

# SCB OPEN SWIM MEET

2020

30<sup>th</sup> OPEN SC MASTERS CHAMPIONSHIPS



**Saturday 25<sup>th</sup> January 2020**

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

**Warm Up 1330 – Start 1430**

**(Under SASA Rules)**

**Meet Licence Number L2/125/ND/JAN20**

**ENTRIES CLOSE: 18:00 SUNDAY 19TH JANUARY 2020**

# EVENT FORMAT

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The Silver City Blues Masters meet will take place at Aberdeen's prestigious Aquatics Centre on the 25<sup>th</sup> of January 2020. Temporary competition members may be eligible for entry to this competition, see Entries for further details.

## Masters events

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

## Events

50 and 100 metres on all strokes

200 and 400 metres Freestyle

100 and 200 metres Individual Medley

## Age Categories (Age at 31/12/2020)

(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 will have medals for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> for 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 15:30. 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 all Masters with medals for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>. However, only Masters Swimmers aged 25 or above (on 31/12/2020) are eligible for the **COLTEL Shields trophy**. Entries will be shuffled and heats will be randomly drawn. Top placed swimmers in each heat (and next fastest swimmers 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.

## **PROGRAMME OF EVENTS**

Session 1 warm up: 1330 Session 1 start: 1430		Session 2 warm up: 1700* Session 2 start: 1730	
101	400m Freestyle	102b	Women's 25m Freestyle – Semi-final
102a	Women's 25m Freestyle – Heats	103b	Men's 25m Freestyle – Semi-final
103a	Men's 25m Freestyle – Heats	201	200m Freestyle
104	100m Breaststroke	202	100m Butterfly
105	50m Backstroke	203	50m Breaststroke
106	200m Individual Medley	204	100m Individual Medley
107	100m Freestyle	205	50m Freestyle
108	50m Butterfly	206	100m Backstroke
109	4x50 Mixed Freestyle Relay	102c	Women's 25m Freestyle – Semi-final
		103c	Men's 25m Freestyle – Semi-final
		207	4x50m Mixed Medley Relay

\*open cooldown / warmup during the break

Program of Events subject to change depending on final entry quantity

# ENTRIES

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Entries can be made using our online entry system accessed through our SCB website or through the link below:

<https://www.swimmingresults.org/events/silvercitymasters20/index.php>

If you experience any issues submitting your entry please contact SCB at [scbmeet@outlook.com](mailto:scbmeet@outlook.com)

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- 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, the maximum amount of entries per competitor may be restricted.
- Late entries will not be accepted. Entry times must be entered, with the exception of relay 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 contact the meet convener at [scbmeet@outlook.com](mailto:scbmeet@outlook.com).



## ENTRY FEES

**£5 per swim and/or relay.**

**CLOSING DATE FOR ENTRIES:**

**SUNDAY 19TH JANUARY 2019 @ 18:00**



## Post Meet Dinner

With the later finish we will be holding a very casual meal at the local student bar adjacent to the swimming facility, the Bobbin.

<https://www.social-squirrel.com/thebobbinaberdeen/food-and-drink>

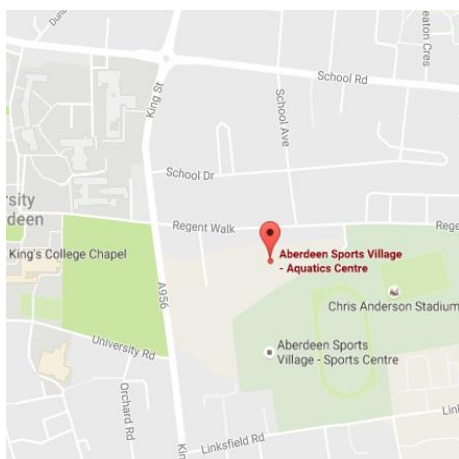
If you would like to join us please indicate numbers on your meet application, family and friends also invited.

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

## DIRECTIONS

### Aberdeen Sports Village Aquatics Centre

Regent Walk  
Aberdeen  
AB24 1SX  
Click [HERE](#) for map



### The Bobbin

500 King St  
Aberdeen  
AB24 5ST  
Click [HERE](#) 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/>.