

SCB OPEN SWIM MEET

2017

27th OPEN MASTERS CHAMPIONSHIPS



Saturday 11th February 2017

Aberdeen Sports Village, Aquatics Centre, Aberdeen AB24 1SX

Warm Up 1000 – Start 1040

(Under SASA Rules)

Meet Licence Number L2/83/ND/FEB17

ENTRIES CLOSE: SATURDAY 28TH JANUARY 2017 @ 4 PM

EVENT FORMAT

This year 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 also only be achieved in Masters events. There are furthermore a number of events that are open to both Masters and universities (see details below).

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 31/12/2017)

(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.

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 might be accepted on the day. Note that the relays will not count towards Masters points.

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 31/12/2017) are eligible for the **COLTEL Shields trophy**.

Heats will be randomly drawn and the 20 fastest swimmers from the heats will progress to the semi-finals. The top 5 swimmers from each of the two semi-finals will then make up the final.

Skins event

The Men's and Women's 50m freestyle Skins event is open to both Masters and universities with prizes for the winning male and female. Qualification to the Skins finals is through the individual 50m Freestyle Masters event and university heats. There is no additional cost for the Skins beyond the entry fee for the individual 50m freestyle.

1. The fastest ten males and females from the 50m Freestyle Masters event and university heats will qualify for their respective Skins finals.
2. 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.
3. All races will be started with a conventional start (i.e. take your marks).
4. The last two swimmers in each race will be eliminated.

PROGRAMME OF EVENTS

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	M	400m Freestyle – Masters
Uni	Men's 100m Individual Medley - Heats	Uni	Women's 50m Breaststroke - Heats
M	100m Individual Medley – Masters	Uni	Men's 50m Breaststroke - Heats
Uni	Women's 50m Backstroke - Heats	M	50m Breaststroke – Masters
Uni	Men's 50m Backstroke - Heats	Uni	Women's 100m Butterfly – Heats
M	50m Backstroke – Masters	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 100m Backstroke - Heats
Uni	Women's 50m Butterfly – Heats	Uni	Men's 100m Backstroke - Heats
Uni	Men's 50m Butterfly – Heats	M	100m Backstroke – Masters
M	50m Butterfly – Masters	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	M	200m Individual Medley
SHORT BREAK		OQ	Women's 50m Freestyle skins R1
Uni	Women's 100m Individual Medley - Final	OQ	Men's 50m Freestyle skins R1
Uni	Men's 100m Individual Medley - Final	OQ	Women's 50m Freestyle skins R2
M	200m Freestyle – Masters	OQ	Men's 50m Freestyle skins R2
Uni	Women's 50m Backstroke - Final	OQ	Women's 50m Freestyle skins R3
Uni	Men's 50m Backstroke - Final	OQ	Men's 50m Freestyle skins R3
Uni	Women's 50m Butterfly - Final	OQ	Women's 50m Freestyle skins R4
Uni	Men's 50m Butterfly - Final	OQ	Men's 50m Freestyle skins R4
O	Women's 25m Freestyle – Final	OQ	Women's 50m Freestyle skins R5
O	Men's 25m Freestyle – Final	OQ	Men's 50m Freestyle skins R5
O	4x50 Mixed Freestyle Relay	O	4x50 Mixed Medley Relay

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

Mads Troldborg, 5 Ashgrove Road, Aberdeen, AB25 3AE

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

(Account no.: 00834073 Sort Code: 80-05-17),

Paypal (with fee included), or by 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.
- The organisers reserve the right to operate “over the top starts” as required.
- All Competitors must be a registered member of a swimming club affiliated to SASA or another FINA affiliated national association.



ENTRY FEES

£5 per swim and relay team • Buffet and presentation £14 per person

CLOSING DATE FOR ENTRIES:

SATURDAY 28TH JANUARY 2017 @ 4 PM



Buffet and Presentation of Prizes

The presentation of prizes and buffet will take place at the Holburn Bar at 7pm (225 Holburn Street, Aberdeen, AB10 6BL). Please advise of any special dietary requirements when entering the meet.

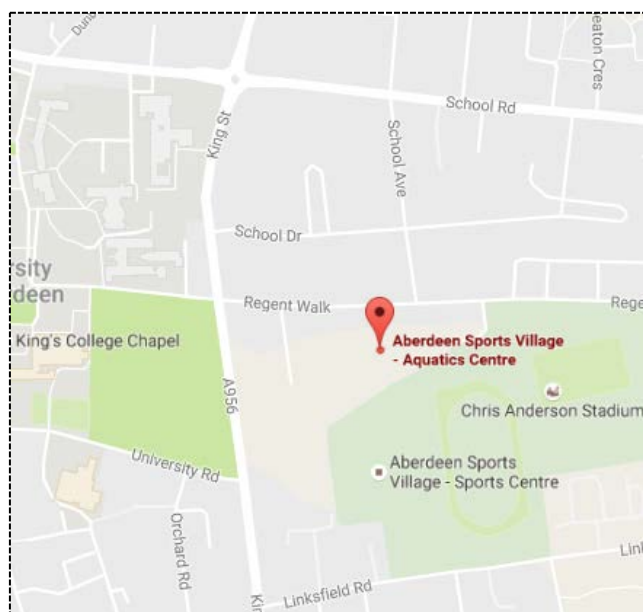
DIRECTIONS

Aberdeen Sports Village - Aquatics Centre

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

The Holburn Bar

225 Holburn Street
Aberdeen
AB10 6BL
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 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/>.

Silver City Blues Charity Calendar 2017

Silver City Blues have recently created an underwater calendar for charity with photos of their members in a number of unusual situations and configurations below the surface of the water. The calendars are available for a minimum donation of £10 with all profits split 50:50 between two charities: WaterAid and ANCHOR. You can help the club and the two charities by making a donation. For every £10 donated you can claim one of the calendars. For more details visit the project's web site at: <http://uk.virginmoneygiving.com/team/scbcal>.

