



# 2013 SCOTTISH GAS NATIONAL AGE GROUPS SWIMMING CHAMPIONSHIPS

(Under FINA Rules & Scottish Swimming Regulations)

(Licence No: L1/374/ED/APR13)

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

**10<sup>th</sup> April – 14<sup>th</sup> April 2013**

SCOTTISH  
*swimming*

Scottish Gas

 sports scotland  
LOTTERY FUNDED

speedo 

*Kellogg's*

 Holiday Inn

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](mailto:info@scottishswimming.com) [www.scottishswimming.com](http://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 Age Groups Championships, competitors must be registered with SASA and must have paid their current registration fee.
3. Any athlete eligible to represent Scotland in accordance with Company Rules R4.5 who is not a member or a club affiliated to SASA, who wishes to be recognised as 'Scottish' must register with SASA. For the registration to be/remain valid an annual swimmer membership fee shall be paid. The appropriate form can be obtained from the Company Office (C3.5.1)

#### National Eligibility

(Company Rule) 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) A native of Scotland, **or**
  - b) A person with a Scottish mother or father, **or**
  - c) Satisfy either of the following residential criteria:
    - i) For the Commonwealth Games -  
In line with current Commonwealth Games Federation Regulations or Guidelines (see information guide for details).
    - ii) For all other Meets -  
A person who has been resident in Scotland for a minimum of 6 months in the 12 months prior to the first day of competition.
4. Individual Age Group events only are defined as age on 14<sup>th</sup> April 2013 - **Ages for relays. please refer to Programme of Events**
  5. No more than 3 swimmers who do not qualify as Scottish (see point 3) will be allowed to progress into any Final.

### Drug Testing

Please note that drug testing may be in operation at any Scottish event. All swimmers not registered with SASA or the Amateur Swimming Association(ASA) /Welsh Amateur Swimming Association (WASA) 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.

## **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 refusal of consent form. 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

## **Meet Information (Under FINA Rules/Scottish Swimming Regulations)**

<b><u>Dates</u></b>	Wednesday 10 <sup>th</sup> to Sunday 14 <sup>th</sup> April 2013
<b><u>Venue</u></b>	Royal Commonwealth Pool, Dalkeith Road, Edinburgh, EH16 5BB
<b><u>Pool</u></b>	8 lane x 50 metres with full electronic timing 6 lane x 25 metres warm-up/ swim down pool
<b><u>Meet Promoters</u></b>	Scottish Swimming National Swimming Committee

<b><u>Sessions</u></b>	<u>Day One</u>	Session 1	Warm Up: 07.00	Start: 08.15
		Session 2	Warm Up: 11.45	Start: 12.45
		Session 3	Warm Up: 16.00	Start: 17.00
	<u>Day Two</u>	Session 4	Warm Up: 07.00	Start: 08.15
		Session 5	Warm Up: 11.45	Start: 12.45
		Session 6	Warm Up: 16.00	Start: 17.00
	<u>Day Three</u>	Session 7	Warm Up: 07.00	Start: 08.15
		Session 8	Warm Up: 11.45	Start: 12.45
		Session 9	Warm Up: 16.00	Start: 17.00
	<u>Day Four</u>	Session 10	Warm Up: 07.00	Start: 08.15
		Session 11	Warm Up: 12.45	Start: 12.45
		Session 12	Warm Up: 16.00	Start: 17.00
	<u>Day Five</u>	Session 13	Warm Up: 07.00	Start: 08.15
		Session 14	Warm Up: 11.45	Start: 12.45
		Session 15	Warm Up: 16.00	Start: 17.00

**Please Note** – Warm-up and start times may be adjusted once all entries have been received; any changed session times will be notified with entry acceptances.

### **Youth (heats)**

Sessions 1, 4, 7, 10 and 13

### **Age Group (heats)**

Sessions 2, 5, 8, 11 and 14

### **Finals for Youth and Age Groups**

Sessions 3, 6, 9, 12 and 15

### **For individual events only, age as at 14<sup>th</sup> April 2013**

For relay events, please see information on Programme of Events.

Swimsuits must comply with current FINA rules & Scottish Swimming regulations at the time of the Championships.

*\*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.*

## Programme of Events

### Individual

100m, 200m Freestyle	Heats and Finals
400m Freestyle	Heat Declared Winner
800m, 1500m Freestyle	Heat Declared Winner – <b>Please see additional information</b>
100m, 200m Backstroke	Heats and Finals
100m, 200m Breaststroke	Heats and Finals
100m, 200m Butterfly	Heats and Finals
200m Individual Medley	Heats and Finals
400m Individual Medley	Heat Declared Winner
50m Freestyle	Heats and Finals ( <b>14-17+yr girls and 15-18+yr boys only</b> )

### Individual Events – Age Groups

<b>Girls</b>	<b>Boys</b>
10 - 12	10 - 13
13 years	14 years

### Individual Events – Youth

<b>Girls</b>	<b>Boys</b>
14 Years	15 Years
15/16 years	16/17 years
17/over	18/over

Age as at 14<sup>th</sup> April 2013.

