



Handbook

2009-2010

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SUSA OFFICE BEARERS
2009-2010

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SUSA LEAGUE RULES

1. The league shall be decided after each university has competed against all the other universities, totalling ten matches between the months of October and March. There shall be separate leagues for men and women.
2. All teams competing in league shall be charged an entrance fee, the value of which will be determined each year by the General Committee of the Scottish Amateur Swimming Association (SASA), in agreement with our Secretary.
3. The programme and order of events shall be as follows:
 - (1) Women's 4x50m Medley Relay
 - (2) Men's 4x50m Medley Relay
 - (3) Women's 50m Backstroke
 - (4) Men's 50m Backstroke
 - (5) Women's 50m Freestyle
 - (6) Men's 50m Freestyle
 - (7) Women's 50m Breaststroke
 - (8) Men's 50m Breaststroke
 - (9) Women's 100m Freestyle
 - (10) Men's 100m Freestyle
 - (11) Women's 50m Butterfly
 - (12) Men's 50m Butterfly
 - (13) Women's 100m IM
 - (14) Men's 100m IM
 - (15) Women's 4 x 50m Freestyle Relay
 - (16) Men's 4 x 50m Freestyle Relay

3b. All events will be swum under SASA regulations.

A team may enter two swimmers in each individual event and one team for each relay race.

Distances for the above events may be swum in yards. When the pool is 20 yards in length, events of 50m shall be reduced to 40 yards and those of 100m reduced to 80 yards. All relays will be 4x40 yards except the men's Freestyle relay of 4x40 yards.

Extra events may be included, by mutual agreement, but shall not count towards the match score.

For every event both teams shall nominate one member a touch judge to assist, preferably a neutral starter or referee. The result of any close race shall be clearly announced before the next event commences.

4. Points for individual races shall be four, three, two and one for first, second, third and fourth places respectively. Relay points shall be eight points for first

and four points for second. No points shall be awarded for swimmers and relays which do not compete or are disqualified. In the event of a tie the points for the relevant positions shall be divided equally between the two swimmers.

5. League points shall be awarded as follows:

Win: Two Points
Draw: One Point
Lose: Zero Points

6. Where a team fails to attend a fixture without informing their opponents, or a match fails to take place before the deadline set by the President, the matter shall be referred to the President of the Association who shall then decide the outcome of the fixture or direct the home team to arrange another date. The decision of the President shall be final.
7. It is the duty of the home team to confirm the venue and time of the fixture, **by email**, to the away team **two weeks** in advance of the fixture.
8. In the event of two or more teams tying on league points, positions in the league shall be determined on the basis of average match point scored by the teams in the matches which were not conceded. The team with the highest average shall be awarded the highest position.
9. The home team's Secretary shall communicate the fixture results, by email or on the form provided, to the Secretary of the Association.
10. The winners of the men's league shall be the Scottish Universities Men's League Champions and shall have custody of the "Speedo Shield" for one year.
11. The winner's of the women's league shall be the Scottish Universities Women's League Champions and shall have custody of the "Arena Swimwear Shield" for one year.
12. The overall winner of the Scottish Universities league will be decided on the total of the combined men's and women's league point's scores for each match.
13. All member clubs wishing to compete in the SUSA Swimming League must have minimum pool characteristics of 4 Lane / 20 yards.

SCOTTISH UNIVERSITIES LEAGUE WINNERS

Men	Year	Women
Strathclyde	1981-1982	St Andrews
Strathclyde	1982-1983	Edinburgh
Strathclyde	1983-1984	Edinburgh
Strathclyde	1984-1985	Aberdeen
Strathclyde	1985-1986	Edinburgh
Strathclyde	1986-1987	Strathclyde
Strathclyde	1987-1988	Stirling
Glasgow	1988-1989	Strathclyde
Edinburgh	1989-1990	Glasgow
Heriot-Watt	1990-1991	Edinburgh
Heriot-Watt	1991-1992	Edinburgh
Heriot-Watt	1992-1993	Edinburgh
Glasgow	1993-1994	Stirling
Dundee	1994-1995	Dundee
Glasgow	1995-1996	Edinburgh/St.Andrews/Stirling
Glasgow	1996-1997	Glasgow
Stirling	1997-1998	Glasgow
Glasgow	1998-1999	Glasgow
Edinburgh	1999-2000	Stirling
Edinburgh	2000-2001	Glasgow
Edinburgh	2001-2002	Edinburgh
Edinburgh	2002-2003	Strathclyde
Stirling	2003-2004	Stirling
Stirling	2004-2005	Glasgow
Glasgow	2005-2006	Edinburgh
Stirling	2006-2007	Edinburgh
Stirling	2007-2008	Edinburgh
Edinburgh	2008-2009	Edinburgh

