

2023 Scottish National Age Group Swimming Championships

(Under FINA Rules & Scottish Swimming Regulations)

Aberdeen Sports Village
Regents Walk, Aberdeen
12th April – 16th April 2023

Licence No: L1//SS/APR23



VENUE DETAILS, SESSION TIMES, EVENTS & ELIGIBILITY INFORMATION

| | | | | | | |
|---------------|--|-----------|-----------------|---|--------------------------------------|---|
| Dates | Wednesday 12 th April – Sunday 16 th April 2023 | | | | | |
| Venue | Aberdeen Sports Village, Aberdeen | | | | | |
| Pool | 10 lane, 50 metre competition pool with full electronic timing 6 lane, 25 metre warm up/swim down pool | | | | | |
| Promoter | SASA National Swimming Committee | | | | | |
| Age Groups | Individual Events: | | Age Group Youth | 11-13 and 14 years 15, 16, 17/18 years | | |
| | Relay Events: | | Age Group Youth | 11-13 years 14-16 and 17& over | | |
| | For individual and relay events: Age as at 31 st December 2023 | | | | | |
| Session Times | Wednesday - Sunday | Morning | Heats | Warm up | 08:00 | NB. Session start times may be adjusted once all entries have been received and processed. Any new session times will be notified with confirmation of acceptances. |
| | | | | Start | 09:00 | |
| | | Afternoon | Heats | Warm up | 12:40 | |
| | | | | Start | 13:40 | |
| | | Evening | Finals | Warm up | 16:25 | |
| | | | | Start | 17:15 | |
| Events | INDIVIDUAL EVENTS | | | | | |
| | YOUTH | | | | | |
| | Boys & Girls: 15,16,17/18 years | | | | Heats swum in the morning session | |
| | 50m, 100m, 200m, 400m Freestyle 50m, 100m, 200m Backstroke 50m, 100m, 200m Breaststroke 50m, 100m, 200m Butterfly 200m, 400m Individual Medley | | | | Heats and Final | |
| | 800m, 1500m Freestyle | | | | Heat Declared Winner | |
| | AGE GROUP | | | | | |
| | Boys & Girls: 14 years | | | | Heats swum in the afternoon sessions | |
| | 50m Freestyle | | | | | |
| | Boys & Girls:11-13 and 14 years | | | | Heats swum in the afternoon sessions | |
| | 100m, 200m Freestyle 100m, 200m Backstroke 100m, 200m Breaststroke 100m, 200m Butterfly 200m Individual Medley | | | | Heats and Finals | |
| | 400m, 800m, 1500m Freestyle 400m Individual Medley | | | | Heat Declared Winner | |

2023 Scottish National Age Group Swimming Championships

| | RELAY EVENTS | |
|----------------------------------|---|----------------------------------|
| | YOUTH | |
| | Boys & Girls: 14–16 and 17& over | Swum in the morning sessions |
| | 4 x 100m Freestyle, 4 x 100m Medley 4 x 200m Freestyle | Heat Declared Winner |
| | 4 x 100m Medley - Mixed | Swum in the finals session - HDW |
| | AGE GROUP | |
| | Boys & Girls: 11-13 years | Swum in the afternoon sessions |
| | 4 x 100m Freestyle, 4 x 100m Medley | Heat Declared Winner |
| | 4 x 100m Medley – Mixed | Swum in the finals session - HDW |
| | PLEASE NOTE: This is the ONLY event where Scottish relay teams may qualify for the British Summer Championships. | |
| Scottish Swimming Contact | Lindsay Lewis, Event Manager, Scottish Swimming Tel: 07715 710581 Email: nationals@scottishswimming.com | |
| Promoter | SASA National Swimming Committee | |
| Entry Process | Entries will be by computer file | |
| Entry Deadline | 14.00 on Wednesday 29th March 2023 | |
| Competition Disclaimer | In the event of cancellation or abandonment of the event, refunds if any, will be made at the absolute discretion of Scottish Swimming. Scottish Swimming will have no legal liability to make a refund or to pay any form of consequential or indirect damage such as loss of enjoyment, travel, catering and accommodation. | |