### Programme of Events – Relays

4 x 100m Freestyle	Heat Declared Winner
4 x 200m Freestyle	Heat Declared Winner
4 x 100m Medley	Heat Declared Winner

### Relay Events

Girls: Age Group	10-14 years
Youth	15-18 years
Boys: Age Group	10-14 years
Youth	15-18 years

As the relays will be used to determine our representatives at the ASA Age Group and Youth Championships in July/August 2013, the ages for these events are as follows:

**Age as at 28<sup>th</sup> July 2013** - Age Groups

**Age as at 4<sup>th</sup> August 2013** - Youth

**Please Note** – for the Heats 'Over the Top Starts' will be used where appropriate.

## **Important information for the 1500 and 800 freestyle**

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

### **Youth Events**

Swimmers must confirm their intention to swim the 1500 free and the 800 free **by 6.00 pm on the Day prior to their event**, after which a separate start list will be produced. For the Boys 1500m Freestyle, confirmation should be made by **6.00pm on the day preceding the Championships by e-mail to m.riach@scottishswimming.com**.

### **Age Group Events**

Swimmers must confirm their intention to swim the 1500 free and the 800 free **by 10.00 am on the Day of the event**.

**For the above events only (1500 and 800 boys and girls) and in all age groups, the non-Scottish time will be treated as a consideration time rather than a qualifying time.**

Routine withdrawals for the 800 and 1500 freestyle must be made in accordance with the correct procedures and within the appropriate time frame as per the meet information for withdrawals.

**Confirmation for these events can be made at the Recorder's Desk**

### **Entry Times**

**Consideration Times** may be used by Scottish competitors 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.

Scottish swimmers (as defined above) who enter with a time equal to or faster than the **Qualification Time** will be guaranteed entry acceptance (subject to time verification).

Entries submitted by all other swimmers must be equal to or faster than the **Non-Scottish Time**. With the exception of the 800 and 1500m events, these swimmers will be guaranteed entry acceptance (subject to time verification).

Competitors must enter times achieved in accredited competitions held between March 10<sup>th</sup> 2012 and March 10<sup>th</sup> 2013 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).

**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.**

### **Please note:**

**Accredited times are not required for the girls 1500 free and the boys 800 free. However, entry times must be verifiable from results signed by a referee.**

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

## Entry 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.**

**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 **at least two weeks in advance** of the closing date for entries. Only official files are acceptable.

Closing date for receipt of entries is **2pm, Wednesday 13<sup>th</sup> March 2013**. The entry files must be e-mailed to [jbruce2160@aol.com](mailto:jbruce2160@aol.com). The fees and other paperwork\* should be sent to:

John Bruce (Meet Entry Secretary)  
50 Station Road  
ROSLIN  
EH25 9LR  
Tel: 0131 440 1752

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

## Accreditation

Within the Royal Commonwealth Pool, coaches, chaperones, team support staff and swimmers must wear the appropriate accreditation pass and have it visible at all times.

## Withdrawals

### Heats

Any withdrawals (including reserves), or amendments prior to the first day of the Championships should be notified to the Entries/Withdrawals Secretary by email providing full details (**Event No. Name, Entry Time and Event Rank No.**) or, withdrawal form. However, any withdrawals for Session 1 must be notified by email to [jbruce2160@aol.com](mailto:jbruce2160@aol.com) no later than 6.00 pm, Tuesday 9<sup>th</sup> April 2013.

Withdrawals for **Sessions 4,7,10,13 (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 2,5,8,11,14 (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, 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 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 Championship. Where a reserve is brought in at short notice, the reserve shall occupy the vacant lane - there will be no re-seeding.

**3 Non-Scottish swimmers (see eligibility) per event will be allowed to progress into any Final.**

**Please note that any late withdrawals on medical grounds should be discussed with the Meet Director prior to submission to the Recorders.**

## **Team Entries**

There is no restriction on the number of teams clubs may enter. Notification of provisional team members should be submitted prior to the Championships by either spreadsheet or word document to [jbruce2160@aol.com](mailto: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 Recorder's 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 swimmers 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).

Please Note: If it becomes necessary to restrict the number of entries received, 1<sup>st</sup> teams will be given precedence over 2<sup>nd</sup> teams and 2<sup>nd</sup> teams will be give precedence over 3<sup>rd</sup> teams and so on, entered regardless of entry times.