The league fixtures for 2009-2010 are detailed on the following two pages. The first team named for each match is the home team. These competitions are organised in a two year cycle so that a match at home this season will be an away fixture in 2010-2011.

Changes to the match calendar can be arranged between teams if absolutely necessary, but all matches must be completed by early February 2010*. The top four teams (based on the total combined men's and women's points score from the 2009-2010 league) will go to compete in the British Universities Team Championships to be held in March 2010 in Sheffield.

* At the discretion of the President.

SCOTTISH UNIVERSITIES SWIMMING LEAGUE 2009-2010

Date	Home Team	Away Team	Third Team
30th September	Dundee Edinburgh A Stirling	GCU Strathclyde Heriot-Watt	Edinburgh B
7th October	Heriot-Watt Edinburgh A Strathclyde Aberdeen Stirling	Dundee St Andrews GCU Glasgow RGU	Edinburgh B
14th October	RGU St Andrews Heriot-Watt Strathclyde GCU	Edinburgh A Dundee Glasgow Aberdeen Stirling	Edinburgh B
21st October	Stirling Dundee Aberdeen	Edinburgh A Glasgow GCU	Edinburgh B
28th October	Stirling Glasgow RGU Edinburgh A	Strathclyde St Andrews Heriot-Watt GCU	Edinburgh B
4th November	Edinburgh A GCU Dundee	Heriot-Watt St Andrews Stirling	Edinburgh B
11th November		No Fixtures	
18th November	Aberdeen Heriot-Watt St Andrews	Dundee GCU Strathclyde	
25th November	Dundee Glasgow GCU Edinburgh B	Edinburgh A Stirling RGU Aberdeen	St Andrews Heriot-Watt
2nd December	Strathclyde Stirling Edinburgh A St Andrews	Dundee Aberdeen Glasgow Heriot-Watt	St Andrews Edinburgh B
9th December	St Andrews RGU	Stirling Strathclyde	Aberdeen
20th January	Strathclyde	Glasgow	
27th January		No Fixtures	
3rd February	Edinburgh A RGU	Aberdeen Dundee	Edinburgh B
10th February	Strathclyde Glasgow	Heriot-Watt GCU	RGU

SCOTTISH UNIVERSITIES SWIMMING ASSOCIATION CONSTITUTION

"We the people..."

1. The name of the Association shall be the Scottish Universities' Swimming Association (hereafter called the Association).
2. The object of the association shall be:
 - (1) To provide the machinery for the co-operation of all the Scottish Universities' in matters relevant to student swimming.
 - (2) To administer Scottish Universities' swimming in the interests of, and in accordance with the decisions of the Association.
 - (3) To organise Scottish Universities' international and representative swimming matches.
3. Office Bearers:
 - (1) The office bearers of the association consist of a President who shall be a matriculated student of a member university, and an honorary Secretary/organiser.
 - (2) The office bearers shall be elected at the Annual General Meeting and the retiring office bearers shall be eligible for re-election.
 - (3) Nominations for the office bearers must be received by the Secretary and must bear the names of the proposer and the seconder for that nomination.
4. The membership of the Association shall be confined to the following universities:
 - (1) The eight founding members of Aberdeen, Dundee, Edinburgh, Glasgow, Heriot-Watt, St. Andrews, Stirling and Strathclyde.
 - (2) The new member teams of 1993-94: Napier, Paisley, Queen Margaret and Robert Gordon.
 - (3) Glasgow Caledonian University
 - (4) The new member team of 2008-2009: Edinburgh B.
5. The business of the Association shall be conducted by a general committee (the committee) consisting of the President of the Association and two representatives from each member club. The Secretary shall act as Chairman and Secretary at all meetings, but in a non-voting capacity. The quorum for any meeting shall be a representative of the twelve member clubs. The President has the casting vote.
6. The Scottish Universities' Swimming Championships:
 - (1) The Scottish Universities' Swimming Championships shall be held in February on a weekend (Friday and Saturday) that MUST NOT

clash with the BUCS long course championships, preferably the weekend immediately before or after. It is the president's responsibility to find out the date for the next year's BUCS long course. The venue for the championships shall be decided by the host university.

