



**Scottish
Swimming**



#SNOC19

2019 Scottish National Open Swimming Championships

(under FINA Rules /Scottish Swimming Regulations)

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

27th June – 30th June 2019

Licence No:L1/622/SS/JUN19



MEET INFORMATION

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VENUE DETAILS, SESSION TIMES & EVENTS

Venue: Aquatics Centre, Aberdeen Sports Village, Regent Walk, Aberdeen AB24 1SX. 01224 438900
Pool: 10 lane x 50m (Full electronic timing) / Separate 6 lane x 50m warm-up & swim-down facility
Promoters: SASA National Swimming Committee

Session Times

Date:	Session:	Warm Up:	Start:	
Wednesday 26 th June	Open Training 16.00 – 20.00			<p>NB. Session start times may be adjusted once all entries have been received and processed. Any new session times will be notified when the draft programme is issued. *See note on Page 4</p>
Thursday 27 th June	Session 1 – Heats	07.45	09.00	
	Session 2 – Heats	12.15	13.15	
	Session 3 – Finals	16.30	17.30	
Friday 28 th June	Session 4 – Heats	07.45	09.00	
	Session 5 – Heats	12.15	13.15	
	Session 6 – Finals	16.30	17.30	
Saturday 29 th June	Session 7 – Heats	07.45	09.00	
	Session 8 – Heats	12.15	13.15	
	Session 9 – Finals	16.30	17.30	
Sunday 30 th June	Session 10 – Heats	07.45	09.00	
	Session 11 – Heats	12.15	13.15	
	Session 12 – Finals	16.30	17.30	

Programme of Events

Open:	50m Freestyle, Backstroke, Butterfly, Breaststroke 100m Freestyle, Backstroke, Butterfly, Breaststroke 200m Freestyle, Backstroke, Butterfly, Breaststroke 200m Individual Medley 400m Freestyle, 400m Individual Medley 800m, 1500m Freestyle	Heats and B & A Finals Heats and B & A Finals Heats and B & A Finals Heats and B & A Finals Heats and B & A Finals Heat Declared Winner
Relay Events:	4 x 100m Freestyle Team 4 x 100m Medley Team 4 x 200m Freestyle Team	Heat Declared Winner Heat Declared Winner Heat Declared Winner
MC Events:	50m Freestyle, Backstroke, Butterfly, Breaststroke 100m Freestyle, Backstroke, Butterfly, Breaststroke 200m Individual Medley 200m Freestyle 400m Freestyle	Heats and Finals Heats and Finals Heats and Finals Heats and Finals Heats and Finals

Please refer to the supplementary Multi-Classification Conditions and Entry Standards on Page 16 - 18.

PLEASE NOTE:

The five fastest heats of all events with finals, as well as all MC heats, will be swum in the morning. Further heats of these same events will be swum in the afternoon sessions. The finalists along with the final results will therefore not be announced or posted until the final heat of each afternoon event has been completed. **Provisional finalists based on the morning heats only will be announced but this does not guarantee a place in the final.**

Important Notice

Should the number of entries in the morning and afternoon sessions result in a combined session time of 4 hours or less on each and all days of the Championships, the organisers reserve the right to alter the heat sessions at the time of the draft programme being issued, and swim them as one session. Morning warm up times will remain unchanged. Entrants will be notified if the one session option is adopted.

In the event of one heat sessions, the following will apply. All individual events except the 800/1500 freestyles will be conducted on a Heats and Finals basis. In the heat sessions each event will be swum in its entirety slowest to fastest. The fastest 20 swimmers from the heats will advance to finals.

MC Entries will be seeded by absolute time. The 10 MC athletes scoring the highest points, utilizing the British Para-Swimming Points System, shall progress to the MC Final.

- For the Heats “over the top starts” will be used where appropriate.
- A maximum of four reserves will be nominated for Finals where B finals are being swum. A maximum of two reserves will be nominated for MC Finals.
- Reserves will be allocated to vacant lanes.

Eligibility to Compete

- All competitors must be registered with their National Federation to be eligible to compete (FINA Rule GR 1.1).
- To compete for a Scottish Club or Team at National Open Championships, competitors must be registered with the Scottish Amateur Swimming Association and must have paid their current registration fee.
- A swimmer can only compete for one Club/Team during the Championships. Scottish Club/team members must be eligible to swim for their Club/Team in accordance with Company Rule R5.1. Any swimmer entering a Scottish championships as ‘unattached’ cannot compete for a Club/Team in relay events.
- Swimmers with Scottish eligibility training outside Scotland and wishing to be considered for National Selection must be registered with Scottish Swimming (C3.5.1).