**Withdrawals** – team withdrawals should be lodged at the Recorder's Desk by 2.00 pm on the day of the Event.

## **Awards**

### **Individual Awards**

Medals/Trophies 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

In addition, the following trophies will be awarded:

- Trophies (1 male/1 female) to be awarded to the best performance by a boy and girl aged 16 and under, calculated on the basis of the FINA points for 1 single event.
- Sharp Trophies (1 male/1 female) to be awarded to the winners of the Boys and Girls 10 – 12 years 200m Individual Medley.

## 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> – 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> – 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 and 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 team with the highest amount of points following the completion of the final event will be presented with the “Top Age Group Club” Award.
- Monetary awards will be sent to clubs following the conclusion of the event.
- In the case of a tie, the sum of the rewards for the relevant clubs will be split evenly between them. For example if there was a tie for 1<sup>st</sup> equal then the prize money for first and second place would be split evenly between both clubs.
- Swimmers aged 18 and over as at 14<sup>th</sup> April 2013 will not be eligible to score points towards the Top Club Award.

## Top Scottish Age Group Club Awards

**Awards will be given to the top 6 Scottish clubs as follows;**

1 <sup>st</sup>	£1200
2 <sup>nd</sup>	£1000
3 <sup>rd</sup>	£800
4 <sup>th</sup>	£600
5 <sup>th</sup>	£400
6 <sup>th</sup>	£200

## **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.

## **Training Prior to Championships**

It may be possible to arrange some training times directly with the pool on Tuesday 9<sup>th</sup> April, 2013. This would be subject to availability. Please contact The Duty Manager at The Royal Commonwealth Pool on 0131 270 9300.

## COACH INFORMATION

### ACCREDITATION - COACH/CHAPERONE/TEAM MANAGER PASS FOR 2013

Charges for 2013 are as follows:

Scottish National Age Groups Championship Coach Pass:	<b>£30.00</b>
Scottish National Open Championship Coach Pass:	<b>£30.00</b>
Scottish National Short Course Open Championship Coach Pass:	<b>£25.00</b>
All 3 Scottish National Championships Coach Pass (Annual):	<b>£55.00</b>
Lost/Replacement Pass:	<b>£10.00</b>

A pass is required for any coach/chaperone/team manager 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 coaches/chaperones/team managers will NOT be permitted on poolside.**

#### Application Requirements:

- Enhanced Disclosure

All applicants **MUST be Disclosure Scotland/PVG/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/team manager representation on the poolside, their applications are made in good time and that the relevant PVG/Disclosure Scotland, Criminal Records Bureau (CRB) forms have been completed and sent to Scottish Swimming/ASA/WASA office(s).

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

#### Coaches/Chaperones/Team Managers 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: Jane Robinson, tel. no. - 01786 466471

Cheque – made payable to: SASA Ltd

All applications should be submitted via the Club Secretary and forwarded to: **Miss J Robinson, 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 Scottish Gas National Age Group Championships (10<sup>th</sup> April – 14<sup>th</sup> April 2013) is **2pm Wednesday 13<sup>th</sup> March 2013**

- **Annual** Passes have a closing date of **4pm Friday 9<sup>th</sup> February 2013**

**Coach pass application forms which arrive late or which are incomplete will not be processed.**

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

If you have any queries regarding Disclosure Scotland/PVG/CRB certification, please contact: Eilidh McCall-Lawrie or Jane Robinson at Scottish Swimming by e-mail:

[childprotection@scottishswimming.com](mailto:childprotection@scottishswimming.com)

# APPLICATION FOR 2013 COACH/CHAPERONE (please circle) PASS SCOTTISH GAS NATIONAL CHAMPIONSHIPS

Applications must be made by the Club Secretary and returned to;  
Miss Jane Robinson, Scottish Swimming, National Swimming Academy, University of Stirling, Stirling FK9 4LA.

Please ensure that the form is completed fully and is in block capitals. Please note that we reserve the right to refuse applications. Closing date for Annual Passes – Friday 9<sup>th</sup> Feb 2013. Age Group Championships closing date Wed 13<sup>th</sup> Mar 2013.

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

Scottish Gas National Age Group Championship (10 <sup>th</sup> – 14 <sup>th</sup> April 2013) £30	<input type="checkbox"/>	Scottish Gas National Open (27 <sup>th</sup> – 30 <sup>th</sup> June 2013) £30	<input type="checkbox"/>
Scottish Gas National Short Course Championship (13 <sup>th</sup> – 15 <sup>th</sup> December 2013) £25	<input type="checkbox"/>	Scottish Gas National Championships Annual (all 3 events) £55	<input type="checkbox"/>

