

SCOTTISH MASTERS SWIMMING DECATHLON

Over the last seven years Scottish Masters Swimming has operated a decathlon competition to find the best 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.

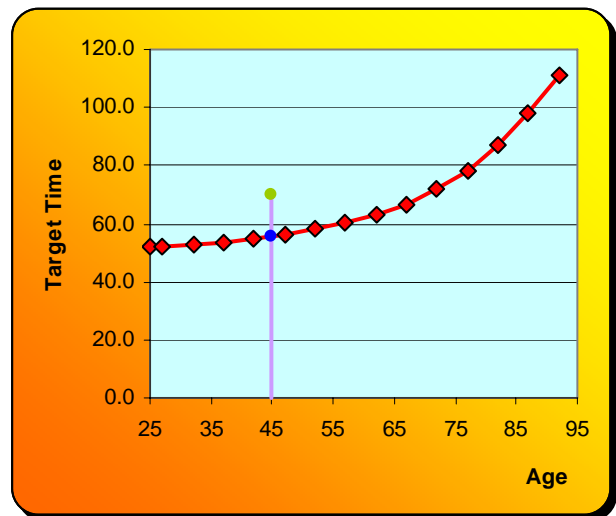
Entry

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

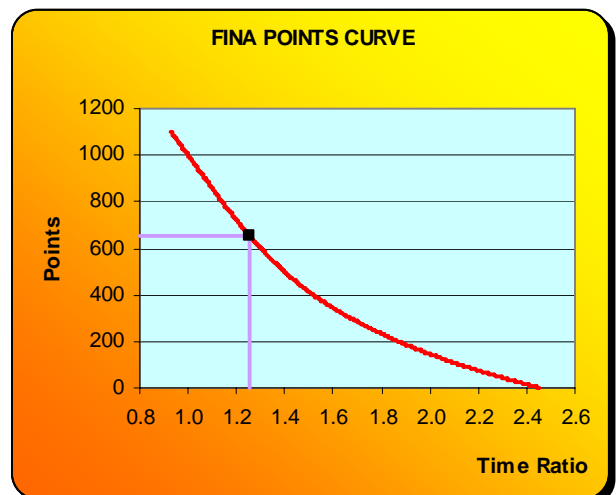
Points System

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 in 2005 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 (that why it's called a decathlon). 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 top points scorer in 2005 was (yet again) Judy Hattle and her record of swims in Scotland is tabulated on the next page. The best performances in each of the six categories are highlighted in blue. The other four qualifying swims are highlighted in yellow. This is a new record score and is the first time a score in excess of 10,000 has been achieved.

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 2006 the prizes will be

1st - £100 2nd - £50 3rd - £25

Detailed Results for all Swimmers

The top 50 men and women in last year's competition are listed below. Detailed results for everyone for all registered SASA masters swimmers who competed in 2005 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 "DecRes_2004_A-C.pdf", those with surnames starting with letters between "D" and "G" in "DecRes_2004_D-G.pdf", etc.

Scottish Masters Swimming Decathlon - 2005

Name: **Judy Hattle**

Club: **City of Carlisle ASC**

Date of Birth: 21/04/1960

Event	Competition	Pool Length	Date	Time	Age	Target Time	Ratio	Points
200 Freestyle	Glasgow International	Short Course	04/11/2005	02:21.30	45.539	02:21.69	0.997	1003.9
800 Freestyle	Inverclyde Masters	Short Course	09/09/2005	10:39.37	45.385	10:13.73	1.042	940.3
100 Backstroke	Glasgow International	Short Course	05/11/2005	01:16.79	45.541	01:14.81	1.026	962.3
100 Breaststroke	Scottish Masters	Short Course	08/04/2005	01:21.88	44.964	01:21.84	1.000	999.3
100 Butterfly	Scottish Masters	Short Course	09/04/2005	01:07.91	44.966	01:13.17	0.928	1097.7
100 Ind. Medley	Scottish Masters	Short Course	08/04/2005	01:13.06	44.964	01:13.79	0.990	1014.0
50 Freestyle	Glasgow International	Short Course	05/11/2005	00:29.17	45.541	00:29.23	0.998	1003.1
200 Backstroke	Glasgow International	Short Course	04/11/2005	02:45.92	45.539	02:40.23	1.035	949.3
200 Butterfly	Scottish Masters	Short Course	09/04/2005	02:35.34	44.966	02:42.79	0.954	1065.4
200 Ind. Medley	Scottish Masters	Short Course	09/04/2005	02:38.62	44.966	02:40.02	0.991	1012.5
Total								10048