National Eligibility – Scottish Swimming Company Rule R4.5.3

R4.5.3 - A competitor selected to represent Scotland must be a registered member of SASA as per SASA Constitution C3.3 or C.3.5.1. and must be either:

- A native of Scotland, **or**
- A person with a Scottish mother or father, **or**
- Satisfy either of the following residential criteria:
 - I. For the Commonwealth Games -
In line with current Commonwealth Games Federation Regulations or Guidelines (see Commonwealth Games Swimming selection policy for details).
 - II. For all other Meets -
A person who has been resident in Scotland for a minimum of twelve months prior to the first day of competition.

SCHEDULE OF EVENTS

Thursday 27th June

Session 1 - MORNING

Womens 100m Butterfly
 Mens 100m Freestyle
 Womens 200m Freestyle
 Mens 200m Butterfly
 Womens 50m Backstroke
 Mens 50m Breaststroke
 Womens 400m I.M.
 Mens 1500m Freestyle (HDW)

Session 2 - AFTERNOON

Womens 100m Butterfly
 Mens 100m Freestyle
 Womens 200m Freestyle
 Mens 200m Butterfly
 Womens 50m Backstroke
 Mens 50m Breaststroke
 Womens 400m I.M.
 Womens 4 x 200m Free Relay (HDW)

Session 3 - EVENING

Womens 100m Butterfly MC, B,A finals
 Mens 100m Freestyle MC,B,A finals
 Womens 200m Freestyle MC, B,A finals
 Mens 200m Butterfly B,A finals
 Womens 50m Backstroke MC,B,A finals
 Mens 50m Breaststroke MC,B,A finals
 Womens 400m I.M. B,A finals
 Mens 1500m Freestyle (final heat)
 Womens 4 x 200m Free Relay (final heat)

Friday 28th June

Session 4 – MORNING

Womens 200m I.M.
 Mens 400m Freestyle
 Womens 100m Breaststroke
 Mens 100m Backstroke
 Womens 200m Backstroke
 Mens 200m Breaststroke
 Womens 50m Freestyle
 Mens 50m Butterfly
 Womens 800m Freestyle (HDW)

Session 5 - AFTERNOON

Womens 200m I.M.
 Mens 400m Freestyle
 Womens 100m Breaststroke
 Mens 100m Backstroke
 Womens 200m Backstroke
 Mens 200m Breaststroke
 Womens 50m Freestyle
 Mens 50m Butterfly
 Mens 4 x 200m Free Relay (HDW)

Session 6 - EVENING

Womens 200m I.M. MC, B,A finals
 Mens 400m Freestyle MC, B,A finals
 Womens 100m Breaststroke MC,B,A finals
 Mens 100m Backstroke MC,B,A finals
 Womens 200m Backstroke B,A finals
 Mens 200m Breaststroke B,A finals
 Womens 50m Freestyle MC,B,A finals
 Mens 50m Butterfly MC,B,A finals
 Womens 800m Freestyle (final heat)
 Mens 4 x 200m Free Relay (final heat)

Saturday 29th June

Session 7 – MORNING

Mens 200m I.M.
 Womens 400m Freestyle
 Mens 100m Breaststroke
 Womens 100m Backstroke
 Mens 200m Backstroke
 Womens 200m Breaststroke
 Mens 50m Freestyle
 Womens 50m Butterfly
 Mens 800m Freestyle (HDW)

Session 8 - AFTERNOON

Mens 200m I.M.
 Womens 400m Freestyle
 Mens 100m Breaststroke
 Womens 100m Backstroke
 Mens 200m Backstroke
 Womens 200m Breaststroke
 Mens 50m Freestyle
 Womens 50m Butterfly
 Womens 4 x 100m Free Relay (HDW)
 Mens 4 x 100m Free Relay (HDW)

Session 9 - EVENING

Mens 200m I.M. MC,B,A finals
 Womens 400m Freestyle MC,B,A finals
 Mens 100m Breaststroke MC,B,A finals
 Womens 100m Backstroke MC,B,A finals
 Mens 200m Backstroke B,A finals
 Womens 200m Breaststroke B,A finals
 Mens 50m Freestyle MC,B,A finals
 Womens 50m Butterfly MC,B,A finals
 Mens 800m Freestyle (final heat)
 Womens 4 x 100m Free Relay (final heat)
 Mens 4 x 100m Free Relay (final heat)