## Applicant's Details

<b>Surname:</b>	<input type="text"/>																						
<b>Forename(s):</b>	<input type="text"/>																						
<b>Home Address:</b>	<input type="text"/>																						
	<input type="text"/>																						
	<input type="text"/>						<b>Postcode:</b>	<input type="text"/>															
<b>Telephone Number:</b>	<input type="text"/>																						
<b>Email Address:</b>	<input type="text"/>																						
<b>Membership No:</b>	<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"/>										
<b>Scottish Swimming Disclosure Certificate/PVG scheme membership issue date:</b>	<table border="1"> <tr> <td>D</td><td>D</td><td>/</td><td>M</td><td>M</td><td>/</td><td>Y</td><td>Y</td><td>Y</td><td>Y</td> </tr> </table>													D	D	/	M	M	/	Y	Y	Y	Y
D	D	/	M	M	/	Y	Y	Y	Y														
<b>Signature:</b>	<input type="text"/>																						

## Club Secretary Details:

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

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

Valid Enhanced Disclosure/PVG scheme membership	<input type="checkbox"/>
Payment: cheque enclosed for £ _____, made payable to SASA Ltd.	<input type="checkbox"/>
card payment to be made by contacting Scottish Swimming office	<input type="checkbox"/>
Photograph (e-mailed to: J.Robinson@scottishswimming.com)	<input type="checkbox"/>

## COACH MEAL INFORMATION

Coach Meal Pass per day (meals only) - £17.50

Please complete form below should you require coach meals

### COACHES MEAL FORM

**Scottish Gas National Age Group Championships  
Royal Commonwealth Pool  
10<sup>th</sup> April – 14<sup>th</sup> April 2013**

Club: .....

require meal tickets for the following days:

	Name	Name	Name	Name
10 <sup>th</sup> April				
11 <sup>th</sup> April				
12 <sup>th</sup> April				
13 <sup>th</sup> April				
14 <sup>th</sup> April				

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

Please note that the cost for meal tickets is per coach/per day and includes a light lunch with tea and coffee and a 2 course meal in the afternoon.

**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 WEDNESDAY 13<sup>th</sup> MARCH 2013**

## Summary Sheet Application

### Scottish Gas National Age Group Championships, 10<sup>th</sup> April – 14<sup>th</sup> April 2013

This form must be completed and returned with payment.

Club Name: \_\_\_\_\_

Club Contact's Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Postcode: \_\_\_\_\_

Telephone No: \_\_\_\_\_

Email: \_\_\_\_\_

Total Male Entries (No.) \_\_\_\_\_ @ £9.50 = £

Total Female Entries (No.) \_\_\_\_\_ @ £9.50 = £

Total Relay Entries (No.) \_\_\_\_\_ @ £20.00 = £

Total Coaches'

Meal Tickets (No.) \_\_\_\_\_ @£17.50 = £

**Total Value of Cheque Enclosed** £ \_\_\_\_\_

Make cheque payable to 'SASA Ltd'

**Form to be returned to:**

**John Bruce**  
**Meet Entry Secretary**  
**50 Station Road**  
**Roslin**  
**Midlothian**  
**EH25 9LR**  
**Tel: 0131 440 1752**  
[Jbruce2160@aol.com](mailto:Jbruce2160@aol.com)

**RETURN BY 2PM WEDNESDAY 13<sup>th</sup> MARCH 2013**

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



## **Entry File Requests**

### **Scottish Gas National Age Group Championships, 10<sup>th</sup> April – 14<sup>th</sup> April 2013**

Event files will be produced using the Hy-Tek Meet Management System and will be sent along with instructions (if requested) by email. Hy-Tek's 'Team Manager' or 'Team Manager Lite' is needed in order to complete entries.

'Team Manager Lite' can be downloaded free of charge by going on line to: [www.hy-tek ltd.com](http://www.hy-tek ltd.com)

**Please make applications by email providing the following details:**

Club Name: \_\_\_\_\_

Club Contact's Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Postcode: \_\_\_\_\_

Telephone No: \_\_\_\_\_

Email: \_\_\_\_\_

**Form to be returned to:**

**John Bruce**  
**Meet Entry Secretary**  
**50 Station Road**  
**Roslin**  
**Midlothian**  
**EH25 9LR**  
**Tel: 0131 440 1752**  
[Jbruce2160@aol.com](mailto:Jbruce2160@aol.com)

**RETURN BY 2PM WEDNESDAY 13<sup>th</sup> March 2013**

Requests for the Meet Entry File should be made at least 2 weeks in advance of the closing date for entries.