Detailed Results

Event	Competition	Pool Length	Date	Time	Age	Target Time	Ratio	Points
50 Freestyle	British Masters	Long Course	04/06/2005	00:30.41	45.120	00:29.19	1.042	940.4
50 Freestyle	Glasgow International	Short Course	05/11/2005	00:29.17	45.541	00:29.23	0.998	1003.1
50 Freestyle	Inverclyde Masters	Short Course	10/09/2005	00:29.88	45.388	00:29.21	1.023	967.0
50 Freestyle	Scottish Masters	Short Course	09/04/2005	00:29.58	44.966	00:29.13	1.016	977.8
100 Freestyle	Glasgow International	Short Course	05/11/2005	01:07.62	45.541	01:05.03	1.040	943.1
100 Freestyle	Glasgow International	Short Course	05/11/2005	01:09.98	45.541	01:05.03	1.076	891.4
100 Freestyle	Inverclyde Masters	Short Course	10/09/2005	01:05.63	45.388	01:04.95	1.010	985.1
200 Freestyle	Glasgow International	Short Course	04/11/2005	02:21.30	45.539	02:21.69	0.997	1003.9
200 Freestyle	Inverclyde Masters	Short Course	09/09/2005	02:21.65	45.385	02:21.50	1.001	998.5
800 Freestyle	Inverclyde Masters	Short Course	09/09/2005	10:39.37	45.385	10:13.73	1.042	940.3
50 Backstroke	Inverclyde Masters	Short Course	09/09/2005	00:35.33	45.385	00:33.39	1.058	917.0
100 Backstroke	Glasgow International	Short Course	05/11/2005	01:16.79	45.541	01:14.81	1.026	962.3
100 Backstroke	Inverclyde Masters	Short Course	10/09/2005	01:18.04	45.388	01:14.70	1.045	936.1
200 Backstroke	Glasgow International	Short Course	04/11/2005	02:45.92	45.539	02:40.23	1.035	949.3
50 Breaststroke	Inverclyde Masters	Short Course	10/09/2005	00:39.35	45.388	00:37.10	1.061	913.5
50 Breaststroke	Scottish Masters	Short Course	09/04/2005	00:38.99	44.966	00:37.02	1.053	924.0
100 Breaststroke	Scottish Masters	Short Course	08/04/2005	01:21.88	44.964	01:21.84	1.000	999.3
50 Butterfly	Glasgow International	Short Course	05/11/2005	00:30.70	45.541	00:31.87	0.963	1052.6
50 Butterfly	Inverclyde Masters	Short Course	09/09/2005	00:31.10	45.385	00:31.84	0.977	1033.3
50 Butterfly	Scottish Masters	Short Course	08/04/2005	00:31.08	44.964	00:31.76	0.979	1030.6
100 Butterfly	British Masters	Long Course	05/06/2005	01:09.31	45.123	01:10.01	0.990	1014.2
100 Butterfly	Inverclyde Masters	Short Course	10/09/2005	01:09.28	45.388	01:13.47	0.943	1081.5
100 Butterfly	Scottish Masters	Short Course	09/04/2005	01:07.91	44.966	01:13.17	0.928	1097.7
200 Butterfly	British Masters	Long Course	04/06/2005	02:40.98	45.120	02:46.96	0.964	1051.2
200 Butterfly	Inverclyde Masters	Short Course	10/09/2005	02:44.38	45.388	02:43.61	1.005	993.3
200 Butterfly	Scottish Masters	Short Course	09/04/2005	02:35.34	44.966	02:42.79	0.954	1065.4
100 Ind. Medley	Scottish Masters	Short Course	08/04/2005	01:13.06	44.964	01:13.79	0.990	1014.0
200 Ind. Medley	British Masters	Long Course	05/06/2005	02:43.08	45.123	02:43.68	0.996	1005.2
200 Ind. Medley	Scottish Masters	Short Course	09/04/2005	02:38.62	44.966	02:40.02	0.991	1012.5