Sunday 30th June

Session 10 - MORNING

Mens 100m Butterfly
 Womens 100m Freestyle
 Mens 200m Freestyle
 Womens 200m Butterfly
 Mens 50m Backstroke
 Womens 50m Breaststroke
 Mens 400m I.M.
 Womens 1500m Freestyle (HDW)

Session 11 - AFTERNOON

Mens 100m Butterfly
 Womens 100m Freestyle
 Mens 200m Freestyle
 Womens 200m Butterfly
 Mens 50m Backstroke
 Womens 50m Breaststroke
 Mens 400m I.M.
 Womens 4 x 100m Medley Relay(HDW)
 Mens 4 x 100m Medley Relay (HDW)

Session 12 - EVENING

Mens 100m Butterfly MC,B,A finals
 Womens 100m Freestyle MC,B,A finals
 Mens 200m Freestyle MC, B, A finals
 Womens 200m Butterfly B,A Finals
 Mens 50m Backstroke MC,B,A finals
 Womens 50m Breaststroke MC,B,A finals
 Mens 400m I.M. B,A finals
 Womens 1500m Freestyle (final heat)
 Mens 4x100m Medley Relay (final heat)
 Womens 4x100m Medley Relay (final heat)

QUALIFYING & CONSIDERATION TIMES

MALE			FEMALE	
Qualifying	Consideration		Qualifying	Consideration
0:25.89	0:26.44	50 Free	0:28.70	0:29.25
0:56.11	0:57.29	100 Free	1:01.78	1:03.02
2:03.62	2:07.12	200 Free	2:14.71	2:17.74
4:28.54	4:38.80	400 Free	4:47.08	4:53.96
9:15.43	9:22.33	800 Free	9:38.43	9:51.36
17:41.44	17:54.36	1500 Free	18:24.56	18:48.80
0:27.77	0:28.53	50 Fly	0:30.71	0:31.60
1:01.62	1:03.81	100 Fly	1:09.37	1:11.26
2:26.12	2:33.42	200 Fly	2:41.30	2:49.74
0:30.64	0:31.51	50 Back	0:33.23	0:34.01
1:04.81	1:07.02	100 Back	1:10.76	1:12.49
2:22.78	2:27.03	200 Back	2:32.73	2:35.43
0:33.06	0:34.36	50 Breast	0:37.19	0:38.18
1:13.37	1:15.96	100 Breast	1:21.01	1:23.16
2:41.57	2:49.81	200 Breast	2:56.10	3:01.22
2:19.75	2:24.18	200 IM	2:33.17	2:35.89
5:10.08	5:22.47	400 IM	5:31.73	5:42.25
3:42.00	3:54.00	4 x 100 Free Relay	4:08.00	4:18.00
8:15.00	8:59.00	4 x 200 Free Relay	9:07.00	9:38.00
4:08.00	4:29.00	4 x 100 Medley Relay	4:42.00	4:52.00

Notes:

Competitors must enter times achieved in accredited competitions held between 5th June 2018 and 5th June 2019 and either be 50 metre pool times or conversions to 50 metre pool times (Official conversion tables: Hy-tec standard conversion or Swim England conversion tables may be used).

A proof of entry times report is required in line with SW2.1.2.5. 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.

Please submit individual accredited times for each relay team member and reserves. The submitted relay entry time should be the sum of the accredited times for each provisional team member and be equal to or faster than the consideration time detailed above.

The organisers reserve the right to restrict entries to ensure a good standard of competition. If it is necessary to reject entries, this will be done on the basis of entry time, slowest to fastest, excluding eligible Scottish swimmers with an entry time which is equal to or faster than the Qualifying time detailed above, who will be guaranteed acceptance.

ENTRIES INFORMATION

Making Entries

Entries will be by computer file, which is obtainable from SwimScotland website <http://www.swimscotland.co.uk/>. The closing date for receipt of entries is **14.00, Wednesday 5th June 2019**. The entry files must be emailed to nationals@scottishswimming.com. Only official files are acceptable.

Please complete the Entries Application Summary Sheet online by 5th June 2019, this can be found by clicking [here](#).

