

SCOTTISH MASTERS SWIMMING DECATHLON

For more than 15 years Scottish Masters Swimming has operated a decathlon competition to find the top all-round male and female Scottish masters swimmers. In addition the system logs all the swims by SASA registered swimmers in Scottish events and provides them with a summary of their performances over the year together with their decathlon score. Since the points system adjusts for age, swimmers can have a target of increasing their overall decathlon score or their score for particular events as they get older despite their actual times declining. Another objective may be to improve their position in the overall rankings. There are trophies for the winners and cash prizes for the top three male and female swimmers.

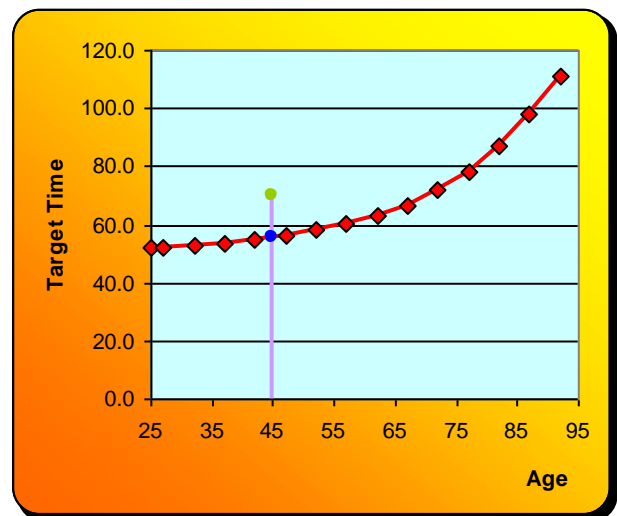
Entry

Every registered SASA swimmer who competes in a masters' event in Scotland is automatically entered for the decathlon competition. There are no entry forms, no requirement to select the ten events you want to count and no entry fees.

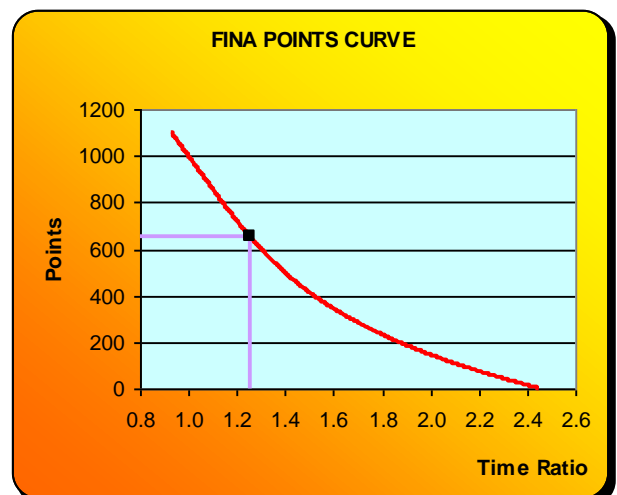
Points System

Based on the 2002 World Masters rankings a series of graphs have been developed to represent "world class" performances as a function of age. A total of 70 graphs have been developed (18 short course and 17 long course for both men and women).

The time for a given age represents the average time for swimmers ranked in the world top ten for that event. A typical graph looks something like the one shown alongside. Using this graph, a target/"world class" time is calculated for the swimmers age on the day they swam. A swimmer's age is expressed exactly so, for example, on the second day of the Scottish masters they are about 0.003 years older than they were on the first day! This means that the target times get slightly easier as the year progresses.



The next stage of the process is to calculate the ratio of the swimmers actual time to the target time. Finally the ratio is used to calculate a number of points using the FINA points system. In this system, a performance equal to the "world class" time is awarded 1000 points, the slower the time the higher the ratio and the less points gained. Some swims actually earned more than 1000 points!