- (2) The championships shall be organised by the founder member clubs in turn, with liability resting with that club. The rota for organising the championships is as follows: Aberdeen, Glasgow, Edinburgh, Dundee, Stirling, Strathclyde, Heriot-Watt, St. Andrews, RGU, Glasgow Caledonian.
- (3) The new member clubs shall be placed on the rota when the committee feels they can be responsible for hosting the championships.

7. The Scottish Universities' Swimming Championships shall be organised as follows:

Session 1: Friday Evening

Event 1	HDW	Men's 200m IM
2	HDW	Women's 200m IM
3	HDW	Men's 200m Freestyle
4	HDW	Women's 200 m Freestyle
5	HDW	Men's 200m Butterfly
6	HDW	Women's 200m Butterfly
7	Heats	Men's 50m Breaststroke
8	Heats	Women's 50m Breaststroke
9	Heats	Men's 100m Backstroke
10	Heats	Women's 100m Backstroke
11	Heats	Men's 50m Freestyle
12	Heats	Women's 50m Freestyle
13	Final	Men's 200m IM*
14	Final	Women's 200m IM*
15	Final	Men's 200m Freestyle *
16	Final	Women's 200m Freestyle *
17	Final	Men's 50m Breaststroke
18	Final	Women's 50m Breaststroke
19	Final	Men's 100m Backstroke
20	Final	Women's 100m Backstroke

* Fastest heat of the 200m IM, 200m Freestyle and 200m Butterfly can be swum in the final session.

Session 2: Saturday Morning

Event 21	Semi-Final	Men's 50m Freestyle
22	Semi-Final	Women's 50m Freestyle
23	Heats	Men's 100m Butterfly
24	Heats	Women's 100m Butterfly
25	HDW	Men's 200m Breaststroke

26	HDW	Women's 200m Breaststroke
27	Heats	Men's 100m IM
28	Heats	Women's 100m IM
29	HDW	Men's 200m Backstroke
30	HDW	Women's 200m Backstroke
31	HDW	Men's 400m Freestyle
32	HDW	Women's 400m Freestyle
33	Heats	Men's 4x50m Medley Relay
34	Heats	Women's 4x50m Freestyle Relay
35	Final	Men's 50m Freestyle
36	Final	Women's 50m Freestyle
37	Final	Men's 100m Butterfly
38	Final	Women's 100m Butterfly
39	Final	Men's 200m Breaststroke*
40	Final	Women's 200m Breaststroke*
41	Final	Men's 100m IM
42	Final	Women's 100m IM
43	Final	Men's 200m Backstroke*
44	Final	Women's 200m Backstroke*
45	Final	Men's 400m Freestyle *
46	Final	Women's 400m Freestyle *
47	Final	Men's 4x50m Medley Relay
48	Final	Women's 4x50m Freestyle Relay

* Fastest heat of the 200m Breaststroke, 200m Backstroke and 400m Freestyle can be swum in the finals session.

Session 3: Saturday Afternoon

Event 49	Heats	Women's 50m Butterfly
50	Heats	Men's 50m Butterfly
51	Heats	Women's 50m Backstroke
52	Heats	Men's 50m Backstroke
53	Heats	Women's 100m Breaststroke
54	Heats	Men's 100m Breaststroke
55	Heats	Women's 100m Freestyle
56	Heats	Men's 100m Freestyle
57	Heats	Women's 4x50m Medley Relay
58	Heats	Men's 4x50m Freestyle Relay
59	Final	Women's 50m Butterfly
60	Final	Men's 50m Butterfly
61	Final	Women's 50m Backstroke
62	Final	Men's 50m Backstroke
63	Final	Women's 100m Breaststroke
64	Final	Men's 100m Breaststroke
65	Final	Women's 100m Freestyle
66	Final	Men's 100m Freestyle
67	Final	Women's 4x50m Medley Relay
68	Final	Men's 4x50m Freestyle Relay