## MEDIA/PHOTOGRAPHY REFUSAL OF CONSENT FORM

**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:** \_\_\_\_\_

Please return your completed form to:  
[j.robinson@scottishswimming.com](mailto:j.robinson@scottishswimming.com) or by post to Jane Robinson, Scottish Swimming, National Swimming Academy, University of Stirling, Stirling, FK9 4LA

# SCOTTISH GAS NATIONAL AGE GROUP SWIMMING CHAMPIONSHIPS 2013

## Entry Times – Male

Event	10 - 13			14			15			16/17			18 & over		
	Non Scot	Qual	Consid	Non Scot	Qual	Consid	Non Scot	Qual	Consid	Non Scot	Qual	Consid	Non Scot	Qual	Consid
<b>50m Freestyle</b>							0:26.47	0:26.94	0:28.06	0:25.21	0:25.92	0:27.00	0:24.40	0:25.80	00:26.88
<b>100m Freestyle</b>	1:01.76	1:02.96	1:05.58	0:58.69	0:59.13	1:01.59	0:56.85	0:57.06	0:59.44	0:54.68	0:55.38	0:57.69	0:52.66	0:55.23	0:57.53
<b>200m Freestyle</b>	2:13.96	2:15.36	2:21.00	2:07.61	2:08.16	2:13.50	2:03.27	2:05.10	2:10.31	1:59.14	2:03.51	2:08.86	1:55.95	2:01.46	2:06.52
<b>400m Freestyle</b>	4:41.92	4:52.66	5:04.85	4:29.58	4:33.20	4:44.58	4:21.29	4:22.27	4:33.20	4:11.04	4:17.13	4:27.84	4:09.54	4:14.59	4:25.20
<b>800m Freestyle</b>	9:56.41	10:01.63	10:26.69	9:27.61	9:40.08	10:04.25	9:14.03	9:20.52	9:43.88	8:50.93	9:09.71	9:32.62	8:46.14	9:09.20	9:32.08
<b>1500m Freestyle</b>	18:38.27	18:48.05	19:35.05	17:44.26	18:07.65	18:52.97	17:18.81	17:30.98	18:14.77	16:35.50	17:10.71	17:53.66	16:26.52	17:09.74	17:52.65
<b>100m Backstroke</b>	1:10.97	1:13.32	1:16.38	1:06.59	1:08.91	1:11.78	1:04.63	1:06.82	1:09.60	1:01.79	1:05.60	1:08.34	1:00.25	1:05.43	1:08.16
<b>200m Backstroke</b>	2:31.40	2:37.21	2:43.76	2:23.19	2:25.28	2:31.33	2:19.44	2:22.57	2:28.51	2:12.78	2:20.78	2:26.65	2:11.62	2:19.82	2:25.65
<b>100m Breaststroke</b>	1:21.83	1:25.54	1:29.10	1:16.36	1:19.19	1:22.49	1:14.08	1:15.82	1:18.98	1:10.09	1:14.84	1:17.96	1:07.88	1:13.74	1:16.81
<b>200m Breaststroke</b>	2:53.45	2:53.90	3:01.15	2:43.42	2:47.22	2:54.19	2:39.49	2:42.70	2:49.48	2:32.18	2:41.64	2:48.37	2:28.41	2:41.06	2:47.77
<b>100m Butterfly</b>	1:10.50	1:13.17	1:16.22	1:05.22	1:08.88	1:11.75	1:02.95	1:04.32	1:07.00	0:59.85	1:02.69	1:05.30	0:57.85	1:01.74	1:04.31
<b>200m Butterfly</b>	2:39.36	2:46.37	2:53.30	2:26.88	2:34.67	2:41.11	2:23.54	2:25.46	2:31.52	2:13.79	2:23.95	2:29.95	2:11.08	2:23.39	2:29.36
<b>200m I.M.</b>	2:31.97	2:34.53	2:40.97	2:24.56	2:25.46	2:31.52	2:20.47	2:21.34	2:27.23	2:15.18	2:20.28	2:26.13	2:12.16	2:19.83	2:25.66
<b>400m I.M.</b>	5:21.12	5:22.61	5:36.05	5:08.76	5:11.27	5:24.24	4:58.36	4:58.51	5:10.95	4:47.14	4:54.19	5:06.45	4:37.74	4:53.56	5:05.79

These entry times are long course (50m). Converted times to 50m Pools can be entered using Official Conversion Tables.  
 Times must have been achieved in accredited events in the 12 months prior to the event closing date.  
 Ages in age group events are those on the last day of competition (14 April 2013)