Example : In the example shown in the graphs a 45 year old male records a time of 70 seconds for 100 metres freestyle in a short course pool. This compares with a target time from the graph of 55.81 seconds giving him a time ratio of 1.254. This ratio when plotted on the FINA points curve gives a score of 652.6.

Qualifying Swims

Each swimmer can have up to ten performances counting towards their total score. However, there are certain rules applied to which swims qualify.

The 18 events are split into 6 groups as follows;

| | | |
|---|--|---|
| Group 1 : 50 Freestyle 100 Freestyle 200 Freestyle | Group 2 : 400 Freestyle 800 Freestyle 1500 Freestyle | Group 3 : 50 Breaststroke 100 Breaststroke 200 Breaststroke |
| Group 4 : 50 Backstroke 100 Backstroke 200 Backstroke | Group 5 : 50 Butterfly 100 Butterfly 200 Butterfly | Group 6 : 100 Ind. Medley 200 Ind. Medley 400 Ind. Medley |

The best performance in each group is counted as a qualifying swim. The best performance in each group other than for the event which was the best in group are then considered. Up to four of these are counted as qualifying swims. In order to maximise your points score you have to compete in a range of events spread among the groups. Swimmers who don't compete at any stage in the events of one or more groups will have less than ten qualifying swims. The total points score is obtained by adding the points from each of the qualifying swims.

Example : The swims recorded by a given swimmer are tabulated on the next page. The top table shows the counting swims. The bottom tables shows all swims with the highest placed swims from each of the 6 groups highlighted in blue and the four other counting swims highlighted in yellow.

Prizes

The winners of the decathlon are awarded trophies to hold for a year. Prize money is awarded to the top three male and female swimmers. In 2012 the prizes will be

1st - £100 2nd - £50 3rd - £25

Results

The top 50 men and women in last year's competition are listed below. Detailed results for everyone for whom we were able to establish a date of birth are included in the collection of pdf files on the SASA web site. Swimmers are sorted alphabetically by surname. Swimmers who's surname begin with A-C are stored in the file "Swimmers A-C.pdf", those with surnames starting with letters between "D" and "G" in "Swimmers D-G.pdf", etc.

Sample Results Sheet

Scottish Masters Swimming Decathlon - 2011

Name : **Random Swimmer**

Club : **Random Club**

Date of Birth : 20/06/1954

| Event | Competition | Pool Length | Date | Time | Age | Target Time | Ratio | Points |
|------------------|------------------------|--------------|------------|----------|--------|-------------|-------|-------------|
| 200 Freestyle | East District Masters | Short Course | 26/11/2011 | 02:38.70 | 57.435 | 02:17.26 | 1.156 | 779.4 |
| 400 Freestyle | Scottish Masters | Short Course | 23/04/2011 | 05:36.24 | 56.841 | 04:52.85 | 1.148 | 790.4 |
| 200 Backstroke | Silver City Blues Meet | Short Course | 19/02/2011 | 02:56.10 | 56.668 | 02:38.97 | 1.108 | 846.7 |
| 100 Breaststroke | Scottish Masters | Short Course | 22/04/2011 | 01:20.03 | 56.838 | 01:18.14 | 1.024 | 965.4 |
| 100 Butterfly | East District Masters | Short Course | 26/11/2011 | 01:24.53 | 57.435 | 01:08.53 | 1.234 | 678.0 |
| 400 Ind. Medley | Scottish Masters | Short Course | 22/04/2011 | 06:05.61 | 56.838 | 05:46.72 | 1.054 | 922.2 |
| 100 Freestyle | East District Masters | Short Course | 26/11/2011 | 01:11.33 | 57.435 | 01:00.73 | 1.174 | 754.7 |
| 100 Backstroke | East District Masters | Short Course | 26/11/2011 | 01:21.69 | 57.435 | 01:11.85 | 1.137 | 805.8 |
| 50 Breaststroke | Silver City Blues Meet | Short Course | 19/02/2011 | 00:36.07 | 56.668 | 00:34.99 | 1.031 | 955.7 |
| 100 Ind. Medley | Scottish Masters | Short Course | 22/04/2011 | 01:18.33 | 56.838 | 01:10.86 | 1.105 | 849.9 |
| Total | | | | | | | | 8348 |