8. The Scottish Universities' Swimming Championships:

- (1) No competitor may swim more than four individual events.
- (2) Medals shall be awarded to the competitors finishing first, second and third in individual events and to members of relay teams finishing first, second and third.
- (3) Points towards the men's and women's championship shall be awarded as follows:
Individual events 1st - six, 2nd - five, 3rd - four, 4th - three, 5th - two, 6th - one.
Relay Events 1st - twelve, 2nd - ten, 3rd - eight, 4th - six, 5th - four, 6th - two.
- (4) The men's team with the highest aggregate of points shall be the Scottish Universities' Swimming Champions (men) and shall keep the Marischal Trophy for one year.
- (5) The women's team with the highest aggregate of points shall be the Scottish Universities' Swimming Champions (women) and shall keep the Women's Abbey National Shield for one year.
- (6) A list of records shall be maintained and reviewed each year at the Annual General Meeting.
- (7) Only records made at the championships shall be considered and all are subject to ratification by the General Committee.
- (8) The closing date for entries shall be decided by the host club each year.
- (9) The entry fees for the championships shall be decided each year by the host club, in agreement with the President.
- (10) The results must be distributed by the host club within a month of the championships.

9. General Meetings

- (1) The Annual General Meeting of the General Committee shall be held during the Scottish Universities' Swimming Championships.
- (2) A meeting of the General Committee shall be held at the conclusion of the Stirling Sprints Meet.

10. All competitions and entertainment promoted by the Association shall be held under the rules of SASA, but no public entertainment may be held in the name of the Association without consent from the General Committee.

11. This constitution rescinds any and all previous constitutions.

12. This constitution shall not be altered other than at the Annual General Meeting, or at a meeting called for the purpose by at least one third of the General Committee. Notice of any such meeting must be given to the Secretary at least twenty-one days previous to such a meeting.

13. The association shall be affiliated to the Scottish Amateur Swimming Association.
14. The association is responsible to one body:
 - (1) Scottish Universities Sport (SUS) as a sport recognised by Scottish University Sports Unions and Associations. The President is known to SUS as 'Sport Development Coordinator (SDC) – Swimming'.
15. The overall winner of the Scottish Universities league will be decided on the total of the combined men's and women's league points scores for each match.
16. In the event of two or more teams tying on league points, positions in the league shall be determined on the basis of average match points scored by the teams in the matches which were not conceded. The team with the highest average shall be awarded the highest position.
17. The top four teams (based on the total combined men's and women's points score from the league) qualify for the BUCS Swimming Team Championships. Edinburgh B is not eligible to qualify to compete at this event.

Appendix A- Job roles and responsibilities

President

The main role of the President is to promote swimming in Universities within Scotland, and resolve any issues that arise. The President deals with the day-to-day running of the Association, with the assistance of the Honorary Secretary. Responsibilities also involve setting the agendas for all SUSA meetings. In general, the President gets involved with all aspects of SUSA and is the person that the members communicate with.

The President is responsible for the selection of the Scottish Universities' Swimming team for Celtic Nations International Event, in April. This also involves organising transport and accommodation when in Ireland and Wales. When Scotland is the host, duties involve organising and hosting the swimming competition and entertainment.

As a representative of SUS: The primary function of this role is to deliver an agreed calendar of events and to share the results of these events with the SUS office. SUS will expect the President to be in regular communication with the SUS office and to provide an annual report and accounts (in respect of monies received from SUS, at a minimum). Also it is important that SUS is aware of the events plan at the beginning of each academic year.

Honorary Secretary

The Honorary Secretary is responsible for the organisation and running of the Scottish Universities' Swimming League.

STIRLING UNIVERSITY SPRINT MEET
"Bank of Scotland Trophy"
For Best Individual Performance