# SCOTTISH GAS NATIONAL AGE GROUP SWIMMING CHAMPIONSHIPS 2013

## Entry Times – Female

Event	10 - 12			13			14			15/16			17 & over		
	Non Scot	Qual	Consid	Non Scot	Qual	Consid	Non Scot	Qual	Consid	Non Scot	Qual	Consid	Non Scot	Qual	Consid
<b>50m Freestyle</b>							0:28.74	0:28.74	0:29.94	0:27.94	0:28.08	0:29.25	0:27.53	0:27.91	0:29.07
<b>100m Freestyle</b>	1:05.81	1:07.97	1:10.80	1:03.11	1:04.30	1:06.98	1:02.05	1:02.07	1:04.66	1:00.05	1:00.33	1:02.84	0:58.89	0:59.63	1:02.11
<b>200m Freestyle</b>	2:21.80	2:27.24	2:33.38	2:16.11	2:18.60	2:24.38	2:13.33	2:13.53	2:19.09	2:09.02	2:11.38	2:16.85	2:06.85	2:07.14	2:12.44
<b>400m Freestyle</b>	4:57.17	5:14.18	5:27.27	4:44.59	4:48.23	5:00.24	4:37.09	4:37.09	4:48.64	4:31.68	4:31.68	4:43.00	4:23.83	4:29.82	4:41.06
<b>800m Freestyle</b>	10:06.36	10:15.59	10:41.24	9:40.98	9:52.80	10:17.50	9:26.32	9:26.32	9:49.92	9:15.17	9:15.17	9:38.30	9:06.89	9:09.82	9:32.73
<b>1500m Freestyle</b>	19:16.92	19:33.43	20:22.32	18:29.34	18:50.70	19:37.81	18:01.06	18:01.06	18:46.10	17:40.14	17:40.14	18:24.31	17:25.42	17:30.12	18:13.87
<b>100m Backstroke</b>	1:14.57	1:19.98	1:23.31	1:11.70	1:13.31	1:16.36	1:09.34	1:09.34	1:12.23	1:07.11	1:08.24	1:11.08	1:06.46	1:07.57	1:10.39
<b>200m Backstroke</b>	2:39.15	2:42.91	2:49.70	2:33.90	2:35.21	2:41.68	2:29.52	2:29.52	2:35.75	2:24.38	2:26.89	2:33.01	2:23.22	2:25.82	2:31.90
<b>100m Breaststroke</b>	1:25.85	1:30.29	1:34.05	1:21.89	1:27.07	1:30.70	1:21.18	1:21.98	1:25.40	1:17.13	1:19.28	1:22.58	1:15.38	1:19.25	1:22.55
<b>200m Breaststroke</b>	3:04.38	3:06.11	3:13.86	2:55.49	2:58.85	3:06.30	2:53.28	2:53.28	3:00.50	2:46.14	2:50.19	2:57.28	2:42.72	2:49.04	2:56.08
<b>100m Butterfly</b>	1:14.49	1:24.32	1:27.83	1:11.14	1:15.90	1:19.06	1:09.39	1:10.21	1:13.14	1:06.02	1:06.42	1:09.19	1:04.81	1:06.06	1:08.81
<b>200m Butterfly</b>	2:48.31	2:55.65	3:02.97	2:39.79	2:43.27	2:50.07	2:34.96	2:38.10	2:44.69	2:26.26	2:33.12	2:39.50	2:23.82	2:31.78	2:38.10
<b>200m I.M.</b>	2:40.93	2:47.95	2:54.95	2:35.74	2:36.20	2:42.71	2:29.95	2:29.95	2:36.20	2:26.45	2:27.92	2:34.08	2:24.30	2:25.79	2:31.86
<b>400m I.M.</b>	5:40.06	5:53.44	6:08.17	5:28.15	5:33.50	5:47.40	5:17.23	5:17.69	5:30.93	5:10.63	5:14.46	5:27.56	5:01.31	5:12.77	5:25.80

These entry times are long course (50m). Converted times to 50m Pools can be entered using Official Conversion Tables.

Times must have been achieved in accredited events in the 12 months prior to the event closing date.

Ages in age group events are those on the last day of competition (14 April 2013)