Detailed Results

| Event | Competition | Pool Length | Date | Time | Age | Target Time | Ratio | Points |
|------------------|------------------------|--------------|------------|----------|--------|-------------|-------|--------|
| 100 Freestyle | East District Masters | Short Course | 26/11/2011 | 01:11.33 | 57.435 | 01:00.73 | 1.174 | 754.7 |
| 200 Freestyle | East District Masters | Short Course | 26/11/2011 | 02:38.70 | 57.435 | 02:17.26 | 1.156 | 779.4 |
| 400 Freestyle | East District Masters | Short Course | 26/11/2011 | 06:14.77 | 57.435 | 04:53.93 | 1.275 | 627.8 |
| 400 Freestyle | Scottish Masters | Short Course | 23/04/2011 | 05:36.24 | 56.841 | 04:52.85 | 1.148 | 790.4 |
| 100 Backstroke | East District Masters | Short Course | 26/11/2011 | 01:21.69 | 57.435 | 01:11.85 | 1.137 | 805.8 |
| 200 Backstroke | Scottish Masters | Short Course | 22/04/2011 | 02:58.35 | 56.838 | 02:39.27 | 1.120 | 829.8 |
| 200 Backstroke | Silver City Blues Meet | Short Course | 19/02/2011 | 02:56.10 | 56.668 | 02:38.97 | 1.108 | 846.7 |
| 50 Breaststroke | Scottish Masters | Short Course | 23/04/2011 | 00:37.42 | 56.841 | 00:35.03 | 1.068 | 902.7 |
| 50 Breaststroke | Silver City Blues Meet | Short Course | 19/02/2011 | 00:36.07 | 56.668 | 00:34.99 | 1.031 | 955.7 |
| 100 Breaststroke | East District Masters | Short Course | 26/11/2011 | 01:22.04 | 57.435 | 01:18.57 | 1.044 | 936.9 |
| 100 Breaststroke | Scottish Masters | Short Course | 22/04/2011 | 01:20.03 | 56.838 | 01:18.14 | 1.024 | 965.4 |
| 100 Breaststroke | Silver City Blues Meet | Short Course | 19/02/2011 | 01:20.30 | 56.668 | 01:18.03 | 1.029 | 958.4 |
| 200 Breaststroke | Scottish Masters | Short Course | 23/04/2011 | 03:02.34 | 56.841 | 02:53.75 | 1.049 | 929.4 |
| 100 Butterfly | East District Masters | Short Course | 26/11/2011 | 01:24.53 | 57.435 | 01:08.53 | 1.234 | 678.0 |
| 100 Ind. Medley | Scottish Masters | Short Course | 22/04/2011 | 01:18.33 | 56.838 | 01:10.86 | 1.105 | 849.9 |
| 100 Ind. Medley | Silver City Blues Meet | Short Course | 19/02/2011 | 01:18.76 | 56.668 | 01:10.76 | 1.113 | 839.1 |
| 400 Ind. Medley | Scottish Masters | Short Course | 22/04/2011 | 06:05.61 | 56.838 | 05:46.72 | 1.054 | 922.2 |