2023 Scottish National Age Group Swimming Championships

SCHEDULE OF EVENTS

| Wednesday 12 April 2023 | Thursday 13 April 2023 | Friday 14 April 2023 | Saturday 15 April 2023 | Sunday 16 April 2023 |
|--|---------------------------------------|--|---|--|
| Session 1 | Session 4 | Session 7 | Session 10 | Session 13 |
| Warm Up: 08.00 Start: 09.00 | Warm Up: 08.00 Start: 09.00 | Warm Up: 08.00 Start: 09.00 | Warm Up: 08.00 Start: 09.00 | Warm Up: 08.00 Start: 09.00 |
| 15, 16, 17/18 | 15, 16, 17/18 | 15, 16, 17/18 | 15, 16, 17/18 | 15, 16, 17/18 |
| Girls 200m Backstroke | Girls 200m Breaststroke | Boys 200m Backstroke | Girls 200m Individual Medley | Boys 200m Individual Medley |
| Boys 100m Backstroke | Boys 200m Butterfly | Girls 400m Freestyle | Boys 200m Freestyle | Girls 200m Freestyle |
| Girls 100m Freestyle | Girls 100m Backstroke | Boys 50m Freestyle | Girls 100m Butterfly | Boys 100m Freestyle |
| Boys 200m Breaststroke | Boys 50m Breaststroke | Girls 50m Freestyle | Boys 100m Butterfly | Girls 100m Breaststroke |
| Girls 50m Breaststroke | Girls 400m Individual Medley | Boys 100m Breaststroke | Girls 50 Backstroke | Boys 50m Backstroke |
| Boys 50m Butterfly | Boys 400m Freestyle | Girls 200m Butterfly | Boys 400m Individual Medley | Girls 50m Butterfly |
| Girls 1500m Freestyle HDW | Girls 14-16 4x100m Medley Relay HDW | Boys 1500m Freestyle HDW | Girls 800m Freestyle HDW | Boys 800m Freestyle HDW |
| Boys 17&over 4x200m Freestyle Relay HDW | Girls 17&over 4x100m Medley Relay HDW | Girls 17&over 4x100m Freestyle Relay HDW | Boys 17&over 4x100m Freestyle Relay HDW | Girls 17&over 4x200m Freestyle Relay HDW |
| Boys 14-16 4x200m Freestyle Relay HDW | Boys 14-16 4x100m Medley Relay HDW | Girls 14-16 4x100m Freestyle Relay HDW | Boys 14-16 4x100m Freestyle Relay HDW | Girls 14-16 4x200m Freestyle Relay HDW |
| | Boys 17&over 4x100m Medley Relay HDW | | | |
| Session 2 | Session 5 | Session 8 | Session 11 | Session 14 |
| Warm Up: 12.40 Start: 13.40 | Warm Up: 12.40 Start: 13.40 | Warm Up: 12.40 Start: 13.40 | Warm Up: 12.40 Start: 13.40 | Warm Up: 12.40 Start: 13.40 |
| 11-13 & 14 | 11-13 & 14 | 11-13 & 14 | 11-13 & 14 | 11-13 & 14 |
| Girls 200m Backstroke | Girls 200m Breaststroke | Boys 200m Backstroke | Girls 200m Individual Medley | Boys 200m Individual Medley |
| Boys 100m Backstroke | Boys 200m Butterfly | Girls 400m Freestyle HDW | Boys 200m Freestyle | Girls 200m Freestyle |
| Girls 100m Freestyle | Girls 100m Backstroke | Boys 50m Freestyle (14yr only) | Girls 100m Butterfly | Boys 100m Freestyle |
| Boys 200m Breaststroke | Girls 400m Individual Medley HDW | Girls 50m Freestyle (14yr only) | Boys 100m Butterfly | Girls 100m Breaststroke |
| Girls 1500m Freestyle HDW | Boys 400m Freestyle HDW | Boys 100m Breaststroke | Boys 400m Individual Medley HDW | Boys 800m Freestyle HDE |
| Boys 11-13 4x100m Freestyle Relay HDW | Girls 11-13 4x100m Medley Relay HDW | Girls 200m Butterfly | Girls 800m Freestyle HDW | Girls 11-13 4x100m Freestyle relay HDW |
| | | Boys 1500m Freestyle HDW | | Boys 11-13 4x100m Medley Relay HDW |
| Session 3 – FINALS | Session 6 - FINALS | Session 9 – FINALS | Session 12 – FINALS | Session 13 |
| Warm Up: 16:25 Start: 17:15 | Warm Up: 16:25 Start: 17:15 | Warm Up: 16:25 Start: 17:15 | Warm Up: 16:25 : Start: 17:15 | Warm Up: 16:25 : Start: 17:15 |
| Girls 200m Backstroke | Girls 200m Breaststroke | Boys 200m Backstroke | Girls 200m Individual Medley | Boys 200m Individual Medley |
| Boys 100m Backstroke | Boys 200m Butterfly | Girls 400m Freestyle | Boys 200m Freestyle | Girls 200m Freestyle |
| Girls 100m Freestyle | Girls 100m Backstroke | Boys 50m Freestyle | Girls 100m Butterfly | Boys 100m Freestyle |
| Boys 200m Breaststroke | Boys 50m Breaststroke | Girls 50m Freestyle | Boys 100m Butterfly | Girls 100m Breaststroke |
| Girls 50m Breaststroke | Girls 400m Individual Medley | Boys 100m Breaststroke | Girls 50m Backstroke | Boys 50m Backstroke |
| Boys 50m Butterfly | Boys 400m Freestyle | Girls 200m Butterfly | Boys 400m Individual Medley | Girls 50m Butterfly |
| Mixed 14-16 4x100m Medley Relay HDW | | Mixed 17&over 4x100m Medley Relay HDW | Mixed 11-13 4x100m Medley Relay HDW | |
| Finals will be swum from youngest to oldest age groups | | | | |

