

# Scottish Winter Swimming Championships

Friday 24th, Saturday 25th & Sunday 26th February 2023

Taymouth Marina, Kenmore, Aberfeldy, PH15 2HW

## DAY 1 - FRIDAY 24th Feb

**11:30 - 12:30** - Registration for 450m swimmers. Hand in your Endurance Qualifier Form at registration desk. As soon as you have registered please go for your medical check-up. Heats 1 and 2 must register before 12:00 and have priority for medical checks.

**From 11:35** - Medical checks for 450m swimmers - heart rate, temperature, blood pressure. If you do not pass, you will not swim.

**12:35** - Safety briefing for 450m swimmers. Remaining medical checks continue after this.

**13:00** - RACES START in marina. See timetable.

Event	Stroke	Distance	Heat Number	Muster Time	Start Time
<b>1</b>	Freestyle	450m	1	12:50	13:00
	Freestyle	450m	2	13:10	13:20
	Freestyle	450m	3	13:30	13:40
	Freestyle	450m	4	13:50	14:00
	Freestyle	450m	5	14:10	14:20
	Freestyle	450m	6	14:30	14:40
	Freestyle	450m	7	15:00	15:10
	Freestyle	450m	8	15:20	15:30
	Freestyle	450m	9	15:40	15:50
	Freestyle	450m	10	16:00	16:10
	Freestyle	450m	11	16:20	16:30
	Freestyle	450m	12	16:40	16:50

**18:00** - 450m Endurance Prize Giving

## DAY 2 - SATURDAY 25th Feb

**08:00 - 09:00** - Registration for Head Up Breaststroke swimmers. Heats 1, 2 and 3 must register by 08:45.

**09:15** - RACES START in marina. See timetable.

**09:00 - 11:00** - Registration for all other Saturday individual race swimmers.

**11:00-12:30** - Registration for any remaining Mixed Team Relays\*

\*It is not necessary for every member of a relay team to register. One team member can register on behalf of the team.

<b>Event</b>	<b>Stroke</b>	<b>Distance</b>	<b>Heat</b>	<b>Muster</b>	<b>Start</b>
			<b>Number</b>	<b>Time</b>	<b>Time</b>
<b>2</b>	Breaststroke	50m	1	9:05	9:15
	Breaststroke	50m	2	9:10	9:20
	Breaststroke	50m	3	9:15	9:25
	Breaststroke	50m	4	9:20	9:30
	Breaststroke	50m	5	9:25	9:35
	Breaststroke	50m	6	9:30	9:40
	Breaststroke	50m	7	9:35	9:45
	Breaststroke	50m	8	9:40	9:50
	Breaststroke	50m	9	9:45	9:55
	Breaststroke	50m	10	9:50	10:00
	Breaststroke	50m	11	9:55	10:05
	Breaststroke	50m	12	10:00	10:10
	Breaststroke	50m	13	10:15	10:25
	Breaststroke	50m	14	10:20	10:30
	Breaststroke	50m	15	10:25	10:35

<b>Event</b>	<b>Stroke</b>	<b>Distance</b>	<b>Heat</b>	<b>Muster</b>	<b>Start</b>
			<b>Number</b>	<b>Time</b>	<b>Time</b>
<b>2</b>	Breaststroke	50m	16	10:30	10:40
	Breaststroke	50m	17	10:35	10:45
	Breaststroke	50m	18	10:40	10:50
	Breaststroke	50m	19	10:45	10:55
	Breaststroke	50m	20	10:50	11:00
	Breaststroke	50m	21	10:55	11:05
	Breaststroke	50m	22	11:00	11:10

<b>Event</b>	<b>Stroke</b>	<b>Distance</b>	<b>Heat</b>	<b>Muster</b>	<b>Start</b>
			<b>Number</b>	<b>Time</b>	<b>Time</b>
<b>3</b>	Freestyle	50m	1	11:20	11:30
	Freestyle	50m	2	11:25	11:35
	Freestyle	50m	3	11:30	11:40
	Freestyle	50m	4	11:35	11:45
	Freestyle	50m	5	11:40	11:50
	Freestyle	50m	6	11:45	11:55
	Freestyle	50m	7	11:50	12:00
	Freestyle	50m	8	11:55	12:05
	Freestyle	50m	9	12:00	12:10
	Freestyle	50m	10	12:05	12:15
	Freestyle	50m	11	12:10	12:20
	Freestyle	50m	12	12:15	12:25
	Freestyle	50m	13	12:25	12:35
	Freestyle	50m	14	12:30	12:40
	Freestyle	50m	15	12:35	12:45
	Freestyle	50m	16	12:40	12:50

