

# Scottish Short Course Championships 2025

## SAST Swimmers Plan

Day 1 Friday 12 <sup>th</sup> December			Day 2 Saturday 13 <sup>th</sup> December			Day 3 Sunday 14 <sup>th</sup> December		
<b>Warm up 7:45am</b> <b>Start Time 9:00am</b>			<b>Warm up 7:45am</b> <b>Start Time 9:00am</b>			<b>Warm up 7:45am</b> <b>Start Time 9:00am</b>		
106	50 Breast	Eilidh Connie	203	100 Fly	Eilidh	304	100 Breast	Connie
110	50 Fly	Eilidh	205	50 Free	Gracie Eilidh	305	50 Free	Hamish
			207	200 Breast	Connie	306	50 Back	Gracie
			212	4x50 Medley Team	Hamish, Connie, Theo, Gracie			
<b>Warm up 12:00pm</b> <b>Start Time 12:50pm</b>			<b>Warm up 12:00pm</b> <b>Start Time 12:50pm</b>			<b>Warm up 12:00pm</b> <b>Start Time 12:50pm</b>		
122	400IM	Ruby	222	200 Free	Jasper	321	200 IM	Jasper
123	100 Free	Hamish	225	50 Free	Connie Brooke	322	200 Free	Brooke
124	100 Free	Brooke Connie	226	50 Back	Hamish	325	50 Free	Kyle
125	50 Breast	Hamish	229	100 Back	Gracie	331	400 Free	Jasper Sam
<b>Warm up 4:30pm</b> <b>Start Time 5:30pm</b>			<b>Warm up 4:30pm</b> <b>Start Time 5:30pm</b>			<b>Warm up 4:00pm (earlier)</b> <b>Start Time 5:00pm (earlier)</b>		
111 4x50 Freestyle Team Theo, Hamish, Connie, Gracie								

- Please note
  - There are 3 finals A, B & C for 50-100m events. Plus A & B finals for 200-400m events.
  - Swimmers can train in Edinburgh on Thursday night from 4:00pm – 8:00pm

### Training into Short Course

Mon 8 <sup>th</sup> December	Tue 9 <sup>th</sup> December	Wed 10 <sup>th</sup> December	Thu 11 <sup>th</sup> December	Fri 12 <sup>th</sup> - Sun 14 <sup>th</sup> December	
5:45-7:30am Citadel Speed	5:45-7:30am Citadel Race Pace			Scottish Short course	
	Time TBC Citadel Easy Swim	Christmas Dinner	5:15-6:00pm Citadel Comp W/up		