Eligibility and Entry

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 Age Group Championships, competitors must be registered with SASA and must have paid their current registration fee. Any athlete eligible to represent Scotland in accordance with Company Rules R4.5.3 who is not a member or a club affiliated to SASA, who wishes to be recognised as 'Scottish' must register with SASA.

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 12 months prior to the first day of competition.
- Individual Age Group events and Relay events are defined as age at 31st December 2022.
- No more than 3 swimmers who do not qualify as Scottish (see above) will be allowed to progress into any Final.

Individual Consideration Times (CT)

May be used by competitors registered with SASA if they:

- a) Are competing for a Scottish Club or Team, **or**
- b) Qualify for National Eligibility (as defined by Company Rule R4.5.3) and are registered with SASA having paid their current registration fee.

c) Please Note: Consideration Times do not guarantee acceptance and may be restricted in order to manage session lengths.

Individual Qualifying Times (QT)

Competitors as defined above with an entry time equal to or faster than the **Qualifying Times (QT)** will be guaranteed acceptance (subject to time verification).

Individual Non-Scottish Time (Non-Scot)

Entries submitted by all other swimmers must be equal to or faster than the **Non-Scottish Time (Non Scot)**. These swimmers will be guaranteed entry acceptance (subject to time verification) with the exception of 800m and 1500m events where the Non-Scot time will be treated as a consideration time rather than a qualifying time.

All competitors must enter times achieved in accredited competitions held between 1 January 2022 and 29 March 2023 and either be 50 metre pool times or conversions to 50 metre pool times (Official conversion tables: Hy-tek standard conversion or Swim England conversion tables may be used).

Team Entries and Relay Consideration Times

There are consideration times for Relays (see page 8) and these are applicable to all clubs and teams. Clubs must submit a time based on the cumulative individual times of the team members. This will be used for seeding purposes and must be capable of verification. If it is necessary to restrict the number of relay entries, this will be done on the basis of entry time.

Proof of Entry

A proof of entry times report is required in accordance 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.

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 guaranteed acceptances as detailed above.

