



2017 Scottish National Short Course Open Swimming Championships

(Under FINA Rules/Scottish Swimming Regulations)

Royal Commonwealth Pool,
Dalkeith Road, Edinburgh, EH16 5BB
8th — 10th December 2017

Licence No: L1/349/SS/DEC17



MEET INFORMATION

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2017 SCOTTISH NATIONAL SHORT COURSE OPEN CHAMPIONSHIPS **Event:**

Heats

Warm Up:

07.45

Under FINA Rules/Scottish Swimming Regulations

Friday 8th, Saturday 9th, Sunday 10th December 2017 Dates:

Venue: Royal Commonwealth Pool, Edinburgh, EH16 5BB

Pool: 8 Lane, 25 metre pool with full Electronic Timing

6 Lane, 25 metre swim down pool

Meet Promoters: SASA National Swimming Committee

Session 1

Session Times:

Friday 8th December

•			Start:	09.00
	Session 2	Heats	Warm Up: Start:	12.45 13.45
	Session 3	Finals	Warm Up: Start:	16.30 17.30
Saturday 9 th December	Session 4	Heats	Warm Up: Start:	07.45 09.00
	Session 5	Heats	Warm Up: Start:	12.45 13.45
	Session 6	Finals	Warm Up: Start:	16.30 17.30
Sunday 10 th December	Session 7	Heats	Warm Up: Start:	07.45 09.00
	Session 8	Heats	Warm Up: Start:	12.30 13.30
	Session 9	Finals	Warm Up: Start:	16.30 17.30

NB. Session times may be adjusted when all entries have been processed. Any new session times will be notified when the draft programme is issued.













Individual Events

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

Relay Events

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

Please Note

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

Eligibility to Compete

- All competitors must be registered with their National Federation to be eligible to compete (FINA) Rule GR 1.1).
- To compete for a Scottish Club or Team at National Open Championships, competitors must be registered with the Scottish Amateur Swimming Association and must have paid their current
- A swimmer can only compete for one Club/Team during the Championships. Scottish Club/team members must be eligible to swim for their Club/Team in accordance with Company Rule R5.1. Any swimmer entering a Scottish Championships as 'unattached' cannot compete for a Club/Team in relay events.
- Swimmers with Scottish eligibility training outside Scotland and wishing to be considered for National Selection must be registered with Scottish Swimming (C3.5.1).

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:
 - For the Commonwealth Games -In line with current Commonwealth Games Federation Regulations or Guidelines (see Commonwealth Games Swimming selection policy for details).
 - For all other Meets -П.

A person who has been resident in Scotland for a minimum of twelve months prior to the first day of competition.















Friday 8 th December	Saturday 9 th December	Sunday 10 th December
SESSION 1 Warm Up 07:45 Start 09:00 Mens 50m Freestyle Womens 100m Breaststroke Mens 200m Backstroke Womens 200m I.M. Mens 100m Butterfly Womens 50m Backstroke Mens 50m Breaststroke Womens 200m Butterfly Mens 400m Freestyle Womens 100m Freestyle Mens 100m I.M. Womens 800m Freestyle (slower heats)	SESSION 4 Warm Up 07:45 Start 09.00 Womens 50m Freestyle Mens 100m Breaststroke Womens 200 Backstroke Mens 200m I.M. Womens 100m Butterfly Mens 50m Backstroke Womens 50m Breaststroke Mens 200m Butterfly Womens 400m Freestyle Mens 100m Freestyle Womens 100m I.M. Mens 1500m Freestyle (slower heats)	Sunday 10th December SESSION 7 Warm Up 07:45 Start 09:00 Womens 400m I.M. Mens 400m I.M. Womens 50m Butterfly Mens 50m Butterfly Womens 200m Freestyle Mens 200m Freestyle Womens 100m Backstroke Mens 100m Backstroke Womens 200m Breaststroke Mens 200m Breaststroke Mens 200m Breaststroke
SESSION 2 Warm Up 12:45 Start 13:45 Mens 50m Freestyle Womens 100m Breaststroke Mens 200m Backstroke Womens 200m I.M. Mens 100m Butterfly Womens 50m Backstroke Mens 50m Breaststroke Womens 200m Butterfly Mens 400m Freestyle Womens 100m Freestyle Mens 100m I.M.	SESSION 5 Warm Up 12:45 Start 13:45 Womens 50m Freestyle Mens 100m Breaststroke Womens 200 Backstroke Mens 200m I.M. Womens 100m Butterfly Mens 50m Backstroke Womens 50m Breaststroke Mens 200m Butterfly Womens 400m Freestyle Mens 100m Freestyle Womens 100m I.M.	SESSION 8 Warm up 12:45 Start 13:45 Womens 400m I.M. Mens 400m I.M. Womens 50m Butterfly Mens 50m Butterfly Womens 200m Freestyle Mens 200m Freestyle Womens 100m Backstroke Mens 100m Backstroke Womens 200m Breaststroke Mens 200m Breaststroke
SESSION 3 Warm Up 16:30 Start 17:30 Womens 800m Freestyle (Fastest Heat) 'B' & 'A' Finals of above Events Womens 4 x 50m Medley Relay Mens 4 x 50m Medley Relay	SESSION 6 Warm Up 16:30 Start 17:30 Mens 1500m Freestyle (Fastest Heat) 'B' & 'A' Finals of above Events Mens 4 x 50m Freestyle Relay Womens 4 x 50m Freestyle Relay	SESSION 9 Warm Up 16:30 Start 17:30 'B' & 'A' Finals of above Events Womens 4 x 100m Freestyle Relay Mens 4 x 100m Freestyle Relay















