

SCB OPEN SWIM MEET

2016

26TH OPEN MASTERS CHAMPIONSHIPS



Saturday 6th February 2016

Westhill Swimming Pool, Aberdeen, AB32 6XZ

Warm Up 1200 • Start 1300

(Under SASA Rules)

Meet Licence Number L1/499/ND/FEB16



ENTRIES CLOSE: FRIDAY 29TH JANUARY 2016

PROGRAMME OF EVENTS

Warm Up 1200


| Session 1: 1300 | Session 2: 1530 |
|-------------------------------|-------------------------------------|
| 400m Freestyle | Women's 25m Freestyle - Semi Finals |
| 50m Backstroke | Men's 25m Freestyle - Semi Finals |
| 100m Butterfly | 200m Freestyle |
| Women's 25m Freestyle - Heats | 100m Individual Medley |
| Men's 25m Freestyle - Heats | 50m Freestyle |
| 50m Breaststroke | 100m Breaststroke |
| 100m Freestyle | 50m Butterfly |
| | 100m Backstroke |
| | Women's 25m Freestyle - Final |
| | Men's 25m Freestyle - Final |

 • 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.

Age Categories (Age at 31/12/2016)

(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 and (X) 18 - 24 years.

Seeding

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

Sprint Freestyle Championships

(Not available for 'X' category swimmers)

25m freestyle open sprints for men and women for the COLTEL Shields.

Heats will be randomly drawn and the top placed swimmers from each heat will progress to the semi-finals. The top 3 swimmers from each of the two semi-finals will then make up the final.

ENTRIES

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

scbmeet@outlook.com

Jenny Brown, 64 Dee Village, Millburn Street, Aberdeen, AB11 6SZ

Payment can be made by direct transfer to the club bank account

(Account number: 00834073 Sort Code: 80-05-17),

Paypal (with fee included) or by posting a cheque to the above address.

- Participants may enter as many events as they wish. Depending on the total number of gala entries received however, entries may need to be restricted to fit the pool time available.
- In the event of restrictions, competitive opportunities will be allotted on a first come first served basis.
- Late entries will not be accepted.
- The organisers reserve the right to operate “over the top starts” as required.
- All Competitors must be a registered member of a swimming club (FINA rules).



ENTRY FEES

£4 per swim including 25m sprint • Buffet and presentation £12 per person

CLOSING DATE FOR ENTRIES: FRIDAY 29TH JANUARY 2016



Buffet and Presentation of Prizes

The presentation of prizes and buffet will take place at the Broadstraik Inn at 7pm (Elrick, Westhill, Aberdeenshire, AB32 6TL). Please advise of any special dietary requirements when entering the meet.



DIRECTIONS

TO WESTHILL: Arriving from the South on the A90

At the first roundabout you encounter on reaching Aberdeen take the second exit and cross the Bridge over the River Dee. Go straight on at the next exit and continue on this road until the third roundabout, which you approach with playing fields on your right. Turn left at this roundabout and follow the road out for approx. 5 miles following directions for Alford until you reach Westhill. Take the first road on the right into the town itself. Go straight on at the next roundabout and continue for a few hundred metres before taking a left turn into Hays Way. The swimming pool is about 150 metres on the left.

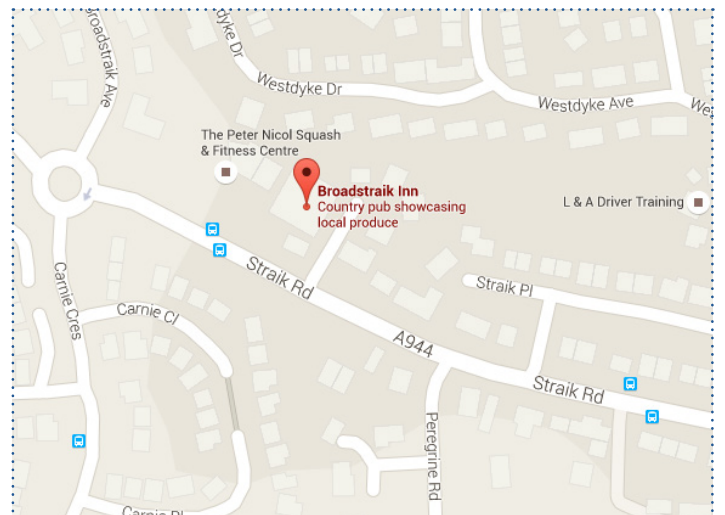
Arriving from other directions.... let us know if you need help and we'll give you a call.

Westhill Swimming Pool

Hay's Way
Westhill
Aberdeenshire
AB32 6XZ

Broadstraik Inn

Elrick
Westhill
Aberdeenshire
AB32 6TL





HEALTH & SAFETY

Please read this disclaimer carefully.

Any queries should be raised with SASA North District.

- 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 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 SASA North District 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 and the Conditions of the SASA North District.

British Swimming has important Health and Safety Advice for Masters Swimmers.