Payment - Payment can be made by the following options:-

- Card payment made by contacting Scottish Swimming Office
- BACS: Please use Ref 6014_Club The Royal Bank of Scotland, Sort Code: 832709, Account No:00292938

Individual Events: £10.00

Relays: £20.00

No entries will be accepted without the correct fee, or with the Entry Files incorrectly completed. Entry fees will not be refunded for any times submitted outwith the consideration time. No refunds will be given after the programme has been finalised.

Entry Files

- Entry files can be found on the SwimScotland website for download only:- <http://www.swimscotland.co.uk/>
- Entries should be sent to: nationals@scottishswimming.com
- The subject line **MUST** be **National Open Championships (Club code)**
- Please ensure that you request a read receipt, if you wish confirmation of entries being received.
- Proof of entry time report should be returned with the entry file.
- Application Summary Sheet to be completed **online** by 5th June 2019
- Link to Hy-Tek website for Team Manager Lite, should you not have a copy of Team Manager <http://www.hy-tek.com/downloads.html> Select Team Manager , then **Lite**

Team Entries

There is no restriction on the number of entries (senior and junior) that clubs may enter. Should it be necessary to restrict the number of relays, teams will be selected on a time basis.

Please Note

Include all relay swimmers who have not been entered in individual events onto the originally submitted HyTek file. (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). Failure to do this may result in your relay team being unable to compete. Please submit individual accredited times for each team member and reserves. The submitted relay entry time should be the sum of the accredited times for each provisional team member.

Changes to Relay Teams

Changes to submitted team lines can be made up to 1 hour prior to the start of the appropriate session at the recorders desk. After this time no change to submitted team lines shall be permitted except in the event of a medical emergency.

Multi-Classification Events

Multi-Classification (MC) events are open to swimmers who have a recognised classification (IPC, BS, BBS, UKSA or INAS-FID). Swimmers must achieve the qualifying standards for their class in the MC events as per the Supplementary Multi-Classification Conditions attached. The MC events will be integrated into the heats seeded by absolute time, but in the instance of three sessions, swum in the morning session.

NB: The closing date for entries for MC events is Wednesday 29th May 2019.

Website Information

- As soon as possible after closing date, an entry list will be posted on the website for clubs to check <http://www.swimscotland.co.uk/> (there will be a time limit on returns)
- Any queries from the entry list should be directed to nationals@scottishswimming.com
- A draft programme will then be posted on the SwimScotland <http://www.swimscotland.co.uk/> and Scottish Swimming <http://www.scottishswimming.com/compete/swimming/national-events.aspx> websites.
- Please note once the draft programme is posted no subsequent updates will be shown.

GENERAL INFORMATION

Event Regulations

Entry and Entries to all events is expressly subject to the Event Regulations on our website which can be found [here](#) and may, where appropriate, also require compliance with the facility provider's regulations.

Scottish Swimming reserves absolutely the right to eject from events any person failing to comply with each and all of the Event Regulations.

Anti-Doping

Please note that drug testing may be in operation at any Scottish event. All swimmers not registered with Scottish Swimming or Swim England/Swim Wales will be required to sign an agreement to undergo tests as required in accordance with FINA Law. Multi-Classification swimmers please refer to WADA and IPC anti-doping policy.

N.B. The Home Country or the Swim England/Swim Wales swimmers will have signed an agreement when submitting their registration fee.

Media & Photography Information

Throughout this event Scottish Swimming will have a number of authorised media partners taking static photographs and video footage. These images are intended solely for the purposes of promotion and celebration of the activities and may include live streaming on the internet. Images will be made available to our media partners and uploaded to our website and our social network sites.

Should any competitor wish not to be photographed please [complete this form](#). If at any time a competitor wishes a static image to be removed from our website, 7 days' notice must be given to Scottish Swimming.

Swimmer Passes

All swimmers participating in the Championships will be issued with a pass which will allow them access to the changing village, designated seating areas and poolside (swimmers are not required to submit photographs). Within the venue swimmers must wear their accreditation pass and have it visible at all times.

Swimwear

British Swimming and Swim England advise that FINA BL 8.1 only applies to Olympic Games and FINA events. A suit check will only be made if a World or European record is being claimed. There is not a requirement for officials to check that costumes are on the approved FINA list. Bylaws BL 8.2 and BL 8.3 cover our requirements for design and material.

