



**Scottish  
Swimming**

**Masters**



# **2018 Scottish National Open Short Course Masters Championships**

(under FINA Rules and Scottish Swimming Regulations)

**Friday 20<sup>th</sup> – Saturday 21<sup>st</sup> April 2018**

**Tollcross International Swimming Centre  
Wellshott Road, Glasgow G32 7QP**

## **Competitor Information**

[scottishswimming.com](http://scottishswimming.com)



# THE 2018 SCOTTISH NATIONAL OPEN SHORT COURSE MASTERS AND SENIOR AGE GROUP SWIMMING CHAMPIONSHIPS

(UNDER FINA Rule/Scottish Swimming Regulations)

### Event & Venue Details:

Dates: Friday 20<sup>th</sup> – Saturday 21<sup>st</sup> April 2018  
Venue: Tollcross International Swimming Centre, Wellshott Road, Glasgow  
Pool: 10 Lane Deck Level Pool, Anti-turbulence ropes and full electronic timing  
Separate 4 x 25m swim down pool

**Ceilidh Venue:** The Dining Room, Glasgow University, Glasgow G12  
**Ceilidh Start Time:** 7.30 pm – 12.00 midnight

**Meet Promoters:** SASA Masters National Committee

For your information and in order to ensure a smoothly run meet we have detailed below a few points which we hope you will find useful.

### Session Times:

<b>Friday 20<sup>th</sup> April</b>	Session 1	Warm Up: 12:30 Start: 13:30
	Session 2	Warm Up: 16:30 Start: 17:30
<b>Saturday 21<sup>st</sup> April</b>	Session 3	Warm Up: 08:30 Start: 09:30
	Session 4	Warm Up: 13:00 Start: 13:45

### **Withdrawals**

We would ask you to notify the undernoted email address of any withdrawals from day one **by 12.30 on Friday 20<sup>th</sup> April 2018 to [masterswithdrawals@gmail.com](mailto:masterswithdrawals@gmail.com)**

Withdrawals for the Saturday sessions should be made as soon as possible at the Recorders Desk.

**NB: If you do not intend to swim in some or all of your events, please notify the appropriate people on time. We will then be able to provide accurate start lists and this in turn will avoid empty lanes.**

**Please remember: You must confirm your intention to swim the 800 freestyle on Friday afternoon. This may be done either by emailing [masterswithdrawals@gmail.com](mailto:masterswithdrawals@gmail.com) or at the pool up to 1 hour before the start of the session. Failure to do so will result in the competitor being withdrawn from that event.**

### **Information and Recorders Desks**

The Information Desk and Medal Collection Desk will be located in the main foyer area of the pool. The recorders desk is situated at the start end behind the referee and starter.

### **Programme**

Please check the draft programme on [www.swimscotland.co.uk](http://www.swimscotland.co.uk) to ensure that all your entries are correct. In the event of any discrepancies, please contact the Entry Secretary by email as soon as possible at: [masterswithdrawals@gmail.com](mailto:masterswithdrawals@gmail.com)

### **Start Lists**

These will be available for all competitors to pick up from the desk at the turn end of the pool.

### **Marshalling**

There will be no formal marshalling and it will be your responsibility to ensure that you are on time for your heat.

### **Starts/Finishes**

Over the top starts will be used where appropriate. All starts will take place from the bottom end of the pool.

### **Warm Up/Swim Down**

The competition pool will be available for warm up one hour before the start of each session. The 4 x 25m pool will be available at all times for swim down.

### **Team Lines**

Forms for Relays may be collected from the Recorders Desk. Please ensure that they are filled in and returned to **the Recorders desk 30 minutes before the start of the appropriate session**. Changes will be permitted up to 30 minutes before the event but reserves may only replace a withdrawing swimmer.

**NB: Please ensure that swimmers for relays swim in the order in which they are entered. Failure to do this will result in the team being disqualified. If in doubt please speak to the Recorders.**

### **Results**

Results can be found at <http://www.swimscotland.co.uk/>

### **Medals**

Can be collected at the Information Desk. If possible, please collect your medals during the session. This will avoid congestion at the desk at the end of the session and a wait for you. ***The desk will be closed 15 minutes after the end of the Friday evening session and the Saturday afternoon session.***

Should medal winners wish to donate their medals, Scottish Masters will make a charitable donation of £1.00 for each medal to the Prince and Princess of Wales Hospice.

There is ample free car parking at Tollcross International Swimming Centre.

### **Personal Belongings**

**Competitors are strongly advised not to leave personal belongings in the changing village unless secured in a locker. 0.20p is required to use the lockers.**

### **Presentation of Awards/Ceilidh – The Dining Rooms, University of Glasgow**

Presentation of awards will take place during the Ceilidh on the Saturday evening. Pre-ordered tickets and directions can be picked up at the Information Desk. Please remember your tickets as they will be collected at the door.

Scottish Swimming and your Masters Committee wish you a successful Championships and a pleasant stay in Glasgow.

***Margaret Riach***  
***Meet Director***

<b>0</b>	70+ Years	ANTI CLOCKWISE
<b>1</b>	SLOW 55secs or slower for 50m	CLOCKWISE
<b>2</b>	SLOW 55 secs or slower for 50m	ANTI CLOCKWISE
<b>3</b>	MEDIUM 50 - 55secs for 50m	CLOCKWISE
<b>4</b>	MEDIUM 45 – 50secs for 50m	ANTI CLOCKWISE
<b>5</b>	MEDIUM 45 – 50 secs for 50m	CLOCKWISE
<b>6</b>	FAST 40 – 45 secs for 50m	ANTICLOCKWISE
<b>7</b>	FAST 40secs or faster for 50m	CLOCKWISE
<b>8</b>	SPRINT Sprint one way from	TURN END
<b>9</b>	SPRINT Sprint one way from	START END