



SCOTTISH *swimming*  
everyone can swim!

# 2012 SCOTTISH GAS NATIONAL AGE GROUPS SWIMMING CHAMPIONSHIPS (Under FINA and SASA Rules)

(Licence No. L1/341/ENG/APR12)

## Sunderland Aquatics Centre 31<sup>st</sup> March – 4<sup>th</sup> April 2012



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 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 Age Groups Championships, competitors must be registered with the Scottish Amateur Swimming Association (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

R4.5.3 - A competitor selected to represent Scotland must be a registered member of SASA as per 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 4<sup>th</sup> April 2012) - **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.

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

<b><u>Dates</u></b>	Saturday 31 <sup>st</sup> March – Wednesday 4 <sup>th</sup> April 2012
<b><u>Venue</u></b>	Sunderland Aquatics Centre, Stadium Park, Sunderland, SR5 1SU
<b><u>Pool</u></b>	10 lane x 50 metres with full electronic timing with warm-up and swim down facilities
<b><u>Meet Promoters</u></b>	SASA National Swimming Committee

<b><u>Sessions</u></b>	<u>Day One</u>	Session 1	Warm Up: 07.00	Start: 08.45
		Session 2	Warm Up: 12.15	Start: 13.15
		Session 3	Warm Up: 16.30	Start: 17.30
	<u>Day Two</u>	Session 4	Warm Up: 07.00	Start: 08.45
		Session 5	Warm Up: 12.15	Start: 13.15
		Session 6	Warm Up: 16.30	Start: 17.45
	<u>Day Three</u>	Session 7	Warm Up: 07.00	Start: 08.45
		Session 8	Warm Up: 12.15	Start: 13.15
		Session 9	Warm Up: 16.30	Start: 17.30
	<u>Day Four</u>	Session 10	Warm Up: 07.00	Start: 08.45
		Session 11	Warm Up: 12.15	Start: 13.15
		Session 12	Warm Up: 15.30	Start: 16.30
	<u>Day Five</u>	Session 13	Warm Up: 07.00	Start: 08.45
		Session 14	Warm Up: 12.15	Start: 13.15
		Session 15	warm Up: 15.30	Start: 16.30

**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 (age as at 4<sup>th</sup> April 2012).**

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

Swimsuits must comply with current FINA/SASA rules at the time of the Championships.

*\*All SASA 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.*

## **Entry Times**

**Consideration Times (CT) – may be used by competitors registered with SASA 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.

**Qualification Times (QT) – must be achieved by all non 'Scottish' competitors.**

Competitors who do not qualify as above, must achieve QUALIFICATION times in each event they enter.

Competitors must enter times achieved in accredited competitions held between March 8<sup>th</sup> 2010 and March 8<sup>th</sup> 2011 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. 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.**

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

## **Entry Fees**

Individual Events: £9.00                      Relays: £18.00

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 **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 7<sup>th</sup> March 2012**. 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 Sunderland Aquatics Centre, 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, Friday 30<sup>th</sup> March 2012.

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 spread-sheet 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 expect 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.

## **Top Scottish Age Group Club Awards**

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

1st	£1200
2nd	£1000
3rd	£800
4th	£600
5th	£400
6th	£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 Friday 30<sup>th</sup> March 2012. This would be subject to availability. Please contact The Duty Manager at Sunderland Aquatics Centre – 0191 561 6161.

### **Programme of Events – Individual**

100m, 200m Freestyle	Heats and Finals
400m Freestyle	Heat Declared Winner
800m, 1500m Freestyle	Heat Declared Winner – <b>Please see note overleaf</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

### **Individual Events – Age Groups**

10-12 years  
13 years  
14 years

### **Individual Events – Youth Events**

15 years  
16-18 years

### **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	11-13 years
Youth	14-17 years
Boys: Age Group	11-14 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 2011, the ages for these swimmers are as follows:

**Age as at 26<sup>th</sup> July 2012 - Age Groups**

**Age as at 26<sup>th</sup> July 2012 - 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 8.00 am on the Day of their event**, after which a separate start list will be produced.