SCOTTISH MASTERS SWIMMING DECATHLON - 2012

Men's Top 50

| Position | Name | Club | Points |
|----------|--------------------|-----------------------------|--------|
| 1 | Mark Shepherd | St Thomas ASC | 9290.7 |
| 2 | Graeme Hunter | Perth City Swim Club | 8874.4 |
| 3 | Philip Sawrey | Heart Of Midlothian ASC | 8750.2 |
| 4 | Keith Dunnett | Silver City Blues ASC | 8420.4 |
| 5 | Chris Grabham | Rutherglen ASC | 8036.2 |
| 6 | Eddie Riach | Milngavie & Bearsden | 7998.0 |
| 7 | Bill Reid | Silver City Blues ASC | 7946.6 |
| 8 | John McKay | Angus Masters | 7895.7 |
| 9 | Andy Wheeler | Silver City Blues ASC | 7866.9 |
| 10 | Alastair Caird | Angus Masters | 7863.2 |
| 11 | James Leitch | Ren 96 | 7822.0 |
| 12 | James Bromham | Inverness ASC | 7811.0 |
| 13 | Brian Bain | Silver City Blues ASC | 7370.1 |
| 14 | Fergus Sim | Ren 96 | 7260.4 |
| 15 | Stuart McPherson | Silver City Blues ASC | 7226.0 |
| 16 | David Bell | Heart Of Midlothian ASC | 7221.4 |
| 17 | Douglas Robertson | Ren 96 | 7063.7 |
| 18 | Mohamed Allam | Ren 96 | 6997.7 |
| 19 | Gordon Wallace | Ren 96 | 6812.8 |
| 20 | Andrew Hutchinson | Heart Of Midlothian ASC | 6685.3 |
| 21 | David Padden | Ren 96 | 6644.0 |
| 22 | Stephen Meeks | Inverness ASC | 6436.4 |
| 23 | Martin Hodge | Silver City Blues ASC | 6408.3 |
| 24 | Ian Milne | Silver City Blues ASC | 6373.3 |
| 25 | Colin Greer | Inverclyde Masters ASC | 6356.6 |
| 26 | Sean Dawson | Bridge of Don ASC | 6281.7 |
| 27 | Peter Richardson | Glasgow Western Masters ASC | 6274.9 |
| 28 | Graeme Schreiber | Ren 96 | 6123.2 |
| 29 | David Fleetwood | Glasgow Western Masters ASC | 5903.2 |
| 30 | Charles Shearer | Heart Of Midlothian ASC | 5873.8 |
| 31 | Michael Smith | Aberdeen ASC | 5822.4 |
| 32 | David Taylor | Heart Of Midlothian ASC | 5818.2 |
| 33 | Darren Marr | Bathgate ASC | 5767.5 |
| 34 | John Easton | Silver City Blues ASC | 5711.0 |
| 35 | Kevin Reynard | Silver City Blues ASC | 5658.1 |
| 36 | Gianfranco Mazzoni | Inverclyde Masters ASC | 5596.8 |
| 37 | Stuart McPhail | Ren 96 | 5532.9 |
| 38 | Richard Metcalfe | Dunfermline ASC | 5418.9 |
| 39 | James Littlejohn | Silver City Blues ASC | 5354.2 |
| 40 | Mark McCartney | Silver City Blues ASC | 5179.7 |
| 41 | Chris Ferguson | Silver City Blues ASC | 5093.6 |
| 42 | Alistair Honey | Silver City Blues ASC | 5046.1 |
| 43 | Calum Macqueen | Ren 96 | 5000.3 |
| 44 | Stewart Maxwell | Dundee City Aquatics SC | 4998.1 |
| 45 | Robin Balfour | Dunfermline ASC | 4934.7 |
| 46 | Alex Balman | Incas | 4925.5 |
| 47 | Jonathan Sprout | Ren 96 | 4889.1 |
| 48 | Mark Jones | Warrender Baths Club | 4819.1 |
| 49 | Craig Holmes | Carnegie ASC | 4758.8 |
| 50 | Gary Nisbet | Forfar ASC | 4646.9 |

