**SCB OPEN SWIM MEET**

**2019**

**29th OPEN MASTERS CHAMPIONSHIPS**



**Saturday 26th January 2019**

**Aberdeen Sports Village, Aquatics Centre, Aberdeen AB24 1SX**

Warm Up 1000 – Start 1040

(Under SASA Rules)

Meet Licence Number L1/608/SS/JAN19

**ENTRIES CLOSE: SUNDAY 13TH JANUARY 2019**

**EVENT FORMAT**

The SCB Masters meet will be run in parallel with Aberdeen University's annual swim meet. This means that separate Masters and University events will alternate throughout the programme (see the Programme of events on the next page). This way we can utilise the excellent facilities at Aberdeen Sports Village and have 10 lane racing without the events coming round so fast you do not have time to recover and it also allows us to provide warm up and swim down facilities throughout the competition. Points gained in individual Masters events are worked out in the usual way for Masters only. Masters records can only be achieved in Masters events. There are also a number of events that are open to both Masters and Universities (see details below). Temporary competition members may be eligible for entry to this competition, see Entries for further details.

**Masters events**

* Mixed racing
* Medals for 1st, 2nd and 3rd in all events
* Age group winner prizes
* Trophy for top visiting club
* Points for age group winners and top visiting club are as follows:   
  1st=10, 2nd=8, 3rd=6, 4th=4, 5th=2, 6th=1

**Events**

50 and 100 metres on all strokes

200 and 400 metres Freestyle

100 and 200 metres Individual Medley

**Age Categories (Age at 31/12/2019)**  
(Y) 16-17 years; (X) 18-24 years; (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 etc.,

**Seeding**  
All events, except 25m freestyle sprint, are heat declared winner. Heats will be deck seeded in ascending order of entry time (i.e. slowest go in first heat) and irrespective of gender.

**Cost**  
Price for each event entered will be £5. Relay team entries will also be £5. Application fee for Scottish Swimming temporary competition membership is £10.

**Open events**

**Mixed Relays**

The mixed relays are open to both Masters and Universities with prizes for the top team in each age group. A separate relay entry form is attached. We encourage teams to enter the relays in advance, however, relay entries will be accepted on the day. Relays will not count towards Masters points. If your club doesn’t have enough swimmers attending to form a relay team, but you would still like to take part, you will have the opportunity to signup for an ALL-STAR relay team on the day before 11am. ALL-STAR relay teams will be drawn at random, no prizes will be available.

Relay events: Mixed 4 x 50m Medley and Mixed 4 x 50m Freestyle.

Age groups: < 99 years; 100 – 119 years; 120 – 159 years; 160 – 199 years;   
200 – 239 years; 240 – 279 years; etc.

**Sprint Freestyle Championships**   
The 25m freestyle sprints, for men and women, is open to both Masters and Universities with medals for 1st, 2nd and 3rd. However, only Masters Swimmers aged 25 or above (on 31/12/2019) are eligible for the **COLTEL Shields trophy**. Entries will be NT and heats will be randomly drawn. Top placed swimmers in each heat (and fastest losers depending on entry quantity) will progress to make up 20 swimmers in the semi-finals. The 5 top placed swimmers from each of the two semi-finals will then make up the final.

**Medley Skins event**

The Men’s and Women’s 50m Medley Skins event is open to both Masters and Universities and will be split into two age groups, Uni to Age Cat. E and Age Cat. F upwards. There will be prizes for the winning male and female of each category. Qualification to the Medley Skins finals is through the 100m IM Masters event and University heats. There is no additional cost for the Medley Skins beyond the entry fee for the 100m IM.

1. The fastest ten males and females from each category in the 100m IM Masters event and university heats will qualify for their respective Medley Skins finals. A maximum of 2 reserves will also be announced, swimmers not intending to compete in the Medley Skins event must advise the Recorders Table before session 2 break.
2. Prior to the start of each round, the Referee will draw at random 1 of 8 cards (2 of each designation) and will announce the stroke then, and immediately following the whistle prior to each round. This stroke will apply to male and female rounds. The card is not returned.
3. The first round will be started with a conventional start (i.e. take your marks). In all other rounds, swimmers will be given a 10 second warning and the start signal only.
4. The turnaround time between rounds will be decided on the day (depending on number of entries and how the time schedule looks on the day), but will be no less than 2 minutes. Male and female rounds will be swum alternately for each age category.
5. The last two swimmers in each race will be eliminated in heats 1 to 3 and one swimmer thereafter.