#### **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**.

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 which is situated on poolside behind the starter's podium.**

**Please note: Due to the difficulty swimmers will have in obtaining times for the girls 1500m freestyle and the boys 800m freestyle, boys 1500m free times may be used to enter the boys 800m free and girls 800m free times may be used to enter the girls 1500m free.**

## COACH/CHAPERONE PASS FOR 2012

Charges for 2012 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>£20.00</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 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 Scottish Gas National Age Group Championships (31<sup>st</sup> March – 4<sup>th</sup> April 2012) is **4pm Friday 2<sup>nd</sup> March 2012**

- **Annual** Passes had a closing date of **4pm Friday 3<sup>rd</sup> February**

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

\*

Photographic passes issued in 2011 are no longer valid.

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

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

# APPLICATION FOR 2011-12 COACH/CHAPERONE PASS SCOTTISH GAS NATIONAL CHAMPIONSHIPS

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

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

Scottish Gas National Age Group Championship (31 <sup>st</sup> March – 4 <sup>th</sup> April 2012) £30	<input type="checkbox"/>	Scottish Gas National Open Championship (28 <sup>th</sup> June – 1 <sup>st</sup> July 2012) £30	<input type="checkbox"/>
Scottish Gas National Short Course Championship (December 2012) £20	<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: s.mccallum@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 Championship**

**SUNDERLAND AQUATICS CENTRE**

**31<sup>st</sup> March – 4<sup>th</sup> April 2012**

Club: .....

**require meal tickets for the following days:**

	Name	Name	Name	Name
31 <sup>st</sup> March				
1 <sup>st</sup> April				
2 <sup>nd</sup> April				
3 <sup>rd</sup> April				
4 <sup>th</sup> April				

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 WEDNESDAY 7<sup>th</sup> MARCH 2012**

**Summary Sheet Application**

**2012 Scottish Gas National Age Group Championships, 31<sup>st</sup> March – 4<sup>th</sup> April 2012**

**This form must be completed and returned with payment.**

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

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

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

\_\_\_\_\_

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

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

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

Total Male Entries (No.) \_\_\_\_\_ @ £9.00 = **£**

Total Female Entries (No.) \_\_\_\_\_ @ £9.00 = **£**

Total Relay Entries (No.) \_\_\_\_\_ @ £18.00 = **£**

Total Coaches' Meal Tickets (No.) \_\_\_\_\_ @£17.50 = **£**

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

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**  
**Tel: 0131 440 1752**  
[Jbruce2160@aol.com](mailto:Jbruce2160@aol.com)

- Email address is important for urgent distribution of information and updates pertaining to the Meet.
- Please note that the cost for meal tickets is per coach/per day and includes a 2 course lunch with tea and coffee and a light afternoon snack.

## **Entry File Requests**

### **2012 Scottish Gas National Age Group Championships, 31<sup>st</sup> March – 4<sup>th</sup> April 2012**

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-tektd.com](http://www.hy-tektd.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)