Year	Swimmer	University
1980-1981	Malcolm Mathieson	Edinburgh
1981-1982	Elizabeth Bull	Edinburgh
1982-1983	Campbell Croner	Strathclyde
1983-1984	Stephen Bree	Edinburgh
1984-1985	Janice Adam	Edinburgh
1985-1986	David Hartwell	Edinburgh
1986-1987	Anne Reid	Edinburgh
1987-1988	Neil Curran	Glasgow
1988-1989	Nina Pederson	Strathclyde
1989-1990	Elma Alexander	Dundee
1990-1991	Jon Brown	Edinburgh
1991-1992	Elma Alexander	Dundee
1992-1993	Russel Dodson	Aberdeen
1993-1994	Kerry Martin	Stirling
1994-1995	Richard Hope	Edinburgh
1995-1996	Pauline McLean	Stirling
1996-1997	Pauline McLean	Stirling
1997-1998	Norwegian Porn Star	Glasgow
1998-1999	Ruth Morrison	Glasgow
1999-2000	Karen McCrone	Stirling
	David Wilkie	Heriot-Watt
2000-2001	Beth Cunningham	Stirling
	Steve Bonnar	Edinburgh
2001-2002	No Record	No Record
2002-2003	No Record	No Record
2003-2004	Laura McGarvey	Strathclyde
	Bobby Scott	Strathclyde
2004-2005	Natasha Crawley	Stirling
	Iain Thomson	Aberdeen
2005-2006	Natasha Crawley	Stirling
	Graeme Lyons	Strathclyde
2006-2007	Catherine Garner	Edinburgh
	Graeme Lyons	Strathclyde
2007-2008	Judi Kilgallon	Edinburgh
	Mark Jaggs	Edinburgh
2008-2009	Lyndsey Meacher	Edinburgh
	Craig Meek	Edinburgh

STIRLING UNIVERSITY SPRINT MEET
"The Aftershock Trophy"
For Overall Team Winner

Year	University
2003-2004	Stirling
2004-2005	Glasgow
2005-2006	Glasgow
2006-2007	Edinburgh
2007-2008	Edinburgh
2008-2009	Edinburgh

SCOTTISH UNIVERSITIES SWIMMING CHAMPIONSHIP
PREVIOUS TEAM WINNERS

Men	Year	Women
Glasgow	1968	Aberdeen
Glasgow	1969	Aberdeen
Glasgow	1970	Aberdeen
Edinburgh	1971	Aberdeen
Edinburgh	1972	Glasgow
Edinburgh	1973	Edinburgh
Edinburgh	1974	Edinburgh
Edinburgh	1975	Edinburgh
No Record	1976	No Record
Edinburgh	1977	Edinburgh
Edinburgh	1978	Glasgow
Edinburgh	1979	Glasgow
Edinburgh	1980	Edinburgh/Aberdeen
Glasgow	1981	Edinburgh
Glasgow	1982	Edinburgh
Aberdeen	1983	Glasgow
Aberdeen	1984	Aberdeen
Aberdeen	1985	Edinburgh
No Record	1986	No Record
Strathclyde	1987	Aberdeen
Glasgow	1988	Strathclyde
Glasgow	1989	Strathclyde
Aberdeen	1990	Glasgow
Heriot-Watt	1991	Glasgow
Aberdeen	1992	St Andrews
Heriot-Watt	1993	Edinburgh
Dundee	1994	Edinburgh
Dundee	1995	Stirling
Glasgow	1996	Edinburgh
Glasgow	1997	Stirling
Glasgow	1998	Glasgow
Glasgow	1999	Glasgow
Edinburgh	2000	Glasgow
Edinburgh	2001	Glasgow
Stirling	2002	Glasgow
Strathclyde	2003	Glasgow
Strathclyde	2004	Strathclyde
Glasgow	2005	Glasgow
Glasgow	2006	Glasgow
Stirling	2007	Edinburgh
Edinburgh	2008	Glasgow
Edinburgh	2009	Edinburgh

SCOTTISH UNIVERSITIES' SWIMMING CHAMPIONSHIPS RECORDS

MEN

Event	Swimmer	University	Time	Year
50 m Free	Todd Cooper	Stirling	23.23	2002
100 m Free	Oliver James	Glasgow	52.73	2006
200 m Free	Ben Higson	Stirling	1:52.54	2007
400 m Free	Alistair Brown	Heriot-Watt	3:56.15	2009
50 m Back	Todd Cooper	Stirling	26.03	2002
100 m Back	Nick Neckles	Stirling	55.75	2002
200 m Back	Graeme Lyons	Strathclyde	2:05.66	2005
50 m Fly	Todd Cooper	Stirling	24.03	2002
100 m Fly	Mark Lewis	Stirling	55.75	2002
200 m Fly	Mark Lewis	Stirling	2:01.90	2002
50 m Breast	Mark Jaggs	Edinburgh	29.47	2008
100 m Breast	Robert Lee	Stirling	1:04.03	2002
200 m Breast	N Curran	Glasgow	2:16.00	1988
100 m IM	Graeme Lyons	Strathclyde	59.38	2007
200 m IM	Robert Lee	Stirling	2:07.24	2002
4 x 50 Medley Relay	Stirling A	Stirling	1:46.58	2002
4 x 50 Free Relay	Glasgow A	Glasgow	1:37.65	2006