Women's Top 50

| Position | Name | Club | Points |
|----------|--------------------|-----------------------------|---------|
| 1 | Judy Hattle | Carlisle Aquatics | 10351.5 |
| 2 | Carol Thain | Heart Of Midlothian ASC | 9538.1 |
| 3 | Janet McLean | Carnegie ASC | 9458.5 |
| 4 | Erica Jones | Silver City Blues ASC | 8768.3 |
| 5 | Audrey Cooper | Silver City Blues ASC | 8546.7 |
| 6 | Claire Nixon | Dundee City Aquatics SC | 8273.5 |
| 7 | Sandra Lea | Inverness ASC | 7708.5 |
| 8 | Lorna Gavin | Ren 96 | 7669.1 |
| 9 | Karen McBeath | Forres Blu Fins ASC | 7173.6 |
| 10 | Elaine Porteous | Ren 96 | 7135.2 |
| 11 | Emma Moore | Silver City Blues ASC | 7052.0 |
| 12 | Sarah Ward | Inverclyde Masters ASC | 6874.1 |
| 13 | Day Campbell | Silver City Blues ASC | 6662.8 |
| 14 | Betty McMillan | Silver City Blues ASC | 6645.3 |
| 15 | Mary Docherty | Hamilton Baths ASC | 6638.9 |
| 16 | Marie McCormick | Ren 96 | 6609.6 |
| 17 | Catherine Murray | Silver City Blues ASC | 6417.6 |
| 18 | Ashleigh Jolly | Perth City Swim Club | 6208.3 |
| 19 | Lara Ferguson | Carnegie ASC | 6171.1 |
| 20 | Louise Innes | Glasgow Western Masters ASC | 6002.5 |
| 21 | Erin Torrie | Perth City Swim Club | 5991.3 |
| 22 | Carolynn Vogel | Dunfermline ASC | 5979.4 |
| 23 | Andrea Gellan | Incas | 5733.3 |
| 24 | Rachael Keir | Silver City Blues ASC | 5657.0 |
| 25 | Michelle Galbraith | Ren 96 | 5612.3 |
| 26 | Wendy Szarnek | Carnegie ASC | 5598.0 |
| 27 | Evelyn Tivendale | Silver City Blues ASC | 5548.3 |
| 28 | Julia Hector | Stirling Swimming | 5425.8 |
| 29 | Sarah Davey | Glasgow Western Masters ASC | 5416.3 |
| 30 | Emma Ross | Aquanauts Livingston ASC | 5340.8 |
| 31 | Caroline Stretton | Hamilton Baths ASC | 5279.1 |
| 32 | Claire Murray | Dundee City Aquatics SC | 5252.6 |
| 33 | Laura Robertson | Silver City Blues ASC | 5247.6 |
| 34 | Stephanie Owen | Aquanauts Livingston ASC | 5091.1 |
| 35 | Jane Parkinson | Forres Blu Fins ASC | 5037.4 |
| 36 | Ursula Ryder | Dundee City Aquatics SC | 5036.3 |
| 37 | Fiona Donald | Aquanauts Livingston ASC | 4942.1 |
| 38 | Karen Howells | Forres Blu Fins ASC | 4915.2 |
| 39 | Janice Naylor | Inverleith | 4871.4 |
| 40 | Mads Trolborg | Silver City Blues ASC | 4788.8 |
| 41 | Rachel Donald | Aquanauts Livingston ASC | 4776.2 |
| 42 | Clare Ricketts | Glasgow Nomads SC | 4766.3 |
| 43 | Ellen Stewart | Ren 96 | 4744.7 |
| 44 | Vicki Trim | Hamilton Baths ASC | 4673.4 |
| 45 | Jennifer Duncan | Inverclyde Masters ASC | 4615.6 |
| 46 | Kelly Finnie | Silver City Blues ASC | 4611.6 |
| 47 | Nancy Scott | Inverness ASC | 4578.9 |
| 48 | Gillian Innes | Aberdeen ASC | 4533.0 |
| 49 | Katharine Gannon | Ren 96 | 4421.6 |
| 50 | Terri Hinley | Dunfermline ASC | 4375.6 |