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

# SCOTTISH GAS NATIONAL AGE GROUP SWIMMING CHAMPIONSHIPS 2012

## Entry Times

FEMALE												M A L E												
17-18		16		15		14		13		10-12		Event	10-12		13		14		15		16		17-18	
Qual	Consid	Qual	Consid	Qual	Consid	Qual	Consid	Qual	Consid	Qual	Consid		Qual	Consid	Qual	Consid	Qual	Consid	Qual	Consid	Qual	Consid	Qual	Consid
0:27.88	029.93	0:27.95	0:30.32	0:28.02	0:30.38							<b>50m Freestyle</b>						0:25.97	0:28.41	0:25.41	0:27.31	00:25.16	00:27.18	
1:00.32	1:04.16	1:01.12	1:04.51	1:01.92	1:04.93	1:02.56	1:05.93	1:03.91	1:07.36	1:06.20	1:09.77	<b>100m Freestyle</b>	1:03.99	1:07.12	1:00.67	1:03.30	0:58.73	1:01.27	0:57.34	1:00.13	0:56.18	1:00.69	0:55.02	0:59.01
2:10.44	2:18.38	2:11.85	2:19.06	2:13.25	2:19.74	2:14.92	2:21.49	2:17.28	2:23.97	2:19.90	2:28.20	<b>200m Freestyle</b>	2:24.49	2:32.29	2:13.95	2:20.48	2:10.02	2:16.34	2:04.97	2:11.71	2:02.53	2:09.64	2:00.09	2:07.57
4:35.07	4:51.61	4:39.19	4:53.59	4:43.31	4:55.58	4:48.22	5:00.70	4:52.17	5:07.92	4:53.24	5:12.19	<b>400m Freestyle</b>	4:47.45	5:09.20	4:33.16	4:50.83	4:24.41	4:41.51	4:21.13	4:33.85	4:14.38	4:29.53	4:07.63	4:25.20
9:10.58	10:02.73	9:16.57	10:05.73	9:22.56	10:08.73	9:29.72	10:16.47	9:34.01	10:27.40	9:45.11	10:46.05	<b>800m Freestyle</b>	9:51.53	10:47.46	9:24.55	10:05.05	8:58.70	9:44.50	8:52.30	9:34.18	8:46.84	9:25.59	8:41.37	9:17.03
18:12.11	19:04.70	18:12.97	19:14.60	18:13.86	19:24.50	18:17.60	19:27.60	18:22.90	19:33.90	18:40.27	19:40.50	<b>1500m Freestyle</b>	18:24.59	20:38.50	17:36.48	19:32.45	17:12.09	18:59.59	16:57.31	18:32.04	16:36.17	18:15.85	16:15.04	17:59.65
1:10.21	1:14.30	1:10.81	1:14.64	1:11.41	1:14.89	1:12.83	1:15.65	1:13.14	1:16.71	1:14.87	1:18.21	<b>100m Backstroke</b>	1:16.84	1:20.99	1:12.27	1:14.99	1:08.75	1:12.09	1:06.53	1:09.77	1:04.51	1:09.04	1:02.48	1:08.30
2:28.48	2:35.96	2:30.18	2:37.05	2:31.75	2:39.14	2:33.70	2:41.19	2:36.46	2:44.07	2:41.16	2:49.01	<b>200m Backstroke</b>	2:43.86	2:52.71	2:33.27	2:39.92	2:26.59	2:33.73	2:21.85	2:28.76	2:17.84	2:27.11	2:13.91	2:25.65
1:19.74	1:24.66	1:20.11	1:25.08	1:20.69	1:25.49	1:22.50	1:26.52	1:23.90	1:27.98	1:26.29	1:30.50	<b>100m Breaststroke</b>	1:26.54	1:30.75	1:22.43	1:26.00	1:18.83	1:22.66	1:16.29	1:19.99	1:14.15	1:19.16	1:12.01	1:18.33
2:52.17	3:00.82	2:54.02	3:01.71	2:55.86	3:02.59	2:58.05	3:04.84	3:01.14	3:08.06	3:06.43	3:13.56	<b>200m Breaststroke</b>	3:06.46	3:15.53	2:54.71	3:02.28	2:47.83	2:56.00	2:42.95	2:50.89	2:38.87	2:49.33	2:34.78	2:47.77
1:08.17	1:12.64	1:09.19	1:13.14	1:10.21	1:13.63	1:11.43	1:14.91	1:13.14	1:16.71	1:16.07	1:19.78	<b>100m Butterfly</b>	1:16.08	1:19.78	1:10.22	1:13.26	1:06.79	1:10.04	1:04.36	1:07.49	1:02.06	1:06.67	0:59.66	1:05.85
2:35.55	2:45.21	2:37.40	2:46.10	2:39.25	2:46.99	2:41.44	2:49.31	2:44.54	2:52.55	2:54.89	3:03.42	<b>200m Butterfly</b>	2:57.88	3:08.43	2:45.50	2:52.69	2:35.40	2:42.95	2:28.23	2:35.45	2:22.73	2:32.91	2:17.18	2:30.36
2:28.57	2:39.02	2:30.11	2:39.53	2:31.85	2:40.04	2:33.80	2:42.10	2:36.55	2:45.00	2:39.65	2:49.97	<b>200m I.M.</b>	2:41.70	2:52.16	2:34.53	2:42.05	2:27.42	2:35.37	2:23.83	2:30.06	2:19.56	2:28.36	2:15.29	2:26.66
5:13.80	5:30.29	5:17.86	5:32.15	5:21.92	5:34.20	5:25.13	5:39.22	5:28.61	5:46.31	5:34.76	5:58.44	<b>400m I.M.</b>	5:26.47	5:52.85	5:14.68	5:35.05	5:06.42	5:26.21	5:02.43	5:18.75	4:56.49	5:14.18	4:50.54	5:09.79