WOMEN

Event	Swimmer	University	Time	Year
50 m Free	Jenni Kilgallon	Edinburgh	25.94	2006
100 m Free	Jenni Kilgallon	Edinburgh	58.21	2006
200 m Free	Clare Dawson	Stirling	2:04.36	2008
400 m Free	Emma Reid	Glasgow	4:34.96	2008
50 m Back	Karen Rigby	Dundee	30.82	2006
100 m Back	Jenni Kilgallon	Edinburgh	1:05.06	2007
200 m Back	S. Colling	Stirling	2:23.74	1997
50 m Fly	Kerry Martin	Stirling	29.18	1995
100 m Fly	Kerry Martin	Stirling	1:04.84	1995
200 m Fly	Clare Ricketts	Glasgow	2:22.97	2005
50 m Breast	Shona Booth	Dundee	34.88	2008
100 m Breast	E. Alexander	Dundee	1:15.84	2008
200 m Breast	K. Jackson	Edinburgh	2:43.75	1995
100 m IM	Karen Rigby	Dundee	1:07.46	2006
200 m IM	Isla Hale	Glasgow	2:26.81	1999
4 x 50 Medley Relay	Glasgow A	Glasgow	2:08.01	1999
4 x 50 Free Relay	Edinburgh A	Edinburgh	1:52.68	2007

Updated 10/03/09

SCOTTISH UNIVERSITIES SWIMMING ASSOCIATION
MEMBER UNIVERSITY TEAMS AND CONTACTS

ABERDEEN

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Men's Captain: TBC

Women's Captain: Lucy Harrington
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ST ANDREWS

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STIRLING

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STRATHCLYDE

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SUSA LEAGUE 2009-2010
RESULTS FORM

	Home Team	Away Team
Match		

Date	
Venue	

Home Team		Event	Away Team	
Men	Women		Men	Women
		Medley Relay		
		50 Back		
		50 Free		
		50 Breast		
		100 Free		
		50 Fly		
		100 I.M.		
		Freestyle Relay		
		Final Result		

Individual Races

First: 4 points
 Second: 3 points
 Third: 2 points
 Fourth: 1 point

Relays

First: 8 points
 Second: 4 points

Please email your results forms to Scott Mackenzie within a week of each match:

Email: S.G.Mackenzie@sms.ed.ac.uk

USEFUL ADDRESSES

British Universities & Colleges Sport (BUCS)

20-24 Kings Bench Street

London

SE1 0QX

Tel: 020 7633 5080

Website: www.bucs.org.uk

Scottish Universities Sport (SUS)

3rd Floor

48 Pleasance

Edinburgh

EH8 9TJ

Tel: 0131 650 9654

Website: www.susport.org.uk

CALENDAR

2009-2010

Date	Event	Venue
7 th Nov 2009	Stirling Sprints	Stirling University
13 th -15 th Nov 2009	BUCS Short Course Championships	Ponds Forge, Sheffield
12 th -14 th Feb 2010	BUCS Long Course Championships	Ponds Forge, Sheffield
19 th -21 st Feb 2010	Scottish Universities Swimming Championship	Strathclyde University
13 th March 2010	BUCS Swimming Team Championships	Ponds Forge, Sheffield

2010-2011

Date	Event	Venue
6 th Nov 2010	Stirling Sprints	Stirling University
12 th -14 th Nov 2010	BUCS Short Course Championships	Ponds Forge, Sheffield
11 th -13 th Feb 2011	BUCS Long Course Championships	Ponds Forge, Sheffield
18 th -20 th Feb 2011	Scottish Universities Swimming Championship	Heriot-Watt University
13 th Mar 2011 (TBC)	BUCS Swimming Team Championships	Ponds Forge, Sheffield