# Schedule of Events

<b>Wednesday 10<sup>th</sup> April 2013</b> <b>Session 1</b> <b>Warm Up 07.00; Start 08.15</b>	<b>Thursday 11<sup>th</sup> April 2013</b> <b>Session 4</b> <b>Warm Up 07.00; Start 08.15</b>	<b>Friday 12<sup>th</sup> April 2013</b> <b>Session 7</b> <b>Warm Up 07.00; Start 08.15</b>	<b>Saturday 13<sup>th</sup> April 2013</b> <b>Session 10</b> <b>Warm Up 07.00; Start 08.15</b>	<b>Sunday 14<sup>th</sup> April 2013</b> <b>Session 13</b> <b>Warm Up 07.00; Start 08.15</b>
<b>Boys: 15; 16/17; 18/over</b> <b>Girls: 14; 15/16; 17/over</b>	<b>Boys: 15; 16/17; 18/over</b> <b>Girls: 14; 15/16; 17/over</b>	<b>Boys: 15; 16/17; 18/over</b> <b>Girls: 14; 15/16; 17/over</b>	<b>Boys: 15; 16/17; 18/over</b> <b>Girls: 14; 15/16; 17/over</b>	<b>Boys: 15; 16/17; 18/over</b> <b>Girls: 14; 15/16; 17/over</b>
Boys 1500m Freestyle HDW	Girls 800m Freestyle HDW	Girls 400m Freestyle	Boys 800m Freestyle HDW	Girls 200m Breaststroke
Girls 200m Butterfly	Boys 200m Freestyle	Boys 400m Freestyle	Girls 200m Freestyle	Boys 200m Individual Medley
Boys 200m Breaststroke	Girls 200m Backstroke	Girls 200m Individual Medley	Boys 100m Breaststroke	Girls 100m Butterfly
Girls 100m Freestyle	Boys 100m Butterfly	Boys 200m Backstroke	Girls 100m Backstroke	Boys 100m Freestyle
Boys 100m Backstroke	Girls 100m Breaststroke	Girls 50m Freestyle	Boys 200m Butterfly	Girls 1500m Freestyle HDW
Girls 400m Individual Medley	Boys 400m Individual Medley	Boys 50m Freestyle	Girls 15-18 4x100 Medley Relay HDW	Boys 15-18 4x100 Medley Relay HDW
Boys 15-18 4x200 Freestyle Relay HDW	Girls 15-18 4x200 Freestyle Relay HDW	Girls 15-18 4x100 Freestyle Relay HDW	Boys 15-18 4x100 Freestyle Relay HDW	
<b>Session 2</b> <b>Warm Up 11.45; Start 12.45</b>	<b>Session 5</b> <b>Warm Up 11.45; Start 12.45</b>	<b>Session 8</b> <b>Warm Up 11.45; Start 12.45</b>	<b>Session 11</b> <b>Warm Up 11.45; Start 12.45</b>	<b>Session 14</b> <b>Warm Up 11.45; Start 12.45</b>
<b>Boys: 10-13; 14; Girls 10-12; 13</b>	<b>Boys: 10-13; 14; Girls 10-12; 13</b>	<b>Boys: 10-13; 14; Girls 10-12; 13</b>	<b>Boys: 10-13; 14; Girls 10-12; 13</b>	<b>Boys: 10-13; 14; Girls 10-12; 13</b>
Boys 1500m Freestyle HDW	Girls 800m Freestyle HDW	Girls 200m Individual Medley	Boys 200m Butterfly	Girls 200m Breaststroke
Girls 200m Butterfly	Boys 200m Freestyle	Boys 200m Backstroke	Girls 200m Freestyle	Boys 200m Individual Medley
Boys 200m Breaststroke	Girls 200m Backstroke	Girls 400m Freestyle HDW	Boys 100m Breaststroke	Girls 100m Butterfly
Girls 100m Freestyle	Boys 100m Butterfly	Boys 400m Freestyle HDW	Girls 100m Backstroke	Boys 100m Freestyle
Boys 100m Backstroke	Girls 100m Breaststroke	Girls 10-14 4x200 Freestyle Relay DW	Boys 800m Freestyle HDW	Girls 1500m Freestyle HDW
Girls 400m Individual Medley HDW	Boys 400m Individual Medley HDW	Boys 10-14 4x200 Freestyle Relay HDW	Girls 10-14 4x100 Medley Relay HDW	Boys 10-14 4x100 Medley Relay HDW
Boys 10-14 4x100 Freestyle Relay HDW	Girls 10-14 4x100 Freestyle Relay HDW			
<b>Session 3 - Finals</b> <b>Warm Up: 16.00 Start: 17.00</b>	<b>Session 6 – Finals</b> <b>Warm Up: 16.00 Start: 17.00</b>	<b>Session 9 – Finals</b> <b>Warm Up: 16.00 Start: 17.00</b>	<b>Session 12 – Finals</b> <b>Warm Up: 16.00 Start: 17.00</b>	<b>Session 15 - Finals</b> <b>Warm Up: 16.00 Start: 17.00</b>
Girls 10-12 200m Butterfly FINAL	Boys 10-13 200m Freestyle FINAL	Girls 14 400m Freestyle FINAL	Girls 10-12 200m Freestyle FINAL	Girls 10-12 200m Breaststroke FINAL
Girls 13 200m Butterfly FINAL	Boys 14 200m Freestyle FINAL	Girls 15/16 400m Freestyle FINAL	Girls 13 200m Freestyle FINAL	Girls 13 200m Breaststroke FINAL