SW8.0 Scottish Swimming Rules

SW8.8 Swimwear Policy

SW 8.8.1 For events held under the direct jurisdiction and control of Scottish Swimming the Scottish Swimming "Swimwear Policy" shall also apply. This policy is included in full in Appendix 1 of these regulations.

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 or withdrawal form.

Any withdrawals from the morning heats and the HDW morning event on Day 1 must be notified by email to nationals@scottishswimming.com no later than 18.00 on Wednesday 26th June 2019.

Withdrawals from Morning heats and the HDW morning events on Day 2, 3 and 4 not previously notified must be lodged at the Recorders Desk no later than 18.00 on the day prior to the appropriate event.

For the afternoon session, including the HDW relay events, withdrawals from Days 1, 2, 3 and 4 not previously notified must be lodged at the Recorders desk no later than 10.00 on the 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 fine for each inappropriate withdrawal.

Please Note: For morning heats, start lists will be posted on swimscotland the evening before and will be available from 19.00

Finals

It is the responsibility of the swimmer/team staff to check whether a swimmer has made the finals and should they wish to withdraw the following procedures must be adopted. Swimmers wishing to withdraw from a Final, must inform the Recorders in writing on the appropriate form within 30 minutes of a confirmed Finalists Lists having been published or announced after the afternoon heats have been swum. Swimmers who have not been withdrawn and fail to appear for finals will be fined and may be subject to further disciplinary action.

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.

Any late withdrawals on medical grounds from heats and finals should be discussed with the Meet Director prior to submission to the Recorders.

AWARDS & PRESENTATIONS

Open Events (including relays)

Scottish Open Champion	1 st , 2 nd and 3 rd
Scottish National Champion	1 st (provided the individual is not also the Open Champion)
Scottish Junior Champion	1 st (aged under 17 as at 31 st December 2019)
Scottish Para Swimming Champion	1 st , 2 nd and 3 rd (See Multi-Classification Meet Conditions)

A Junior relay team shall consist of 4 swimmers aged under 17 years as at 31st December 2019.

The Scottish National Champion and Scottish Junior Champion (including all relay team members) must be registered with Scottish Swimming and must be:

- A native of Scotland, **or**
- A person with a Scottish mother or father, **or**
- Satisfy the residential criteria for the Commonwealth Games in line with current Commonwealth Games Federation Regulations or Guidelines (see Commonwealth Games Swimming Selection policy for details).

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 deputy to attend the appropriate presentation will result in the swimmer forfeiting his/her medal.

SPECIAL AWARDS

Berger Paints Trophy:

The Berger Paints Trophy will be awarded for the best performance (male or female) by a Scottish swimmer in the National Open Championship. This will be calculated using the current FINA Points Tables.

The Eileen Adams Trophy:

The Eileen Adams Trophy will be awarded for the best combined performance in the senior men's 200m and 400m freestyle championships using FINA points.

Top Scottish National Open Club Awards:

- Points will be calculated as follows: 1st – 24 points: 2nd – 22 points: 3rd – 20 points: 4th – 20th place: 17 points down to 1 point. Relays will be awarded points as follows; 1st – 24 Points: 2nd – 22 points: 3rd – 20 points: 4th – 10th place: 17 points down to 11 points. Please see below the conditions attached to the above Trophy.
- 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 National Open Championships.
- Swimmers scoring points for clubs in either individual or relay events must be resident or undertake the majority of training within Scotland.
- Points will be awarded as above from Open events only.
- For relay events, only the fastest eligible team per club will score points.
- Cumulative 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 points following the completion of the final event will be presented with the "Top Scottish National Open Club" Trophy.

SUPPLEMENTARY DISABILITY SWIMMING CONDITIONS & ENTRY STANDARDS

These supplementary conditions are to be adhered to in conjunction with the general conditions for the National Championships.

The following events will be integrated into the heats according to consideration times and eligibility criteria:

Event	Male	Female
50m Freestyle	S1 – S14	S1 – S14
100m Freestyle	S1 – S14	S1 – S14
200m Freestyle	S1 – S5 & S14	S1 – S5 & S14
400m Freestyle	S6 – S13	S6 – S13
50m Backstroke	S1 – S5	S1 – S5
100m Backstroke	S6 – S14	S6 – S14
50m Breaststroke	SB1 – SB3	SB1 – SB3
100m Breaststroke	SB4 – SB9, SB11 – SB14	SB4 – SB9, SB11 – SB14
50m Butterfly	S1 – S7	S1 – S7
100m Butterfly	S8 – S14	S8 – S14
200m IM	SM5 – SM14	SM5 – SM14

Eligibility

Functional (S1-S10, SB1-SB9, SM1-SM10)

- All competitors must have an authorised British Swimming or WPS classification, which is held on the British Swimming or WPS classification database at the time of entry.