<b>Event</b>	<b>Stroke</b>	<b>Distance</b>	<b>Heat</b>	<b>Muster</b>	<b>Start</b>
			<b>Number</b>	<b>Time</b>	<b>Time</b>
<b>4</b>	Breaststroke	150m	1	13:15	13:25
	Breaststroke	150m	2	13:25	13:35
	Breaststroke	150m	3	13:35	13:45
	Breaststroke	150m	4	13:45	13:55
	Breaststroke	150m	5	13:55	14:05
	Breaststroke	150m	6	14:05	14:15
	Breaststroke	150m	7	14:15	14:25
	Breaststroke	150m	8	14:35	14:45
	Breaststroke	150m	9	14:45	14:55
	Breaststroke	150m	10	14:55	15:05

<b>Event</b>	<b>Stroke</b>	<b>Distance</b>	<b>Heat</b>	<b>Muster</b>	<b>Start</b>
			<b>Number</b>	<b>Time</b>	<b>Time</b>
<b>5</b>	Butterfly	50m	1	15:15	15:25
	Butterfly	50m	2	15: 20	15:30
	Butterfly	50m	3	15:25	15:35
	Butterfly	50m	4	15:30	15:40
	Butterfly	50m	5	15:35	15:45
	Butterfly	50m	6	15:40	15:50

	Display				16:00

<b>Event</b>	<b>Stroke</b>	<b>Distance</b>	<b>Heat</b>	<b>Muster</b>	<b>Start</b>
			<b>Number</b>	<b>Time</b>	<b>Time</b>
<b>6</b>	4 x 50 mixed relay		1	16:05	16:15
	4 x 50 mixed relay		2	16:15	16:25
	4 x 50 mixed relay		3	16:25	16:35
	4 x 50 mixed relay		4	16:35	16:45
	4 x 50 mixed relay		5	16:45	16:55

**18:00** - Prize Giving

## **DAY 3 - SUNDAY 26th Feb**

**08:00 - 09:30** - Registration for all 150m Freestyle swimmers. Heats 1 and 2 must register by 08:30. Heats 3 and 4 must register by 08:45.

**09:00** - RACES START in marina. See timetable.

**09:30 -10:45** - Registration for remaining 'Anything Goes' Relay swimmers.\*

\*It is not necessary for every member of a relay team to register. One team member can register on behalf of the team.

<b>Event</b>	<b>Stroke</b>	<b>Distance</b>	<b>Heat</b>	<b>Muster</b>	<b>Start</b>
			<b>Number</b>	<b>Time</b>	<b>Time</b>
<b>7</b>	Freestyle	150m	1	08:50	09:00
	Freestyle	150m	2	09:00	09:10
	Freestyle	150m	3	09:10	09:20
	Freestyle	150m	4	09:20	09:30
	Freestyle	150m	5	09:30	09:40
	Freestyle	150m	6	09:40	09:50
	Freestyle	150m	7	09:50	10:00
	Freestyle	150m	8	10:00	10:10

<b>Event</b>	<b>Stroke</b>	<b>Distance</b>	<b>Heat</b>	<b>Muster</b>	<b>Start</b>
			<b>Number</b>	<b>Time</b>	<b>Time</b>
<b>7</b>	Freestyle	150m	9	10:20	10:30
	Freestyle	150m	10	10:30	10:40
	Freestyle	150m	11	10:40	10:50
	Freestyle	150m	12	10:50	11:00
	Freestyle	150m	13	11:00	11:10
	Freestyle	150m	14	11:10	11:20

<b>Event</b>	<b>Stroke</b>	<b>Distance</b>	<b>Heat</b>	<b>Muster</b>	<b>Start</b>
			<b>Number</b>	<b>Time</b>	<b>Time</b>
<b>8</b>	4 x 50 AG relay		1	11:30	11:40
	4 x 50 AG relay		2	11:40	11:50
	4 x 50 AG relay		3	11:50	12:00
	4 x 50 AG relay		4	12:00	12:10
	4 x 50 AG relay		5	12:10	12:20
	4 x 50 AG relay		6	12:20	12:30
	4 x 50 AG relay		7	12:30	12:40
	4 x 50 AG relay		8	12:40	12:50
	4 x 50 AG relay		9	12:50	13:00
	4 x 50 AG relay		10	13:00	13:10

**14:00 - Prize Giving**