2023 Scottish National Age Group Swimming Championships

MALE ENTRY TIMES

Age as at 31st December 2023

| Male | 11 - 13 | | | 14 | | | 15 | | | 16 | | | 17/18 | | |
|-------------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| | Non Scot | QT | CT | Non Scot | QT | CT | Non Scot | QT | CT | Non Scot | QT | CT | Non Scot | QT | CT |
| 50m Freestyle | | | | 00:27.00 | 00:29.20 | 00:30.50 | 00:26.00 | 00:27.70 | 00:28.70 | 00:25.30 | 00:27.00 | 00:28.00 | 00:24.40 | 00:26.10 | 00:27.10 |
| 100m Freestyle | 01:02.20 | 01:07.60 | 01:10.70 | 00:58.70 | 01:03.60 | 01:06.50 | 00:56.30 | 01:00.10 | 01:02.40 | 00:55.10 | 00:58.90 | 01:01.10 | 00:53.10 | 00:56.60 | 00:58.90 |
| 200m Freestyle | 02:14.40 | 02:26.40 | 02:33.40 | 02:08.00 | 02:18.00 | 02:24.00 | 02:03.00 | 02:11.10 | 02:16.10 | 02:00.80 | 02:08.50 | 02:13.00 | 01:56.00 | 02:03.30 | 02:07.60 |
| 400m Freestyle | 04:44.50 | 05:09.70 | 05:24.20 | 04:24.20 | 04:52.20 | 05:04.50 | 04:19.80 | 04:37.30 | 04:47.60 | 04:17.30 | 04:32.50 | 04:41.60 | 04:07.80 | 04:23.30 | 04:32.40 |
| 800m Freestyle | 09:42.20 | 10:38.60 | 11:10.90 | 09:11.90 | 09:52.10 | 10:15.60 | 08:56.90 | 09:38.60 | 10:02.90 | 08:47.40 | 09:22.30 | 09:43.00 | 08:32.10 | 09:03.80 | 09:23.70 |
| 1500m Freestyle | 18:24.40 | 20:14.80 | 21:17.80 | 17:30.20 | 18:47.40 | 19:32.60 | 17:05.30 | 18:23.10 | 19:08.40 | 16:51.10 | 17:53.30 | 18:30.40 | 16:16.80 | 17:17.50 | 17:53.70 |
| 50m Backstroke | | | | | | | 00:29.70 | 00:31.90 | 00:33.20 | 00:29.00 | 00:31.30 | 00:32.60 | 00:27.70 | 00:29.80 | 00:31.30 |
| 100m Backstroke | 01:10.90 | 01:17.60 | 01:21.50 | 01:06.70 | 01:13.40 | 01:17.20 | 01:03.90 | 01:08.50 | 01:11.20 | 01:02.70 | 01:07.00 | 01:09.60 | 00:59.70 | 01:04.40 | 01:07.10 |
| 200m Backstroke | 02:30.90 | 02:45.60 | 02:54.00 | 02:23.70 | 02:37.50 | 02:45.40 | 02:18.10 | 02:28.50 | 02:34.50 | 02:15.80 | 02:26.90 | 02:33.30 | 02:10.20 | 02:21.20 | 02:27.50 |
| 50m Breaststroke | | | | | | | 00:32.70 | 00:35.10 | 00:36.50 | 00:32.10 | 00:34.30 | 00:35.60 | 00:30.60 | 00:32.70 | 00:34.00 |
| 100m Breaststroke | 01:20.20 | 01:29.10 | 01:34.20 | 01:15.70 | 01:23.70 | 01:28.30 | 01:12.20 | 01:18.00 | 01:21.30 | 01:11.00 | 01:16.00 | 01:18.90 | 01:07.30 | 01:12.40 | 01:15.50 |
| 200m Breaststroke | 02:51.60 | 03:10.30 | 03:20.80 | 02:42.70 | 02:57.20 | 03:05.50 | 02:36.60 | 02:47.90 | 02:54.60 | 02:34.10 | 02:44.00 | 02:49.90 | 02:25.50 | 02:37.20 | 02:44.10 |
| 50m Butterfly | | | | | | | 00:27.70 | 00:29.90 | 00:31.10 | 00:27.20 | 00:29.10 | 00:30.30 | 00:26.20 | 00:27.90 | 00:29.00 |
| 100m Butterfly | 01:10.00 | 01:18.10 | 01:22.80 | 01:05.30 | 01:12.70 | 01:16.90 | 01:01.70 | 01:07.10 | 01:10.30 | 01:00.40 | 01:05.30 | 01:08.20 | 00:57.70 | 01:02.10 | 01:04.60 |
| 200m Butterfly | 02:35.20 | 02:57.40 | 03:09.80 | 02:24.80 | 02:42.70 | 02:52.70 | 02:18.00 | 02:33.30 | 02:41.90 | 02:15.40 | 02:27.20 | 02:34.00 | 02:08.60 | 02:19.20 | 02:25.40 |
| 200m I.M. | 02:32.20 | 02:45.90 | 02:53.80 | 02:24.20 | 02:35.30 | 02:41.70 | 02:19.00 | 02:29.30 | 02:35.30 | 02:16.90 | 02:26.50 | 02:32.10 | 02:11.40 | 02:20.30 | 02:25.50 |
| 400m I.M. | 05:21.80 | 05:56.90 | 06:16.60 | 05:04.90 | 05:32.00 | 05:47.70 | 04:56.27 | 05:18.30 | 05:31.20 | 04:52.70 | 05:10.50 | 05:21.10 | 04:42.50 | 04:59.00 | 05:08.90 |

