



**Scottish
Swimming**

Masters



2020

Scottish National Open Short Course

Masters and Senior Age Group Championships

(under FINA Rules and Scottish Swimming Regulations)

**Tollcross International Swimming Centre,
Wellshot Road, Glasgow, G32 7QR**

Friday 27 – Saturday 28 March 2020

Licence No: L1/40/SS/MAR20

Masters Motto – Fitness, Fun and Friendship



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VENUE DETAILS, SESSION TIMES & PROGRAMME OF EVENTS

Venue: Tollcross International Swimming Centre, Wellshot Road, Glasgow, G32 7QR
Pool: 10 x 25 Lane Deck Level Pool, Anti-turbulence ropes and full electronic timing
 4 x 25 swim down pool
Ceilidh Venue: The Dining Rooms, Student Union, University of Glasgow
Ceilidh Start Time: 7.30pm – 12.00 midnight
Promoters: SASA Masters National Committee

	Date	Session:	Warm Up:	Start:
Session Times:	Friday 27 March	One	12:30	13:30
		Two	16:30	17:30
	Saturday 28 March	Three	08:30	09:30
		Four	13:00	13:45

Meet Programme:	50m, 100m, 200m All Strokes 400m & 800m Freestyle 100m, 200m 400m Individual Medley 4 x 50m Freestyle and Medley Relays Incorporating all Age Groups from 18 years to 90+ years
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For further information contact: Scottish Swimming, Tel: 01786 466520
 email: masters@scottishswimming.com www.scottishswimming.com

Friday 27 March 2020

Session One	Session Two
Warm Up 12:30 – 13:15 Start 13:30	Warm Up 16:30 – 17:15 Start 17:30
101 Male 400m Individual Medley	201 Mixed 4 x 50m Freestyle Relay
102 Female 400m Individual Medley	202 Male 50 Butterfly
103 Mixed 800m Freestyle (see page 4)	203 Female 50m Butterfly
	204 Male 200m Backstroke
	205 Female 200m Backstroke
	206 Male 100m Freestyle
	207 Female 100m Freestyle
	208 Male 100m Breaststroke
	209 Female 100m Breaststroke
	210 Male 200m Individual Medley
	211 Female 200m Individual Medley
	212 Mixed 4 x 50m Medley Relay

Saturday 28 March 2020

Session Three	Session Four
Warm Up 08:30 – 09:15 Start 09:30	Warm Up 13:00 – 13:30 Start 13:45
301 Male 100m Individual Medley	401 Male 400m Freestyle
302 Female 100m Individual Medley	402 Female 400m Freestyle
303 Male 200m Freestyle	403 Male 50m Breaststroke
304 Female 200m Freestyle	404 Female 50m Breaststroke
305 Male 50m Backstroke	405 Male 200m Butterfly
306 Female 50m Backstroke	406 Female 200m Butterfly
307 Male 100m Butterfly	407 Male 50m Freestyle
308 Female 100m Butterfly	408 Female 50m Freestyle
309 Male 200m Breaststroke	409 Male 100m Backstroke
310 Female 200m Breaststroke	410 Female 100m Backstroke
311 Male 4 x 50m Medley Relay	411 Male 4 x 50m Freestyle Relay
312 Female 4 x 50m Medley Relay	412 Female 4 x 50m Freestyle Relay

Regulations

All Masters Competitors must be a registered member of a swimming club within their own Swimming Federation (FINA rules) and be 25 years or over on 31 December 2020. Each competitor may only represent one club in the relay events. Entries are open and all Masters are welcome. Registration numbers must be given on the entry form. (individual and/or relays)

Age Groups as at 31 December 2020

A	25-29 years	B	30-34 years	C	35-39 years	D	40-44 years	E	45-49 years
F	50-54 years	G	55-59 years	H	60-64 years	J	65-69 years	K	70-74 years
L	75-79 years	M	80-84 years	N	85-89 years	O	90+	X	18-24 years*

*special category

Events

- All events will be Heat Declared Winners in Age Classification. In each event athletes will be seeded according to their entry time and will compete against those with similar times from the various groups.
- For all Groups: 50m, 100m, 200m, 400m, 800m Freestyle
50m, 100m and 200m Backstroke, Breaststroke and Butterfly
100m, 200m and 400m Individual Medley

- Team Races (4 x 50m Freestyle and Medley Relays):

(i)	72- 99 years	(ii)	100-119 years	(iii)	120-159 years
(iv)	160-199 years	(v)	200-239 years	(vi)	240-279 years
(vii)	280-319 years				

Special category competitors (X Group) may only participate in the team event 72-99 years.