FEMALE		MALE
OPEN	EVENT	OPEN
0:28.50	50m Freestyle	0:25.40
1:01.60	100m Freestyle	0:55.60
2:13.40	200m Freestyle	02:02.10
4:43.20	400m Freestyle	4:24.30
9:36.10	800m Freestyle	
	1500m Freestyle	17.18.90
0:37.40	50m Breaststroke	0:33.20
1:20.80	100m Breaststroke	1:12.60
2:53.50	200m Breaststroke	2:39.10
0:33.00	50m Backstroke	0:30.00
1:10.00	100m Backstroke	1:04.50
2:28.80	200m Backstroke	2:18.80
0:31.20	50m Butterfly	0:28.00
1:09.30	100m Butterfly	1:02.20
2:38.80	200m Butterfly	2:23.30
1:11.90 *	100m Individual Medley	1:05.50 *
2:31.60	200m Individual Medley	2:20.00
5:24.40	400m Individual Medley	5:03.30
1:55.48	4 x 50m Freestyle Relay	1:43.30
4:15.94	4 x 100m Freestyle Relay	3:53.18
2:05.36	4 x 50m Medley Relay	1:54.15

Competitors must enter times achieved in accredited competitions held in the 12 months prior to the event closing date (since 15th November 2016) and either be 25 metre pool times, or conversions to 25 metre pool times. Official Conversion Tables: Hy-tek standard conversion, or Swim England conversion tables may be used.

A proof of entry times report is required in line with SW2.1.2.5. Random checks on entry times will be carried out prior to and during the event. Any swimmer submitting an unaccredited entry time will automatically be withdrawn from all entered events and will forfeit all entry fees.

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

Relay entries should be populated (swimmers names and times) with individual accredited times for each relay team member and reserves. The submitted relay entry time should be the sum of the accredited times for each provisional team member and be equal to or faster than the consideration time detailed above. The organisers reserve the right to restrict entries to ensure a good standard of competition.













Making Entries

Entries will be by computer files, which are downloadable from Swimscotland from Friday 29th September 2017. The closing date for receipt of entries is 14.00 on Wednesday 15th November 2017. The entry files must be emailed to nationals@scottishswimming.com. Only official files are acceptable. Please complete the Summary Sheet on page 13 within a maximum of 3 days following the closing date.

Individual Events: £9.50 £20.00 Cost:-Relays:

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.

Team Entries

For this meet, clubs may enter two (2) Male & (2) Female teams. Please specify whether the teams are senior or junior teams.

For those who are not swimming in individual events, please submit names and times on the Hytek entry 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).

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

Team Lines and Changes to Relay Teams

Team lines for Day 1 should be lodged no later than 09.00 on the day of the event. For Days 2 and 3, team lines should be lodged at the recorders desk no later than 18.00 on the day prior to the event.