Visual (S11-S13, SB11-SB13, SM11-SM13)

- All competitors must have an authorised British Blind Sport, IBSA or WPS classification, which is held on the British Swimming or WPS classification database at the time of entry.

Learning (S14, SB14, SM14)

- All competitors must have an authorised WPS, INAS-FID or UKSA classification which is held on the database at the time of entry.

General

- Consideration times must have been achieved in the 12 months immediately preceding the closing date and may be achieved in either long or short course events
- All swimmers qualifying will be integrated into the morning heats seeded by absolute time, subject to Importance Notice (Page 4).
- Placing and selection for finals shall be determined using the British Para-Swimming Points system
- The competition shall take place under the relevant WPS Rules.

Entries

- Please refer to the Entry Information – Making Entries - on Page 7

Medals

- Medals shall be awarded on a multi-classification basis to 1st, 2nd and 3rd place in each event. Medals shall be awarded to the top three athletes based on British Para-Swimming points system.
- If there are less than four competitors in any one event then a minus one ruling shall apply. If there is only one competitor in an event then a medal shall be awarded if he/she breaks the Scottish/British record (depending on eligibility), for their classification.
- Medals shall be awarded during the relevant session that the event has taken place. All swimmers shall be required to present themselves to the awards steward when notified.

Accreditation

- All coaches and personal care attendants must have accreditation. Personal care attendants will only be permitted for swimmers in the following classes: S1, S2, S3, S4 and S11. Such attendants will be excluded from any restrictions and will be given the same accreditation as the swimmer for whom they have personal care responsibilities.
- A swimmer in any of the classes as specified above may have both a coach and a personal care attendant present.

Please see supplementary booklet for information on Coaches/Team Manager/Chaperone Passes and Accreditation.

CONSIDERATION TIMES

Event	Male	Female
50m Freestyle		
S1	02:24.08	02:14.58
S2	01:35.54	02:29.15
S3	01:09.58	01:13.26
S4	01:04.64	01:03.71
S5	00:52.54	01:01.28
S6	00:48.94	00:54.54
S7	00:45.58	00:55.06
S8	00:43.62	00:49.23
S9	00:41.86	00:47.33
S10	00:38.05	00:44.85
S11	00:43.22	00:49.70
S12	00:38.50	00:46.53
S13	00:38.06	00:44.35
S14	00:40.64	00:45.66

100m Freestyle		
S1	05:08.88	06:39.41
S2	04:17.79	05:18.77
S3	02:47.86	02:40.34
S4	02:18.43	02:19.39
S5	01:50.91	02:13.26
S6	01:45.73	01:57.57
S7	01:39.92	01:56.70
S8	01:35.71	01:45.02
S9	01:30.06	01:41.54
S10	01:23.18	01:37.66
S11	01:35.66	01:51.18
S12	01:27.39	01:37.46
S13	01:24.11	01:37.06
S14	01:26.46	01:38.06

200m Freestyle		
S1	08:12.64	10:35.89
S2	06:38.18	11:07.74
S3	05:38.21	07:56.62
S4	04:59.39	05:31.02
S5	04:06.69	04:35.55
S14	03:08.56	03:23.66

Event	Male	Female
400m Freestyle		
S6	08:20.06	08:43.15
S7	07:41.90	08:33.92
S8	07:24.18	07:59.22
S9	06:53.28	07:38.93
S10	06:34.58	07:18.99
S11	07:53.28	08:49.44
S12	07:11.28	07:41.92
S13	06:41.26	07:31.66
S14	06:56.90	07:45.59

50m Backstroke		
S1	01:56.90	03:37.46
S2	01:26.70	02:06.82
S3	01:17.31	01:29.76
S4	01:12.74	01:23.36
S5	00:57.87	01:13.09

100m Backstroke		
S1	04:01.10	07:10.90
S2	03:07.09	04:27.55
S6	02:07.49	02:16.48
S7	01:56.50	02:15.15
S8	01:49.87	02:04.64
S9	01:43.57	01:55.23
S10	01:34.88	01:51.01
S11	01:56.67	02:10.16
S12	01:38.34	01:56.27
S13	01:37.33	01:50.88
S14	01:38.78	01:47.81