2023 Scottish National Age Group Swimming Championships

FEMALE ENTRY TIMES

Age as at 31st December 2023

| Female | 11 - 13 | | | 14 | | | 15 | | | 16 | | | 17-18 | | |
|-------------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| | Non Scot | QT | CT | Non Scot | QT | CT | Non Scot | QT | CT | Non Scot | QT | CT | Non Scot | QT | CT |
| 50m Freestyle | | | | 00:28.70 | 00:30.50 | 00:31.60 | 00:28.00 | 00:29.50 | 00:30.50 | 00:27.90 | 00:29.40 | 00:30.30 | 00:27.30 | 00:28.90 | 00:30.00 |
| 100m Freestyle | 01:03.90 | 01:08.10 | 01:10.60 | 01:02.30 | 01:06.50 | 01:08.90 | 01:00.40 | 01:4.20 | 01:06.40 | 01:00.00 | 01:04.00 | 01:06.30 | 00:58.80 | 01:02.60 | 01:04.90 |
| 200m Freestyle | 02:17.30 | 02:26.80 | 02:32.50 | 02:13.80 | 02:22.40 | 02:27.50 | 02:10.80 | 02:19.20 | 02:24.30 | 02:09.30 | 02:18.40 | 02:23.80 | 02:06.90 | 02:16.10 | 02:21.40 |
| 400m Freestyle | 04:49.90 | 05:11.20 | 05:23.70 | 04:42.70 | 05:00.20 | 05:11.10 | 04:34.80 | 04:52.70 | 05:03.30 | 04:33.90 | 04:51.00 | 05:01.20 | 04:28.50 | 04:47.10 | 04:58.10 |
| 800m Freestyle | 09:49.60 | 10:33.10 | 10:58.60 | 09:32.20 | 10:09.80 | 10:32.10 | 09:19.60 | 09:51.10 | 10:11.60 | 09:16.20 | 09:48.90 | 10:08.50 | 09:09.80 | 09:43.50 | 10:03.50 |
| 1500m Freestyle | 18:56.70 | 20:23.60 | 21:14.40 | 18:22.10 | 19:37.90 | 20:22.60 | 18:02.80 | 19:05.70 | 19:43.50 | 17:57.30 | 18:59.80 | 19:37.40 | 17:44.10 | 18:49.00 | 19:27.80 |
| 50m Backstroke | | | | | | | 00:31.80 | 00:33.90 | 00:35.10 | 00:31.50 | 00:33.50 | 00:34.70 | 00:30.80 | 00:33.10 | 00:34.40 |
| 100m Backstroke | 01:12.30 | 01:17.00 | 01:19.80 | 01:10.80 | 01:15.40 | 01:18.10 | 01:08.00 | 01:12.70 | 01:15.50 | 01:07.40 | 01:11.70 | 01:14.20 | 01:06.00 | 01:10.20 | 01:12.80 |
| 200m Backstroke | 02:33.60 | 02:43.20 | 02:49.00 | 02:30.80 | 02:40.00 | 02:45.50 | 02:26.50 | 02:37.60 | 02:44.10 | 02:24.80 | 02:34.80 | 02:40.70 | 02:22.40 | 02:32.70 | 02:38.70 |
| 50m Breaststroke | | | | | | | 00:35.40 | 00:37.90 | 00:39.40 | 00:35.10 | 00:37.80 | 00:39.30 | 00:34.50 | 00:36.70 | 00:38.00 |
| 100m Breaststroke | 01:21.90 | 01:28.50 | 01:32.30 | 01:20.20 | 01:26.00 | 01:29.50 | 01:17.70 | 01:23.60 | 01:27.10 | 01:17.20 | 01:23.30 | 01:26.90 | 01:15.10 | 01:20.60 | 01:23.90 |
| 200m Breaststroke | 02:54.50 | 03:09.80 | 03:18.60 | 02:51.60 | 03:04.20 | 03:11.60 | 02:46.20 | 02:59.10 | 03:06.60 | 02:46.00 | 02:57.60 | 03:04.40 | 02:41.50 | 02:53.70 | 03:00.80 |
| 50m Butterfly | | | | | | | 00:29.80 | 00:31.90 | 00:33.10 | 00:29.60 | 00:31.60 | 00:32.80 | 00:28.90 | 00:30.90 | 00:32.00 |
| 100m Butterfly | 01:11.10 | 01:18.10 | 01:22.10 | 01:09.00 | 01:15.10 | 01:18.70 | 01:06.60 | 01:11.60 | 01:14.60 | 01:05.80 | 01:11.20 | 01:14.30 | 01:04.10 | 01:09.20 | 01:12.30 |
| 200m Butterfly | 02:37.80 | 02:54.20 | 03:03.60 | 02:32.00 | 02:47.60 | 02:56.50 | 02:28.20 | 02:41.20 | 02:48.70 | 02:26.30 | 02:40.00 | 02:47.90 | 02:22.60 | 02:36.90 | 02:45.00 |
| 200m I.M. | 02:35.80 | 02:46.20 | 02:52.40 | 02:31.80 | 02:41.30 | 02:47.00 | 02:28.20 | 02:36.70 | 02:41.80 | 02:27.50 | 02:35.30 | 02:40.10 | 02:23.70 | 02:33.10 | 02:38.70 |
| 400m I.M. | 05:28.20 | 05:53.20 | 06:07.80 | 05:21.20 | 05:40.70 | 06:11.20 | 05:14.50 | 05:36.30 | 05:49.10 | 05:13.40 | 05:33.50 | 05:45.40 | 05:06.70 | 05:29.60 | 05:43.00 |

