



## **22nd OPEN MASTERS CHAMPIONSHIPS**

Saturday 18<sup>th</sup> February 2012

Warm Up 12.00 - Start 12.30

**WESTHILL SWIMMING POOL, ABERDEEN**

**AB32 6XZ**

(Under S.A.S.A. Rules)

### **Events**

200m	IM, Freestyle
100m	Butterfly, Backstroke Breaststroke, Freestyle, Individual Medley
50m	Butterfly, Backstroke, Breaststroke, Freestyle
25m	Freestyle

Medals for 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> in all events

Age group winner prizes

Trophy for the top visiting club

Mixed racing

Freestyle 25 metre sprint championships for the Lasalle trophies

Buffet and Ceilidh reception

Any queries to: Hilary A Stewart, 33 Deevie Road South, Cults,  
Aberdeen  
AB15 9AL

Tel: 07815824057, e-mail: [hilaryastewart@btconnect.com](mailto:hilaryastewart@btconnect.com)

**CLOSING DATE FOR ENTRIES – 1<sup>st</sup> February 2012**

**Please note that late entries may not be accepted.**

## PROGRAMME

1	50m Breaststroke	11	200m Individual Medley
2	200m Freestyle	12	100 Freestyle
3	100m Butterfly	13	100 Backstroke
4	Women's 25m Freestyle - Round 1	14	50 Freestyle
5	Men's 25m Freestyle – Round 1	15	Women's 25m Freestyle - Semi Finals
6	100m Breaststroke	16	Men's 25m Freestyle - Semi Finals
7	50m Back	17	50m Butterfly
8	100m Individual Medley	18	Women's 25m Freestyle - Final
9	Women's 25m Freestyle - Quarter Finals	19	Men's 25m Freestyle – Final
10	Men's 25m Freestyle - Quarter Finals		

### **AGE CATEGORIES (Age at 31/12/2012)**

(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 etc  
 (X) 19 - 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 Lasalle trophies. Competed for on a knockout basis.

### **ENTRY FEES**

Championship Entry: £4 per swim. Buffet and Ceilidh £15 per person. Late entries may incur a surcharge.

### **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.**

**22nd SILVER CITY BLUES OPEN MASTERS CHAMPIONSHIPS  
ENTRY FORM**

Surname		First Name			
Address					
Post Code		Telephone No.			
Date of Birth		Age Category		Sex	
Club		E-mail Address			
Nationality		SASA Reg. No.			

**Register for each individual event you wish to compete in by entering your estimated time in the appropriate box. You must enter a time to be eligible.**

		Time			Time
1	50m Breaststroke		11	200m Individual Medley	
2	200m Freestyle		12	100m Breaststroke	
3	100m Butterfly		13	100m Backstroke	
6	100m Freestyle		14	50m Freestyle	
7	50m Back		17	50m Butterfly	
8	100m IM				

25 metres Freestyle  
SPRINT CHAMPIONSHIP  
(**'X' category swimmers not eligible**)

Entry Time :

**DECLARATION**

**I declare that the above details are correct and agree to abide by the conditions laid down by the SASA.**

**Signature of Competitor:** .....

Health and Insurance are the responsibility of the entrant

**ENTRY FEE**

I enclose the following fees:

Championship Entry @ £4 per swim		£	_____
Buffet and ceilidh _____	X £15	£	_____
		Total	£ _____

**Please make cheques payable to "Silver City Blues" or electronic payment to Bank of Scotland  
Account no: 00834073 Sort code 80-05-17, if possible type 'SCB Meet and your name' in  
Payee Reference.**

This form and entry fees should be sent to :

Hilary A Stewart, 33 Deeview Road South, Cults, Aberdeen, AB15 9NA

Tel: 07815824057

E-mail: [hilaryastewart@btconnect.com](mailto:hilaryastewart@btconnect.com)

**Closing Date: 1<sup>st</sup> February 2012**

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