

# Scottish Winter Swimming Championships

**Saturday 5th & Sunday 6th March, 2022**

**Taymouth Marina, Kenmore, Aberfeldy, PH15 2HW**

## DAY 1 - SATURDAY 5th March

**08:00 - 09:00** Registration for 450m swimmers only. Hand in your Endurance Qualifier Form. Heats 1 and 2 must register before 08:40. As soon as you have registered please go for your medical check-up.

**From 08:05** - Medical checks for 450m swimmers - heart rate, temperature, blood pressure. If you do not pass, you will not swim.

**09:00** - Safety briefing for 450m swimmers only.

**9:20** - RACES START in marina. See timetable.

**09:15 -12:30** - Registration for all other swimmers\*

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

Event	Stroke	Distance	Heat Number	Muster Time	Start Time
<b>1</b>	Freestyle	450m	1	09:10	09:20
	Freestyle	450m	2	09:30	09:40
	Freestyle	450m	3	09:50	10:00
	Freestyle	450m	4	10:10	10:20
	Freestyle	450m	5	10:30	10:40
	Freestyle	450m	6	11:00	11:10
	Freestyle	450m	7	11:20	11:30
	Freestyle	450m	8	11:40	11:50
	Freestyle	450m	9	12:00	12:10
<b>2</b>	Breaststroke	50m	1	12:35	12:45
	Breaststroke	50m	2	12:40	12:50
	Breaststroke	50m	3	12:45	12:55
	Breaststroke	50m	4	12:50	13:00

	Breaststroke	50m	5	12:55	13:05
	Breaststroke	50m	6	13:00	13:10
	Breaststroke	50m	7	13:05	13:15
	Breaststroke	50m	8	13:10	13:20
	Breaststroke	50m	9	13:15	13:25
	Breaststroke	50m	10	13:20	13:30
	Breaststroke	50m	11	13:25	13:35
	Breaststroke	50m	12	13:30	13:40
	Breaststroke	50m	13	13:35	13:45
	Breaststroke	50m	14	13:40	13:50
<b>3</b>	Freestyle	50m	1	14:05	14:15
	Freestyle	50m	2	14:10	14:20
	Freestyle	50m	3	14:15	14:25
	Freestyle	50m	4	14:20	14:30
	Freestyle	50m	5	14:25	14:35
	Freestyle	50m	6	14:30	14:40
	Freestyle	50m	7	14:35	14:45
	Freestyle	50m	8	14:40	14:50
	Freestyle	50m	9	14:45	14:55
	Freestyle	50m	10	14:50	15:00
	Freestyle	50m	11	14:55	15:05
	Freestyle	50m	12	15:00	15:10
<b>4</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
	Display			15:45	15:55

<b>5</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

**17:45** - Prize giving

## **DAY 2 - SUNDAY 6th March.**

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

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

**09:30 -10:45** - Registration for all other swimmers.

<b>Event</b>	<b>Stroke</b>	<b>Distance</b>	<b>Heat Number</b>	<b>Muster Time</b>	<b>Start Time</b>
<b>6</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
	Freestyle	150m	9	10:10	10:20
<b>7</b>	Breaststroke	150m	1	10:30	10:40
	Breaststroke	150m	2	10:40	10:50
	Breaststroke	150m	3	10:50	11:00
	Breaststroke	150m	4	11:00	11:10
	Breaststroke	150m	5	11:10	11:20

<b>8</b>	4 x 50 AG relay		1	11:40	11:50
	4 x 50 AG relay		2	11:50	12:00
	4 x 50 AG relay		3	12:00	12:10
	4 x 50 AG relay		4	12:10	12:20
	4 x 50 AG relay		5	12:20	12:30
	4 x 50 AG relay		6	12:30	12:40

**13:30** - Prize giving