

Scottish Student Aquatics Swimming Championships
2024/25
Saturday 1st Feb 2025, Glasgow

Scottish Student Sport Swimming Championships 2024/25



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Strathclyde Sport

160 Cathedral Street, Glasgow, G4 0RQ

Entries Close: midnight on Wednesday 22nd January

Programme of Events

Session 1. Warm up: 0945 Start: 1045 Session 2. Warm up: 1300 Start: 1400

Warm ups/ Start time will be confirmed after all entries have been received.

Event	Stroke and Distance	Event	Stroke and Distance
101	Mixed 200m	201	M 100m Individual Medley
102	M 50m Freestyle	202	W 100m Individual Medley
103	W 50m Freestyle	203	M 50m Butterfly
104	M 100m Butterfly	204	W 50m Butterfly
105	W 100m Butterfly	205	M 100m Freestyle
106	M 50m Breaststroke	206	W 100m Freestyle
107	W 50m Breaststroke	207	M 50m Backstroke
108	M 100m Backstroke	208	W 50m Backstroke
109	W 100m Backstroke	209	M 100m Breaststroke
		210	W 100m Breaststroke
	Finals (Events 102, 103, 106, 107)		Finals (Events 203, 204, 207, 208)
	M Medley Relay		M Freestyle Relay
	W Freestyle Relay		W Medley Relay
211	Skins		

Entries will be made via [Playwaze](#). Deadline midnight on 22nd January 2025.

The organisers reserve the right to

- Introduce over the top starts where required
- Adjust the warm up/ start times of any of the sessions

Meet Information

EVENTS

- Individual** 50m events in all strokes with top 6 progressing to finals swum at the end of the session.
- 100m events in all strokes, heat declared winner.
- Mixed 200m** Swimmers will enter their 200m times through Playwaze and confirm their chosen stroke (Free, Back, Fly, Breast or IM) **on entry**. All 200m races will be swum together in heats so **swimmers may only enter one 200m race**. Races will be seeded based on entry times irrespective of gender & stroke. Results will be ranked based on FINA points & BPS Points.
- Relays** 4 x 50 metre Medley and Freestyle Relays
- Para Swimmers** Para Swimmers are invited to enter any of the above events. There will be separate awards for MC category in the 50m & 100m events based on British Para-Swimming Points (BPS). In the Mixed 200m event as BPS & FINA points are both calculated using worlds standards there will not be separate awards. This year there will not be a separate MC Relay event or category. If you have any specific requirements e.g. Strobe light, use of “tappers” etc. please contact [Laura Shaw](#) or [SSS](#) in advance of the event.
- Medley Skins event** The Men’s and Women’s 50m Medley Skins event is open to all. There will be prizes for the winning male and female of each category. Qualification to the Medley Skins finals is *through the 100m IM event*. There is no additional cost for the Medley Skins beyond the entry fee for the 100m IM.
1. The fastest six males and females will qualify for their respective SKINS FINAL.
 2. The qualifiers will be spearheaded.
 3. Each race will consist of a 50m sprint.
 4. Each length will have a 2 minute turnaround.
 5. The stroke will be dictated by a ‘blind pick’ from a bag.
 6. The starter will ‘pick’ the first stroke of each final.
 7. The first start will be a conventional start (take your marks.)
 8. The last swimmer in each race will be eliminated.
 9. The eliminated swimmer will then ‘blind select’ the stroke that the following race will swim.
 10. Each race thereafter will be started by way of ‘10 second warning’ by way of whistle, followed by the starting signal for a go (no take your marks!)
 11. After 5 rounds the person ‘still standing’ is the winner.

Judges word is final!

Whilst the 100IM will form part of any cumulative scores for Top Club, the FINAL will not draw any additional points – ITS FOR FUN!

AWARDS AND PRESENTATIONS

- Medals:** Medals will be awarded to the top 3 in each event (excluding the 50m IM skins event) according to the SSS medal policy (a medal must be won in order to be awarded i.e. bronze is only awarded if there were 4 in the race). Presentations for the events held in each session will be held at the end of each session.

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Top Club: The trophy will be awarded to the club that gains the most overall points throughout the competition as follows: Individual 1st 6 pts, 2nd 5pts, 3rd 4pts... 6th 1pt. Relays 1st 12pts, 2nd 10pts... 6th 2pts.

ENTRY FEES

Individual events £7.00 per individual event **Relays** £20.00 per relay team

Eligibility Open to all matriculated students at SSS-affiliated colleges and universities as per our [Terms and Conditions](#). No Alumni/Guests will be accepted in to this event.

All swimmers must be Sports Union members (via a Student Club membership) or a member of Scottish Swimming, for insurance purpose.

Closing date Closing for entries midnight on 22nd January 2025

Seeding: Heats will be seeded in ascending order of entry time (i.e. slowest go in first heat). The meet organiser reserves the right to seed irrespective of gender if necessary.

Timekeepers: In order that the meet can proceed smoothly each Club **must** provide at least 1 Timekeeper. Please provide the name of this individual on this [FORM](#) by midnight on **22nd January 2025**.

On the day the timekeeper can be switched round but you will be expected to field a timekeeper throughout the session. Any problems with this please contact Sophie Charlton on sophie@scottishstudentsport.com

Meet Rules

Gala Conduct: To be swum under SASA rules

Pool: 6 Lane 25 metre with anti-wave lane ropes

Timing: Manual timing will be in operation

Safety: The Promoters reserve the right to exclude or refuse admission to any competitor team or official

Glassware is not permitted in the changing areas or poolside

Neither the host nor Strathclyde Sport can be held responsible for the loss or damage to swimmers, team staff's or spectator's property. Swimmers are advised to secure property in the lockers provided and not to leave belongings unattended

Out-with the pool area swimmers should wear dry clothing and footwear at all times

Outdoor footwear must not be worn on the poolside

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PHOTOGRAPHY

Any person wishing to use video/ other photography must register their device at the desk in the foyer area of the pool. Throughout this event Scottish Student Sport may have authorised personnel taking static photographs and video footage. These images are intended solely for the purpose of future promotion of the event 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 email the event organiser.

Anything not covered above or in the event programme will be at the promoter's discretion.

The organisers reserve the right to vary the conditions as necessary.

COMPETITORS SAFETY CODE

- It is important that all Competitors read the 'Competitors Safety Code' entering the competition
- By submitting entries the competitors confirms that they have read, understood and agreed to abide by this code:
 - 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 this Swimming event or any other associated activities.
 - Accordingly, I hereby certify that I am physically fit and well to participate in the SSS Swimming Championships.
 - I am aware of and appreciate the inherent risks involved in such a 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 and compete in a safe and proper manner and not to do anything which would expose myself or fellow swimmers to unnecessary risk or 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 the organisers of the SSS Swimming Championships 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 the Meet information, SSS and all other laws and restrictions applicable.

For further information on the meet please contact: Laura Shaw – scotstuaquatics@gmail.com