Team Events

Please note: At closing date, only the number of teams entered for each relay event need be submitted. Further information must be submitted (age groups, names etc) on the day of the relay events at the latest. However, should your teams be finalised at any time before then, please email masterswithdrawals@gmail.com with the information. You do not need to use the team entry form as this is for on the day entries. If emailing information please make sure you enter the Club name, team names, reserves (if there are any), dates of birth, the Event Number and the Age Group. For on the day entries, please see the team entry form on Page 9 for more details.

Please Note:

A draft programme will be posted on the Scottish Swimming website www.scottishswimming.com and on www.swimscotland.co.uk, approximately 5 days after the closing date. If you need to withdraw or if there are any discrepancies with your entries, please contact masterswithdrawals@gmail.com as soon as possible.

Information for Competitors

Safety Code – please click [here](#) to download the form and sign it.

Entries

- Entries to all events must be made on-line.
- Athletes wishing to participate in the 800 freestyle **MUST** reconfirm their intention to swim. This may be done by email to: masterswithdrawals@gmail.com or at the pool (recorders desk) up to **one hour prior to the start of Session 1**. **Failure to do so will result in the competitor being withdrawn from that event.**
- Registration fee included in entry fees:
Individual Entry Fee: £8.50 Relay Entry Fee: £15.00 Ceilidh Tickets: £22.00
- Dependent on the number of entries received, the organisers reserve the right to introduce over the top starts and/or adjust the start time of the sessions

Individual and Relay Online Entries:

<https://www.swimmingresults.org/events/sasa20ma6800/index.php>

This link will be available from: 1 January 2020

If you require any further help, please send an email to masters@scottishswimming.com.

Awards

- Medals to be awarded down to 3rd place. 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.
- Medals can be collected at the front desk during the session. **It would be appreciated if winners could pick up their medals during the session.** Please note that the desk will only be open for **15min after the end of the final session** each day for the collection of medals.
- The 'City of Glasgow' Championship Cup will be awarded to the Scottish Club with the highest total of points **accumulated in all individual swims**. **Please note: For this club trophy X Age group athlete's points will be included.**
- Best in Age Group will be awarded to the individual accumulating the most points for individual swims. **Points: 1st – 10, 2nd – 6, 3rd – 4, 4th – 3, 5th – 2, 6th – 1.**
- The Norrie Beattie, Elizabeth McCallum, Brogan and Speedo Trophies are open to any registered Scottish Masters Athlete, male or female, who compete in either the 50m Backstroke, 50m butterfly, 50m Breaststroke or 50m Freestyle events.
- The trophies will be awarded in each event to the fastest Scottish Male/Female athlete whose placing has been determined by utilising the Age Correction Factor.

Ceilidh Awards Presentation & Tickets

The presentation of Awards will take place during the Ceilidh on Saturday evening. Awards to be presented:

Best in Group Awards	Swim Decathlon Awards	Norrie Beattie Trophy	Elizabeth McCallum Trophy
Brogan Trophies	Inverclyde Council Trophies	Speedo Trophies	Eddie Riach Trophy
Sandy Galletly Trophy	Janet Stobie Trophy	City of Glasgow Scottish Club Championship Cup	

After completing the event entries and payment details the option is available to book Ceilidh tickets, select the number required and the cost will be added to the bill. **Please remember to bring your ceilidh tickets with you as they will be collected at entry.**

CLOSING DATE FOR ENTRIES:
INDIVIDUAL & RELAY - 2.00pm on Wednesday 12th March 2020



SWIMMING RELAY TEAM LINE

PLEASE PRINT CLEARLY

CLUB:		EVENT NO.	
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Name of Competitor:	Date of Birth	Membership No.
1.		
2.		
3.		
4.		
R1		
R2		

	SEX	72-99	100-119	120-159	160-199	200-239	240-279	280-319
4 X 50 M FREESTYLE RELAY	MALE							
	FEMALE							
	MIXED							
4 x 50 M MEDLEY RELAY	MALE							
	FEMALE							
	MIXED							

Team Lines to be submitted to the Recorders desk at the pool no later than:

Friday Evening Relays:	Friday 27 March	15:15
Saturday Morning Relays:	Saturday 28 March	09:15
Saturday Afternoon Relays:	Saturday 28 March	13:30