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 (10 April 2011)

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

## Schedule of Events

Saturday 31st March 2012	Sunday 1st April 2012	Monday 2nd March 2012	Tuesday 3rd April 2012	Wednesday 4 <sup>th</sup> April 2012
<p><b>Session 1</b>  <b>Warm up 07:00, Start 08:45</b>  <b>Age 15; 16/17; 18+</b>  Boys 800 Freestyle (HDW)  Girls 200 Butterfly  Boys 200 Freestyle  Girls 100 Backstroke  Boys 100 Backstroke  Girls 400 Individual Medley</p>	<p><b>Session 4</b>  <b>Warm up 07:00, Start 08:45</b>  <b>Age 15; 16/17; 18+</b>  Girls 1500 Freestyle (HDW)  Boys 200 Backstroke  Girls 200 Freestyle  Boys 100 Butterfly  Girls 100 Breaststroke  Boys 400 Individual Medley</p>	<p><b>Session 7</b>  <b>Warm up 07:00, Start 08:45</b>  <b>Age 15; 16/17; 18+</b>  Girls 50 Freestyle  Boys 50 Freestyle  Girls 200 Individual Medley  Boys 200 Individual Medley  Girls 800 Freestyle (HDW)  Boys 1500 Freestyle (HDW)</p>	<p><b>Session 10</b>  <b>Warm up 07:00, Start 08:45</b>  <b>Age 15; 16/17; 18+</b>  Boys 200 Butterfly  Girls 200 Breaststroke  Boys 100 Breaststroke  Girls 100 Freestyle  Boys 400 Freestyle</p>	<p><b>Session 13</b>  <b>Warm up 07:00, Start 08:45</b>  <b>Age 15; 16/17; 18+</b>  Girls 200 Backstroke  Boys 200 Breaststroke  Girls 100 Butterfly  Boys 100 Freestyle  Girls 400 Freestyle</p>
<p><b>Session 2</b>  <b>Warm up 12:15, Start 13:15</b>  <b>Age 10-12; 13; 14</b>  Boys 800 Freestyle (HDW)  Girls 200 Butterfly  Boys 200 Freestyle  Girls 100 Backstroke  Boys 100 Backstroke  Girls 400 Individual Medley (HDW)</p>	<p><b>Session 5</b>  <b>Warm up 12:15, Start 13:15</b>  <b>Age 10-12; 13; 14</b>  Girls 1500 Freestyle (HDW)  Boys 200 Backstroke  Girls 200 Freestyle  Boys 100 Butterfly  Girls 100 Breaststroke  Boys 400 Individual Medley (HDW)</p>	<p><b>Session 8</b>  <b>Warm up 12:15, Start 13:15</b>  <b>Age 10-12; 13; 14</b>  Girls 200 Individual Medley  Boys 200 Individual Medley  Girls 800 Freestyle (HDW)  Boys 1500 Freestyle (HDW)</p>	<p><b>Session 11</b>  <b>Warm up 12:15, Start 13:15</b>  <b>Age 10-12; 13; 14</b>  Boys 200 Butterfly  Girls 200 Breaststroke  Boys 100 Breaststroke  Girls 100 Freestyle  Boys 400 Freestyle (HDW)</p>	<p><b>Session 14</b>  <b>Warm up 12:15, Start 13:15</b>  <b>Age 10-12; 13; 14</b>  Girls 200 Backstroke  Boys 200 Breaststroke  Girls 100 Butterfly  Boys 100 Freestyle  Girls 400 Freestyle (HDW)</p>