200m IM		
SM5	05:27.01	05:55.60
SM6	04:28.83	04:53.44
SM7	04:10.34	04:52.05
SM8	03:52.67	04:30.37
SM9	03:42.24	04:14.82
SM10	03:32.24	03:58.29
SM11	04:03.31	04:49.66
SM12	03:40.72	04:10.78
SM13	03:36.05	03:54.66
SM14	03:32.35	03:52.02

Event	Male	Female
50m Breaststroke		
SB1	02:55.36	03:37.31
SB2	01:33.18	02:13.25
SB3	01:19.95	01:32.19

100m Breaststroke		
SB4	02:48.19	03:00.86
SB5	02:37.57	02:41.98
SB6	02:15.20	02:41.10
SB7	02:09.07	02:28.34
SB8	01:55.06	02:15.52
SB9	01:47.04	02:04.67
SB11	02:03.44	02:19.60
SB12	01:52.40	02:09.28
SB13	01:48.30	02:02.77
SB14	01:47.95	02:02.94

50m Butterfly		
S1	00:00.00	00:00.00
S2	03:50.69	03:43.66
S3	02:14.69	01:52.06
S4	01:13.62	01:36.94
S5	00:59.65	01:14.69
S6	00:52.43	00:58.85
S7	00:48.58	00:58.88

100m Butterfly		
S8	01:40.24	02:02.82
S9	01:37.22	01:50.99
S10	01:29.38	01:48.51
S11	01:44.70	02:14.67
S12	01:32.75	01:48.70
S13	01:33.71	01:45.28
S14	01:32.58	01:44.75

TEAM STAFF INFORMATION

Training Prior to Championships

Open training will be available at Aberdeen Sports Village on Wednesday 26th June 2019 from 16.00 until 20.00

Coach/Team Manager/ Chaperone Meals

You can purchase meal passes at a cost of £20.00 per person per day which entitles you to a light lunch after the morning session and a two course meal between the afternoon and evening session. Please click here.

Poolside Pass Information/ Accreditation

Coaches/Team Managers/Chaperones who are not in possession of an annual pass may purchase an Full Meet or Day Pass for the Championship, the fee for which is:

Full Meet £30.00 (4 day access)

Day Pass £10.00 (Access is only granted on the day the pass has been purchased for)

Lost/replacement passes will be charged a fee of £10.00 for the issue of a temporary pass.

A pass is required for any coach/chaperone/team manager wishing to be poolside, and entitles you to entry for the whole of the Meet, poolside access, start & result sheets, complimentary tea, coffee and soft drinks in the specified area. Without a valid pass any coach/chaperone/team manager will NOT be permitted on poolside.

All passes must be worn by all team personnel and made visible at all times. Passes will be available for collection from the Coaches Information Desk on or after the first day of the Championships.

Applying for a Pass

- All applications have to be submitted online, full guidelines can be found here:-
<https://www.scottishswimming.com/compete/swimming/national-events/scottishnationals.aspx>
- **Please Note: All chaperone/team manager passes must be confirmed by the Head Club/Team coach as detailed on the online application form**
- All applicants MUST be Disclosure Scotland/PVG/CRB checked through either: Scottish Swimming/ Swim England/Swim Wales.. 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 application is made in good time and that the relevant PVG/Criminal Records Bureau(CRB)/Disclosure & Barring Service(DBS) forms have been completed and sent to the Scottish Swimming/Swim England/Swim Wales office(s)
- Scottish Swimming will not issue any Coach/Chaperone Pass unless a person has a valid Disclosure Certificate/PVG/CRB through the Scottish Swimming/Swim England/Swim Wales. In-line with current legislation, valid Disclosure Certificates/PVG/CRB from any other agency, will not be accepted. If you have any queries regarding PVG/CRB certification, please contact your Governing Body or Scottish Swimming via email to childprotection@scottishswimming.com
- Coaches/Chaperones applying for passes from outside the UK should make arrangements 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
- Applicants must submit one recent photograph (jpeg format). This can be done once the order is completed on the website. 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.
- Passes will be available for collection from the Coach/Swimmer Desk at our Scottish Swimming National Events

Applications for Poolside Passes close on the 17th June 2019
Late applications will be considered and charged at £45.00