ENTRY INFORMATION

Entry Guide

Entries will be by computer files and only official files are acceptable.

- The entry file will be available from Thursday 19th January 2023 by clicking [here](#)
- The competed entry file should be emailed to: nationals@scottishswimming.com
- The subject line of the email **MUST** be: **[Club Code] - SNAGs**
- Please ensure that you request a read receipt if you wish confirmation of entries being received.
- A proof of entry times report is required in accordance with SW2.1.2.5 and must be submitted with the entry file.
- **Once the computer entry file has been submitted, the Club Entry Secretary must complete the Online Application Entries Summary by clicking [here](#)**

Entry Secretaries are set up to request an invoice at checkout on the online application entries summary. The details of this invoice should be passed to the relevant person in your club who has responsibility for making payments

BACS: Please use Ref - Invoice no, 6012_ [Club Code] and

The Royal Bank of Scotland,
Sort Code: 832709 Account No: 00292938

ENTRIES CLOSE at 14.00 on Wednesday 29th March 2023

Entry fee(s): £10.00 Individual Entry £20.00 Relay Entry

Important: The names of swimmers who are taking part in relay events only, must be emailed by the entry secretary to nationals@scottishswimming.com – and these swimmers must also apply for a swimmer accreditation pass.

Relay Entries

- There is no restriction on the number of relay teams that clubs may enter - subject to achieving the Relay Consideration Time
- If it becomes necessary to restrict the number of relay entries received, teams will be selected by time basis (fastest to slowest) whether they are A, B, C or D teams etc.
- Please submit individual accredited times for each relay team member and all reserves.
- The submitted team members in each relay must be equal to or faster than the times below.

Team events for swimmers aged 14–16 and 17/over, excluding the mixed medley relay, may be combined at the discretion of the National Championships Convener in consultation with the National Coach in order to maximise the opportunity to compete. This decision will be made at the time of the draft programme being produced.

Mixed Medley

For the Mixed (two boys and two girls 4 x 100m Medley relay event, the maximum number of heats for this is as follows and will be swum at the end of the finals session. Please see programme of events.

17/over – 2 heats: 14–16 – 3 heats: 11–13 – 2 heats

RELAY CONSIDERATION TIMES

| | 11 – 13 years | | 14 – 16 years | | 17 years and over | |
|--------------------|---------------|----------|---------------|----------|-------------------|----------|
| | Boys | Girls | Boys | Girls | Boys | Girls |
| 4 x 100m Freestyle | 05:04.00 | 04:52.31 | 04:13.57 | 04:27.00 | 03:51.59 | 04:21.21 |
| 4 x 100m Medley | 05:37.00 | 05:28.16 | 04:41.86 | 04:52.22 | 04:20.50 | 04:45.37 |
| 4 x 200m Freestyle | | | 09:21.74 | 09:50.44 | 08:36.04 | 09:46.56 |
| | Mixed | | Mixed | | Mixed | |
| 4 x 100m Medley | 05:11.39 | | 04:40.35 | | 04:26.58 | |