<p><b>Session 3 – Finals</b>  <b>Warm up 16:30, Start 17:30</b>  Girls 10-12 200 Butterfly FINAL  Girls 13 200 Butterfly FINAL  Girls 14 200 Butterfly FINAL  Girls 15 200 Butterfly FINAL  Girls 16 200 Butterfly FINAL  Girls 17/18 200 Butterfly FINAL  Boys 10-12 200 Freestyle FINAL  Boys 13 200 Freestyle FINAL  Boys 14 200 Freestyle FINAL  Boys 15 200 Freestyle FINAL  Boys 16 200 Freestyle FINAL  Boys 17/18 200 Freestyle FINAL  Girls 10-12 100 Backstroke FINAL  Girls 13 100 Backstroke FINAL  Girls 14 100 Backstroke FINAL  Girls 15 100 Backstroke FINAL  Girls 16 100 Backstroke FINAL  Girls 17/18 100 Backstroke FINAL  Boys 10-12 100 Backstroke FINAL  Boys 13 100 Backstroke FINAL  Boys 14 100 Backstroke FINAL  Boys 15 100 Backstroke FINAL  Boys 16 100 Backstroke FINAL  Boys 17/18 100 Backstroke FINAL  Girls 15 400 Individual Medley FINAL  Girls 16 400 Individual Medley FINAL  Girls 17/18 400 Individual Medley FINAL  Boys 10-14 4 x 100 Freestyle Relay  Boys 15-18 4 x 100 Freestyle Relay</p>	<p><b>Session 6 – Finals</b>  <b>Warm up 16:15, Start 17:30</b>  Girls 10-12 200 Backstroke FINAL  Boys 13 200 Backstroke FINAL  Boys 14 200 Backstroke FINAL  Boys 15 200 Backstroke FINAL  Boys 16 200 Backstroke FINAL  Boys 17/18 200 Backstroke FINAL  Girls 10-12 200 Freestyle FINAL  Girls 13 200 Freestyle FINAL  Girls 14 200 Freestyle FINAL  Girls 15 200 Freestyle FINAL  Girls 16 200 Freestyle FINAL  Girls 17/18 200 Freestyle FINAL  Boys 10-12 100 Butterfly FINAL  Boys 13 100 Butterfly FINAL  Boys 14 100 Butterfly FINAL  Boys 15 100 Butterfly FINAL  Boys 16 100 Butterfly FINAL  Boys 17/18 100 Butterfly FINAL  Girls 10-12 100 Breaststroke FINAL  Girls 13 100 Breaststroke FINAL  Girls 14 100 Breaststroke FINAL  Girls 15 100 Breaststroke FINAL  Girls 16 100 Breaststroke FINAL  Girls 17/18 100 Breaststroke FINAL  Boys 15 400 Individual Medley FINAL  Boys 16 400 Individual Medley FINAL  Boys 17/18 400 Individual Medley FINAL  Girls 10-14 4 x 100 Freestyle Relay  Girls 15-18 4 x 100 Freestyle Relay</p>	<p><b>Session 9 – Finals</b>  <b>Warm up 16:30, Start 17:30</b>  Girls 15 50 Freestyle FINAL  Girls 16 50 Freestyle FINAL  Girls 17/18 50 Freestyle FINAL  Boys 15 50 Freestyle FINAL  Boys 16 50 Freestyle FINAL  Boys 17/18 50 Freestyle FINAL  Girls 10-12 200 Individual Medley FINAL  Girls 13 200 Individual Medley FINAL  Girls 14 200 Individual Medley FINAL  Girls 15 200 Individual Medley FINAL  Girls 16 200 