Girls 14 200m Butterfly FINAL	Boys 15 200m Freestyle FINAL	Girls 17/over 400m Freestyle FINAL	Girls 14 200m Freestyle FINAL	Girls 14 200m Breaststroke FINAL
Girls 15/16 200m Butterfly FINAL	Boys 16/17 200m Freestyle FINAL	Boys 15 400m Freestyle FINAL	Girls 15/16 200m Freestyle FINAL	Girls 15/16 200m Breaststroke FINAL
Girls 17/over 200m Butterfly FINAL	Boys 18/over 200m Freestyle FINAL	Boys 16/17 400m Freestyle FINAL	Girls 17/over 200m Freestyle FINAL	Girls 17/over 200m Breaststroke FINAL
Boys 10-13 200m Breaststroke FINAL	Girls 10-12 200m Backstroke FINAL	Boys 18/over 400m Freestyle FINAL	Boys 10-13 100m Breaststroke FINAL	Boys 10-13 200m Ind. Medley FINAL
Boys 14 200m Breaststroke FINAL	Girls 13 200m Backstroke FINAL	Girls 10-12 200m Ind. Medley FINAL	Boys 14 100m Breaststroke FINAL	Boys 14 200m Ind. Medley FINAL
Boys 15 200m Breaststroke FINAL	Girls 14 200m Backstroke FINAL	Girls 13 200m Ind. Medley FINAL	Boys 15 100m Breaststroke FINAL	Boys 15 200m Ind. Medley FINAL
Boys 16/17 200m Breaststroke FINAL	Girls 15/16 200m Backstroke FINAL	Girls 14 200m Ind. Medley FINAL	Boys 16/17 100m Breaststroke FINAL	Boys 16/17 200m Ind. Medley FINAL
Boys 18/over 200m Breaststroke FINAL	Girls 17/over 200m Backstroke FINAL	Girls 15/16 200m Ind. Medley FINAL	Boys 18/over 100m Breaststroke FINAL	Boys 18/over 200m Ind. Medley FINAL
Girls 10-12 100m Freestyle FINAL	Boys 10-13 100m Butterfly FINAL	Girls 17/over 200m Ind. Medley FINAL	Girls 10-12 100m Backstroke FINAL	Girls 10-12 100m Butterfly FINAL
Girls 13 100m Freestyle FINAL	Boys 14 100m Butterfly FINAL	Boys 10-13 200m Backstroke FINAL	Girls 13 100m Backstroke FINAL	Girls 13 100m Butterfly FINAL
Girls 14 100m Freestyle FINAL	Boys 15 100m Butterfly FINAL	Boys 14 200m Backstroke FINAL	Girls 14 100m Backstroke FINAL	Girls 14 100m Butterfly FINAL
Girls 15/16 100m Freestyle FINAL	Boys 16/17 100m Butterfly FINAL	Boys 15 200m Backstroke FINAL	Girls 15/16 100m Backstroke FINAL	Girls 15/16 100m Butterfly FINAL
Girls 17/over 100m Freestyle FINAL	Boys 18/over 100m Butterfly FINAL	Boys 16/17 200m Backstroke FINAL	Girls 17/over 100m Backstroke FINAL	Girls 17/over 100m Butterfly FINAL
Boys 10-13 100m Backstroke FINAL	Girls 10-12 100m breaststroke FINAL	Boys 18/over 200m Backstroke FINAL	Boys 10-13 200m Butterfly FINAL	Boys 10-13 100m Freestyle FINAL
Boys 14 100m Backstroke FINAL	Girls 13 100m Breaststroke FINAL	Girls 14 50m Freestyle FINAL	Boys 14 200m Butterfly FINAL	Boys 14 100m Freestyle FINAL
Boys 15 100m Backstroke FINAL	Girls 14 100m Breaststroke FINAL	Girls 15/16 50m Freestyle FINAL	Boys 15 200m Butterfly FINAL	Boys 15 100m Freestyle FINAL
Boys 16/17 100m Backstroke FINAL	Girls 15/16 100m Breaststroke FINAL	Girls 17/over 50m Freestyle FINAL	Boys 16/17 200m Butterfly FINAL	Boys 16/17 100m Freestyle FINAL
Boys 18/over 100m Backstroke FINAL	Girls 17/over 100m Breaststroke FINAL	Boys 15 50m Freestyle FINAL	Boys 18/over 200m Butterfly FINAL	Boys 18/over 100m Freestyle FINAL
Girls 14 400m Ind. Medley FINAL	Boys 15 400m Ind. Medley FINAL	Boys 16/17 50m Freestyle FINAL	Girls 10-14 4x100 Med Relay Fastest Ht	Boys 10-14 4x100 Med Relay Fastest Ht
Girls 15/16 400m Ind. Medley FINAL	Boys 16/17 400m Ind. Medley FINAL	Boys 18/over 50m Freestyle FINAL	Girls 15-18 4x100 Med Relay Fastest Ht	Boys 15-18 4x100 Med Relay Fastest Ht
Girls 17/over 400m Ind. Medley FINAL	Boys 18/over 400m Ind. Medley FINAL	Girls 10-14 4x200 Free Relay Fastest Ht	Boys 15-18 4x100 Free Relay Fastest Ht	
Boys 10-14 4x100 Free Relay Fastest Ht	Girls 10-14 4x100 Free Relay Fastest Ht	Boys 10-14 4x200 Free Relay Fastest Ht		
Boys 15-18 4x200 Free Relay Fastest Ht	Girls 15-18 4x200 Free Relay Fastest Ht	Girls 15-18 4x100 Free Relay Fastest Ht		

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