Changes can be made up to 1 hour prior to the start of the appropriate session on relay team line forms at the recorders desk. No change to swim order or swimmers shall be permitted after that time except in the event of a medical emergency.

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
- The subject line MUST be Short Course Open Championships 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-tekltd.com/downloads.html Select Team Manager, then Lite
- The closing date for receipt of entries is 14.00 on Wednesday 15th November 2017

Website Information

- As soon as possible after closing date, an entry list will be posted on the website for clubs to check http://www.swimscotland.co.uk/ (there will be a time limit on returns)
- The entry list will show a list of your entries only. This is not a definitive acceptance of swims but to allow any mistakes to be rectified.
- Any queries from the entry list should be directed to nationals@scottishswimming.com
- A draft programme will then be posted on the SwimScotland http://www.swimscotland.co.uk/ and Scottish Swimming http://www.scottishswimming.com/compete/swimming/national-events.aspx websites. This will show acceptances, reserves and oversubscribed entries, if any.











Heats

Any withdrawals (including reserves) prior to the first day of the Championships should be notified to shortcoursewithdrawals@gmail.com Withdrawals for Session 1 must be notified no later than 18.00 on Thursday, 7th December 2017. Withdrawals for subsequent morning sessions not previously notified must be lodged at the Recorders Desk no later than 18.00 on the day prior to the event and for afternoon sessions by 10.00 on the day of the event. Swimmers failing to comply with the above (except in the case of a genuine illness or proven emergency) will be liable to a £10 fine for each inappropriate withdrawal.

Finals

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

Any competitor withdrawing from a final in such a manner as to prevent a reserve taking part (except in the case of a genuine illness or proven emergency) shall be suspended immediately from all further events at the Championships. Where a reserve is brought in at short notice, the reserve shall occupy the vacant lane - there will be no re-seeding.

Please note: Any late withdrawals from Heats or Finals on medical grounds should be discussed with the Meet Director prior to submission to the Recorders.

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.

Coaches/Chaperones/Team Managers Passes

A pass is required for any coach/chaperone/team manager wishing to be poolside. Within the venue all coaches, chaperones, team support staff and swimmers MUST wear the appropriate accreditation pass and have it visible at all times.

Swimwear

British Swimming and ASA 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.

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











Open Events (including relays)

Scottish Open Champion 1st. 2nd and 3rd

1st (provided the individual is not also the Open Champion) Scottish National Champion

Scottish Junior Champion 1st (aged under 17 as at 31st December 2017)

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

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

A junior relay team shall consist of 4 swimmers who will be aged under 17 years on 31st December 2017

Special Awards

The following Trophies will be awarded:

- Alistair Sankey Memorial Trophy Best combined performance in the senior men's 100m and 200m Butterfly Championships using FINA points. Restricted to swimmers based in Scotland or eligible to swim for Scotland.
- Paisley 500 Best overall performance by a male or female as determined by points calculated as below for individual events.

1^{st.} 20 points 2nd. 18 points 3rd. 16 points

4th-16th: 13 points down to 1 point.

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

1st. 20 points 2nd: 18 points 3^{rd.} 16 points

4th-16th: 13 points down to 1 point.

The first eight relay teams will score points as follows:

1st: 20 points 2nd. 18 points 3rd. 16 points

4th-8th: 13 points down to 9 points

Presentations

Swimmers must report to the Presentation Marshall immediately upon completing their race and collecting their dry clothes from the holding area. Appropriate clothing must be worn for the presentations. It is the responsibility of the Coach/Team Manager to ensure that medallists or a deputy be available for presentation as per the presentation schedule, a copy of which will be included in your club envelope and posted around the pool.

Failure of a swimmer or deputy to attend the appropriate presentation will result in the swimmer forfeiting his/her medal.













Training Prior to Championships

The Royal Commonwealth Pool will be available for open training from 16.00 until 20.00 on Thursday 7th December 2017.

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, the fee for which is £25.00.