| | |
|---------------------------|---|
| | <p>No entries will be accepted without the correct fee, or with the Entry Files incorrectly completed. No refunds will be given after the programme has been finalised.</p> <p><u>Website Information</u></p> <ul style="list-style-type: none"> • As soon as possible after closing date, an entry list will be posted on the SwimScotland website for clubs to check (there will be a time limit on queries) • The entry list will show a list of your entries only. This will allow any mistakes to be rectified. • Any queries from the entry list should be directed to nationals@scottishswimming.com • A few days after checks have been done, a draft programme will be posted on SwimScotland and Scottish Swimming • Once the draft programme is posted no subsequent updates will be shown. <p><u>Team Lines and Changes to Relay Teams</u></p> <ul style="list-style-type: none"> • Team Lines for Day 1 Morning session must be submitted by email no later than 6:00pm on the day prior to the event to nationals@scottishswimming.com • Team Lines for Days 2, 3, 4 & 5 Morning Sessions must be submitted to the recorders desk by 6:00 pm on the day prior to the event. • For Afternoon sessions, Team Lines must be submitted to the recorders desk no later than 10:00 am on the day of the event. • For Finals sessions, Team Lines must be submitted to the recorders desk by the start of the afternoon session on the day of the event. • Changes to the submitted Team Lines can be made up to 1 hour prior to the start of the appropriate session at the Recorder's Desk. After this time, no changes to submitted Team Lines shall be permitted except in the event of medical emergency. • Relay team line forms can be found on the Scottish Swimming website, click here. |
| <p>Withdrawals</p> | <p><u>Heats</u></p> <p>Any withdrawals (including reserves) or amendments prior to the first day of the Championships should be notified online by clicking here.</p> <p>Withdrawals for Session 1 (including reserves) must be notified no later than 18:00 on Tuesday 11th April 2023. Withdrawals for Sessions 4, 7, 10 and 13 – including reserves (morning sessions) not previously notified must be lodged at the Recorder's Desk no later than 18:00 on the day prior to the event. Withdrawals for Sessions 2, 5, 8, 11 and 14 – including reserves (afternoon sessions) not previously notified must be lodged at the Recorder's Desk no later than 10:00 on day of the event.</p> <p>Swimmers failing to comply with the above (except in the case of a genuine illness or proven emergency) will be liable to a £10.00 fine for each inappropriate withdrawal.</p> <p><u>Finals</u></p> <p>Anyone wishing to withdraw from a Final (including reserves), must inform the Recorder's Desk in writing on the appropriate form within 30 minutes of finalist's lists having been published or announced. Swimmers who fail to appear for Finals will be fined and may be subject to further disciplinary action. A maximum of 2 reserves will be nominated for Finals.</p> <p>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 Championships). Where a reserve is brought in at short notice, the reserve shall occupy the vacant lane – there will be no re-seeding.</p> <p><u>Team withdrawals</u></p> <p>Withdrawals for relays swum in the morning sessions must be lodged no later than 18:00 on the day prior to the event. Withdrawals for relays swum in the afternoon sessions must be lodged by 10:00 on the day of the event. Withdrawals for relays swum in the final sessions must be lodged by the end of the afternoon session on the day of the event. All withdrawals must be lodged at the Recorder's Desk.</p> <p>Any late withdrawals on medical grounds from heats or finals should be discussed with the Meet Director prior to submission to the Recorders.</p> |

GENERAL INFORMATION

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| Event Regulations | <p>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.</p> <p>Scottish Swimming reserves absolutely the right to eject from events any person failing to comply with each and all of the Event Regulations.</p> |
| Anti-Doping | <p>Please note that anti-doping may be in operation at any Scottish event. All swimmers not registered with SASA or Swim England (SE) / Welsh Amateur Swimming Association (WASA) will be required to sign an agreement to undergo tests as required in accordance with FINA Law. N.B. SASA, SE and WASA swimmers will have signed an agreement when submitting their registration fee.</p> |
| Athlete Passes | <p>All swimmers participating in the Meet (including relay team only swimmers) must apply for a swimmer pass via their membership. Details on how to apply for a pass along with the link can be found here. Passes will not be issued to a swimmer who is not competing in the event. Closing date for pass applications is 2.00pm on Monday 3rd April</p> <p>Each swimmer is responsible for printing their pass. The pass will be emailed to all accepted swimmers on Wednesday 5th April. The pass will allow access to the changing village, designated seating areas and poolside. Within the venue swimmers must wear their pass and have it visible at all times.</p> |
| Swimwear | <p>British Swimming and SE advise that FINA BL8.1 only applies to Olympic Games and FINA events. A suit check will only be made if a World or European record is claimed. There is no requirement for officials to check that costumes are on the approved FINA list. Bylaws BL 8.2 and BL 8.3 cover our requirement for design and material.</p> <p>SW8.0 Scottish Swimming Rules SW8.8 Swimwear Policy</p> <p>SW8.8.1. For events held under the direct jurisdiction and control of Scottish Swimming the Scottish Swimming 'Swimwear Policy' shall apply. The policy can be found at here.</p> |
| Media & Photography Information | <p>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.</p> <p>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 after which the data will be removed.</p> |
| Awards & Presentations | <p><u>Individual Awards</u> Medals shall be presented as follows:</p> <ul style="list-style-type: none"> • Scottish Age Group Open Champion 1st 2nd and 3rd • Scottish National Age Group Champion 1st (provided the individual is not also the Open Champion) • Scottish National Age Group Champion must be a registered member of Scottish Swimming <p><u>Special Awards</u> Trophies (1 male/1 female) to be awarded to the best performance by a boy and girl aged 16 and under as at 31st December 2023, calculated on the basis of the FINA points for one single event.</p> <p>Sharp Trophies (one male/one female) to be awarded to the fastest boy and girl swimmer from the youngest age group for the 200m Individual Medley (age as at 31st December 2023)</p> |