Individual Medley FINAL  Girls 17/18 200 Individual Medley FINAL  Boys 10-12 200 Individual Medley FINAL  Boys 13 200 Individual Medley FINAL  Boys 14 200 Individual Medley FINAL  Boys 15 200 Individual Medley FINAL  Boys 16 200 Individual Medley FINAL  Boys 17/18 200 Individual Medley FINAL  Girls 10-14 4 x 200 Freestyle Relay  Girls 15-18 4 x 200 Freestyle Relay  Boys 10-14 4 x 200 Freestyle Relay  Boys 15-18 4 x 200 Freestyle Relay</p>	<p><b>Session 12 – Finals</b>  <b>Warm up 16:30, Start 17:30</b>  Boys 10-12 200 Butterfly FINAL  Boys 13 200 Butterfly FINAL  Boys 14 200 Butterfly FINAL  Boys 15 200 Butterfly FINAL  Boys 16 200 Butterfly FINAL  Boys 17/18 200 Butterfly FINAL  Girls 10-12 200 Breaststroke FINAL  Girls 13 200 Breaststroke FINAL  Girls 14 200 Breaststroke FINAL  Girls 15 200 Breaststroke FINAL  Girls 16 200 Breaststroke FINAL  Girls 17/18 200 Breaststroke FINAL  Boys 10-12 100 Breaststroke FINAL  Boys 13 100 Breaststroke FINAL  Boys 14 100 Breaststroke FINAL  Boys 15 100 Breaststroke FINAL  Boys 16 100 Breaststroke FINAL  Boys 17/18 100 Breaststroke FINAL  Girls 10-12 100 Freestyle FINAL  Girls 13 100 Freestyle FINAL  Girls 14 100 Freestyle FINAL  Girls 15 100 Freestyle FINAL  Girls 16 100 Freestyle FINAL  Girls 17/18 100 Freestyle FINAL  Boys 15 400 Freestyle FINAL  Boys 16 400 Freestyle FINAL  Boys 17/18 400 Freestyle FINAL  Girls 10-14 4 x 100 Medley Relay  Girls 15-18 4 x 100 Medley Relay</p>	<p><b>Session 15 – Finals</b>  <b>Warm up 16:30, Start 17:30</b>  Girls 10-12 200 Backstroke FINAL  Girls 13 200 Backstroke FINAL  Girls 14 200 Backstroke FINAL  Girls 15 200 Backstroke FINAL  Girls 16 200 Backstroke FINAL  Girls 17/18 200 Backstroke FINAL  Boys 10-12 200 Breaststroke FINAL  Boys 13 200 Breaststroke FINAL  Boys 14 200 Breaststroke FINAL  Boys 15 200 Breaststroke FINAL  Boys 16 200 Breaststroke FINAL  Boys 17/18 200 Breaststroke FINAL  Girls 10-12 100 Butterfly FINAL  Girls 13 100 Butterfly FINAL  Girls 14 100 Butterfly FINAL  Girls 15 100 Butterfly FINAL  Girls 16 100 Butterfly FINAL  Girls 17/18 100 Butterfly FINAL  Boys 10-12 100 Freestyle FINAL  Boys 13 100 Freestyle FINAL  Boys 14 100 Freestyle FINAL  Boys 15 100 Freestyle FINAL  Boys 16 100 Freestyle FINAL  Boys 17/18 100 Freestyle FINAL  Girls 15 400 Freestyle FINAL  Girls 16 400 Freestyle FINAL  Girls 17/18 400 Freestyle FINAL  Boys 10-14 4 x 100 Medley Relay  Boys 15-18 4 x 100 Medley Relay</p>