**PROGRAMME OF EVENTS**

|  |  |  |  |
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| **Session 1 warm up: 10.00**  **Session 1 start: 10.40** | | **Session 2 warm up: 14.20**  **Session 2 start: 15.00** | |
| Uni | Women’s 100m Individual Medley - Heats | Uni | Women’s 200m Individual Medley - Hts. |
| Uni | Men’s 100m Individual Medley - Heats | Uni | Men’s 200m Individual Medley - Heats |
| **M** | **100m Individual Medley – Masters** | **M** | **200m Individual Medley** |
| Uni | Women’s 50m Backstroke - Heats | Uni | Women’s 50m Breaststroke - Heats |
| Uni | Men’s 50m Backstroke - Heats | Uni | Men’s 50m Breaststroke - Heats |
| **M** | **50m Backstroke – Masters** | **M** | **50m Breaststroke – Masters** |
| Uni | Women’s 200m Butterfly - Heats | Uni | Women’s 100m Butterfly – Heats |
| Uni | Men’s 200m Butterfly - Heats | Uni | Men’s 100m Butterfly – Heats |
| Uni | Women’s 100m Freestyle - Heats | **M** | **100m Butterfly – Masters** |
| Uni | Men’s 100m Freestyle - Heats | Uni | Women’s 50m Freestyle – Heats |
| **M** | **100m Freestyle – Masters** | Uni | Men’s 50m Freestyle – Heats |
| **O** | **Women’s 25m Freestyle – Heats** | **M** | **50m Freestyle – Masters** |
| **O** | **Men’s 25m Freestyle – Heats** | Uni | Women’s 200m Breaststroke - Heats |
| Uni | Women’s 50m Butterfly – Heats | Uni | Men’s 200m Breaststroke - Heats |
| Uni | Men’s 50m Butterfly – Heats | Uni | Women’s 100m Backstroke - Heats |
| **M** | **50m Butterfly – Masters** | Uni | Men’s 100m Backstroke - Heats |
| Uni | Women’s 200m Backstroke - Heats | **M** | **100m Backstroke – Masters** |
| Uni | Men’s 200m Backstroke - Heats | **SHORT BREAK** | |
| Uni | Women’s 100m Breaststroke – Heats | Uni | Women’s 50m Freestyle - Final |
| Uni | Men’s 100m Breaststroke – Heats | Uni | Men’s 50m Freestyle - Final |
| **M** | **100m Breaststroke – Masters** | Uni | Women’s 50m Breaststroke - Final |
| **O** | **Women’s 25m Freestyle – Semi Finals** | Uni | Men’s 50m Breaststroke - Final |
| **O** | **Men’s 25m Freestyle – Semi Finals** | **OQ** | **Women’s 50m Medley skins**  **Age Category F upwards**  **Rounds 1 to 6** |
| **SHORT BREAK** | |
| Uni | Women’s 100m Individual Medley - Final |
| Uni | Men’s 100m Individual Medley - Final | **OQ** | **Men’s 50m Medley skins**  **Age Category F upwards**  **Rounds 1 to 6** |
| **M** | **200m Freestyle – Masters** |
| Uni | Women’s 200m Freestyle - Heats |
| Uni | Men’s 200m Freestyle - Heats | **OQ** | **Women’s 50m Medley skins**  **University to Age Category E**  **Rounds 1 to 6** |
| Uni | Women’s 50m Backstroke - Final |
| Uni | Men’s 50m Backstroke - Final |
| Uni | Women’s 50m Butterfly - Final | **OQ** | **Men’s 50m Medley skins**  **University to Age Category E**  **Rounds 1 to 6** |
| Uni | Men’s 50m Butterfly - Final |
| **O** | **Women’s 25m Freestyle – Final** |
| **O** | **Men’s 25m Freestyle – Final** | **O** | **4x50 Mixed Medley Relay** |
| **O** | **4x50 Mixed Freestyle Relay** | **M** | **400m Freestyle – Masters** |