Top Scottish Age Group Club Award

Points will be calculated as follows: 1st - 13 points: 2nd – 11 points: 3rd –9 points: 4th to 10th place: 7 points down to 1 point. Relays will be awarded points as follows: 1st – 26 points: 2nd – 22 points: 3rd – 18 points: 4th to 10th place: 14 points down to 2 points. Please see below conditions for this award.

- 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 Age Group Championships.
- An individual swimmer can only be counted for 1 individual event per day, using their best scoring event of each day.
- Swimmers scoring points for clubs in either individual or relay events must be resident or undertake the majority of training within Scotland.
- The highest scoring eligible relay team per club only will be counted for relay events
- Scores will be derived from finals (from the position finished within the final) and HDW events only.
- Final points will be calculated following the completion of the last event with updates given at the end of each finals session.
- The Scottish Club or Composite team with the most points earned following the completion of the final event will be presented with the “Top Age Group Club” Award.
- No points shall be scored from 17 & over relays.

Presentations

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 Team Staff 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 depute to attend the appropriate presentation will result in the swimmer forfeiting his/her medal.

Please note: Presentations may be subject to change

TEAM STAFF INFORMATION

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| Training Prior to Championships | It may be possible to arrange some training times directly with the pool on Tuesday 11 th April 2023. This would be subject to availability. Please contact The Duty Manager on 01224 438900 at Aberdeen Aquatics Centre Centre. |
| Poolside Pass Information / Accreditation | <p>Team Staff who are not in possession of an annual pass may purchase an individual pass for the Championship:-</p> <p>Full Meet £30.00 (5 day access) Day Pass £10.00 (Access is only granted for the day the pass has been purchased)</p> <p>Lost/replacement passes will be charged a fee of £10.00 for the issue of a temporary pass. A pass is required for any team staff wishing to be poolside, and entitles you to entry for the whole of the Meet, poolside access, WhatsApp Broadcast, complimentary tea/coffee in the specified area. Without a valid pass any team staff will NOT be permitted on poolside. Passes must be worn by all team personnel and made visible at all times.</p> <p><u>Applying for a Pass – Available from 5th January 2023</u></p> <ul style="list-style-type: none"> • All applications must be submitted online, you can find more information by clicking here • Please Note: All team staff passes must be confirmed by the Head Club/Team coach as detailed on the online application form • All applicants MUST be PVG/CRB/DBS 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) • All Applicants must hold a valid Child Wellbeing and Protection in Sport (CWPS) (formally Safeguarding and Protection Children Workshop) certificate or CWPS Renewal Award or equivalent for Swim England / Swim Wales • Scottish Swimming will not issue any Team Staff Pass unless a person has a valid PVG/CRB/DBS through the Scottish Swimming/Swim England/Swim Wales. In-line with current legislation, valid PVG/CRB/DBS from any other agency, will not be accepted. • If you have any queries regarding PVG/CRB/DBS certification, please contact your Governing Body or Scottish Swimming via email to wellbeingprotection@scottishswimming.com • Team Staff 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 ensure a recent photograph (jpeg format) is uploaded at time of application. 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 emailed direct to members to print themselves. Plastic wallets will be available for collection from the Team Staff/Swimmer Desk at our Scottish Swimming National Events <p>Applications close at 2:00 pm on Monday 3rd April 2023 Please Note: Any late applications will be charged £45.00 per pass</p> |