 109 Mens 400 Freestyle 110 Womens 100 Freestyle 111 Mens 100 I.M.</p>	<p>Session 4 – Warm Up 07:00 Start 08:45</p> <p>201 Womens 50 Freestyle 202 Mens 100 Breaststroke 203 Womens 200 Backstroke 204 Mens 200 I.M. 205 Womens 100 Butterfly 206 Mens 50 Backstroke 207 Womens 50 Breaststroke 208 Mens 200 Butterfly 209 Womens 400 Freestyle 210 Mens 100 Freestyle 211 Womens 100 I.M.</p>
<p>Session 2 – Warm Up 12:15 Start 13:15</p> <p>112 Boys 15/u 400 Freestyle (HDW) 113 Womens 800 Freestyle (HDW) 114 Girls 14/u 800 Freestyle (HDW) 115 Boys 15/u 100 I.M. (HDW)</p>	<p>Session 5 – Warm Up 12:15 Start 13:15</p> <p>212 Girls 14/u 400 Freestyle (HDW) 213 Mens 1500 Freestyle (HDW) 214 Boys 15/u 1500 Freestyle (HDW) 215 Girls 14/u 100 I.M. (HDW)</p>
<p>Session 3 – Warm Up 16:30 Start 17:30</p> <p>113 Womens 800 Freestyle (Fastest Heat) 'B' & 'A' Finals of Events 101 – 111 116 Womens 4 x 50 Medley Relay (HDW) Time Req 117 Mens 4 x 50 Medley Relay (HDW) Time Req</p>	<p>Session 6 – Warm Up 16:30 Start 17:30</p> <p>213 Mens 1500 Freestyle (Fastest Heat) 'B' & 'A' Finals of Events 201 – 211 216 Mens 4 x 50 Freestyle Relay (HDW) Time Req 217 Womens 4 x 50 Freestyle Relay (HDW) Time Req</p>
Sunday, 9th January 2011	
<p>Session 7 – Warm Up 07:00 Start 08:45</p> <p>301 Womens 400 I.M. 302 Mens 400 I.M. 303 Womens 50 Butterfly 304 Mens 50 Butterfly 305 Womens 200 Freestyle 306 Mens 200 Freestyle 307 Womens 100 Backstroke 308 Mens 100 Backstroke 309 Womens 200 Breaststroke 310 Mens 200 Breaststroke</p> <p>Session 8 – Warm up 12:15, Start 13:15</p> <p>311 Girls 14/u 400 I.M. (HDW) 312 Boys 15/u 400 I.M. (HDW)</p> <p>Session 9 – Warm Up 15:30 Start 16:30</p> <p>'B' & 'A' Finals of Events 301 – 310 313 Womens 4 x 100 Freestyle Relay (HDW) Time Req 314 Mens 4 x 100 Freestyle Relay (HDW) Time Req</p>	

BRITISH GAS SCOTTISH NATIONAL OPEN SHORT COURSE CHAMPIONSHIPS 2011

CONSIDERATION TIMES

CHAMPIONSHIPS 2011

FEMALE		EVENT	MALE	
14/under	OPEN		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	