**Note: M = Masters event**; **O = Open event**; **OQ = Open qualifier**; **Uni = University event**

**ENTRIES**

Entries can be made by filling in the attached entry forms and emailing or posting to:

[**scbmeet@outlook.com**](mailto:scbmeet@outlook.com)

**6 Manse Terrace, Hatton, Peterhead, AB42 0HT**

Payment can be made by:

* Direct transfer to the club bank account (Account no.: 00834073 Sort Code: 80-05-17); Please remember to clearly reference your payment with your name.
* Paypal (note: 50p surcharge must be added)
* Posting a cheque to the above address.

For more details see the attached entry form.

* Participants may enter as many events as they wish. Depending on the total number of entries received however, entries may need to be restricted to fit the pool time available.
* In the event of restrictions, entries will be accepted on a first come first served basis.
* Late entries will not be accepted. Entry times must be entered; “No Time” entries will not be accepted, with the exception of relay and 25m sprint events.
* The organisers reserve the right to operate “over the top starts” as required.
* All Competitors must either be a registered member of a swimming club affiliated to SASA or another FINA affiliated national association or enter as a temporary competition member of Scottish Swimming. Those wishing to apply for temporary membership should submit an application form with their entry, the meet convener will confirm approval from Scottish Swimming.

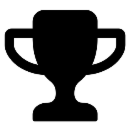
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**ENTRY FEES**

**£5 per swim and relay team ● Dinner & Presentation £15 per person**

**CLOSING DATE FOR ENTRIES:**

**SUNDAY 13TH JANUARY 2019**



**Dinner and Presentation of Prizes**

The presentation of prizes and dinner will take place at the Royal British Legion, 23 Balgownie Road, Bridge of Don, Aberdeen AB23 8JN at 7pm.

Please advise of any special dietary requirements when entering the meet.

**DIRECTIONS**

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| --- | --- |
| **Aberdeen Sports Village**  **- Aquatics Centre**  Regent Walk  Aberdeen  AB24 1SX  Click [HERE](https://www.google.co.uk/maps/place/Aberdeen+Sports+Village+-+Aquatics+Centre/@57.1640274,-2.0941192,15z/data=!4m5!3m4!1s0x0:0xb2027b7a2531d85f!8m2!3d57.1640274!4d-2.0941192) for map | **Royal British Legion**  23 Balgownie Road  Bridge of Don  Aberdeen  AB23 8JN  Click [HERE](https://www.google.co.uk/maps/place/The+Royal+British+Legion/@57.1769562,-2.0964652,17z/data=!3m1!4b1!4m5!3m4!1s0x48840de0e7c9fe89:0x20e091a8dcbb2c31!8m2!3d57.1769533!4d-2.0942765) for map |

**Health and Safety**  
Please read this disclaimer carefully. Any queries should be raised with Silver City Blues.

* I am aware of the need to seek appropriate medical advice if I have any concerns as to the state of my health. I have not been informed by any medical practitioner and I do not have any knowledge of any medical condition which would make it inadvisable for me to participate in Masters Swimming events or any other associated activities. Accordingly I hereby certify that I am physically fit and well to participate in any such training and events.
* I am aware of and appreciate the inherent risks involved in such training and competition including the possibilities of injury and accident. I undertake to always conduct myself in a responsible and professional manner.
* I am aware that it is prohibited to use mobile phones or camera devices in the showers, changing area or toilets at Aberdeen Sports Village –Aquatics Centre.
* I undertake at all times to use my best endeavours to train and compete in a safe and proper manner and not to do anything which would expose myself or fellow swimmers to unnecessary risk of injury.
* I further undertake at all times to take all reasonable safety measures for the protection of myself and fellow swimmers and to inform the Referee of any concerns I may have as regards safety.
* I acknowledge that during Masters Swimming events Silver City Blues cannot be held responsible for any loss or damage to personal belongings and that I must take all reasonable steps against any such loss or damage.
* I hereby agree to abide by and be governed by the rules of Scottish Swimming and all other laws and regulations applicable including the SASA Safety Laws.

More information and advice on Health and Safety for Masters Swimmers can be found on British Swimming’s website <http://www.swimming.org/asa/>.