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

A pass is required for any coach/chaperone/team manager wishing to be poolside, and entitles you to entry for the whole of the Meet, poolside access, start & result sheets, complimentary tea, coffee and soft drinks in the specified area. 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 at 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
- Coaches/Chaperones applying for passes from outside the UK should make arrangements for their National Governing Body to forward a letter of declaration to the CEO of Scottish Swimming that all applicants have conformed with their 'home country's' policy concerning child protection; Passes will not be issued without such a letter
- 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 available for collection from the Coach/Swimmer Desk at our Scottish Swimming National **Events**

Applications close at 2pm on the 15th November 2017 Please Note: Any late applications will be charged £45.00 per pass













Entry and Entries to all events is expressly subject to each and all of these regulations and may, where appropriate, also require compliance with the facility provider's regulations:

- Permission for any person to enter or to remain within the venue notwithstanding possession of any ticket by that person is at the absolute discretion of the stewards and officers of Scottish Swimming and/or any police officer.
- No guarantee can be given by Scottish Swimming that the event will take place at a particular time or any particular date and Scottish Swimming reserves the right to reschedule the event without notice and without any liability for so doing.
- In the event of postponement, cancellation or abandonment of the event, refunds if any, will be made at the absolute discretion of Scottish Swimming. Scottish Swimming will have no legal liability to make a refund or to pay any form of consequential or indirect damage such as loss of enjoyment, travel and accommodation costs.
- The following are articles, which must not be brought within the venue (glasses, fireworks, smoke canisters, air horns, flares, glass bottles, weapons of any sort). Any person in possession of such items will be refused entry at the absolute discretion of any steward or officer of Scottish Swimming and/or police officer.
- No object may be thrown by spectators within the venue.
- No foul or abusive language or other offensive words such as racial or sexual abuse may be used within venues.
- No alcohol may be consumed within events except in those areas specifically designated for such purposes and in accordance with any terms displayed in those areas.
- No person may for commercial purposes take photographs or use any video recording equipment inside events without the express written permission of Scottish Swimming. The taking of photographs or use of video equipment for non-commercial purposes is permitted subject to compliance with Scottish Swimming Guidelines with regard to video recording and zoom photography.
- Video and photographs should not be posted on unsecure social websites but may be posted on secure sections of club websites.
- Should you wish to use your mobile phone for photographic purposes on poolside the procedure above must be followed.
- No flash photography permitted at any time within the competition pool hall.
- In order to control digital photographs, mobile phones may not be used in the changing village, toilet or shower areas
- 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.











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.

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 form below. 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.

Further guidance can be found in our Child Protection Policy.

MEDIA/PHOTOGRAPHY REFUSAL OF CONSENT



Event:	2017 Scottish National Short Course Championships
Date:	8-10 December 2017
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:	

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

Tel: 01786 466520 Email: nationals@scottishswimming.com













Event:	2017 Scottish National Short Course Championships						
Date:	8-10 December 201	1 /					
This form must be co	npleted and returned w	vith payn	nent.				
Club Name:							
Club Contact's Name:							
Address:							
			1				
			Post Code:				
Telephone No:			Email*:				
*Email addres	s is important for urgent	distribut	ion of informat	ion and	d updates perta	aining i	to the Meet
Double click	anywhere in grid belo	w then	add the num	nber o	f entries, etc	:. in c	olumn B
Total Male En	tries		@ £9.50	=	£	-	
Total Female	Entries		@ £9.50	=	£	-	
Total Relay E	ntries		@ £20.00		£	_	
Total Coach N	leals		@ £18.00	=	£		
	Davis ENTER (U P I	TOTAL		£		
	Press ENTER t	nen click	anywnere out	side th	e gria to returr	i to noi	rmai mode.
COACHES MEAL	S						
	meal passes at a cost o session and a two cours						
•	d you require coach meal				G		
Please indicate with a (V) if vegetarian meals are require	8 th December	9 th De	cember	10) th December		
Name(s)	<u> </u>						
							1

PAYMENT

Cheque made payable to 'SASA' Lt	d or			
Card payment made by contacting Scottish Swimming Office				
BACS:- Please use Reference 6012_ClubCode				
The Royal Bank of Scotland	Sort Code: 832709	Account number: 00292938		

Forms to be returned or emailed with proof of payment to:

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

Email: nationals@scottishswimming.com 01786 466520

TO BE RETURNED BY 2PM WEDNESDAY 15TH NOVEMBER 2017