2005 Decathlon Results

Top 50 Women

Position	Name	Club	Points
1	Judy Hattle	City of Carlisle ASC	10047.9
2	Audrey Cooper	Silver City Blues ASC	8556.1
3	June Falconer	Silver City Blues ASC	7539.2
4	Mary Docherty	Hamilton Baths ASC	7403.5
5	Janice Craig	City Of Glasgow Swim Team	6771.0
6	Wendy Cumming	Glenrothes ASC	6438.8
7	Susan Fraser	Forres Blu Fins ASC	6303.4
8	Day Campbell	Ren 96	6106.8
9	Sharon Mcpherson	Ren 96	5948.0
10	Liz Mackay	Thurso ASC	5931.3
11	Marie Clare	North Ayrshire ASC	5842.8
12	Janice Naylor	Inverleith	5792.8
13	Wendy Szaranek	Glenrothes ASC	5710.4
14	Elaine Fraser	Ren 96	5668.9
15	Betty Mcmillan	Silver City Blues ASC	5572.4
16	Eileen Woods	North Ayrshire ASC	5541.5
17	Sandra Lea	Inverness ASC	5379.7
18	Heather Allan	City Of Glasgow Swim Team	5237.6
19	Jannette Henderson	Glasgow Nomads SC	5210.6
20	Lynsey Walker	Fauldhouse Penguins SC	5169.3
21	Gail McArthur	Ren 96	5149.2
22	Janet Stobie	Motherwell & Wishaw ASC	4991.1
23	Alistair Black	Inverclyde Masters ASC	4888.4
24	Helen Ramsay	Hart SC	4817.0
25	Vicky Taylor	Forfar ASC	4524.6
26	Elspeth Watson	Silver City Blues ASC	4495.4
27	Catherine Murray	Thurso ASC	4385.1
28	Gillian King	Silver City Blues ASC	4177.4
29	Lindsay McNally	Silver City Blues ASC	4175.8
30	Daphne Mcculloch	Glasgow Western Masters ASC	4077.2
31	Rhona Mowat	Thurso ASC	4067.6
32	Barbara Thomson	Glasgow Western Masters ASC	4046.0
33	Jane Parkinson	Glasgow Nomads SC	4043.1
34	Alexa White	Crawley SC	4041.3
35	Gillian Clunas	Silver City Blues ASC	4035.9
36	Ursula Ryder	Dundee Arnhall ASC	3930.8
37	Michelle Coghill	Thurso ASC	3787.7
38	Iona McPherson	Silver City Blues ASC	3744.5
39	Alieda Mckinney	Glasgow Nomads SC	3731.2
40	Catherine Allan	City Of Glasgow Swim Team	3666.8
41	Nancy Scott	Inverness ASC	3611.8
42	Dawn Dyason	Incas	3524.2
43	Simona Ielo	Inverclyde Masters ASC	3399.4
44	Karena Caskie	Lomond District Masters ASC	3388.7
45	Linda Mcneill	Glasgow Western Masters ASC	3279.8
46	Heather Dale	Silver City Blues ASC	3263.6
47	Alexis Rigby	Glasgow Nomads SC	3188.9
48	Evelyn Tivendale	Silver City Blues ASC	3168.4
49	Arline Morrison	Glasgow Western Masters ASC	3117.5
50	Louise Gregory	Islay Masters	3019.6

Top 50 Men

Position	Name	Club	Points
1	Brian Bain	Silver City Blues ASC	7992.6
2	Bill Reid	Silver City Blues ASC	7767.2
3	Alastair Caird	Forfar ASC	7471.3
4	Mark O'connor	Silver City Blues ASC	7457.7
5	Keith Dunnett	Silver City Blues ASC	7249.7
6	Graeme Schreiber	Ren 96	7170.1
7	Ken Mckay	Hamilton Baths ASC	7053.7
8	Gordon Smith	Silver City Blues ASC	6944.9
9	Bruce Cook	Naim ASC	6859.0
10	Hugh Cullen	Glasgow Western Masters ASC	6830.0
11	Gary Hurr	Glasgow Western Masters ASC	6606.4
12	Gordon Wallace	Ren 96	6568.4
13	Phil Robbins	Upper Deeside ASC	6386.9
14	John Szaranek	Glenrothes ASC	6252.9
15	Andy Wheeler	Silver City Blues ASC	6138.7
16	Stuart Cole	Silver City Blues ASC	6112.7
17	David Haig	Kinross Otters ASC	5882.6
18	Douglas Mclean	Glasgow Nomads SC	5768.5
19	Iain Teaz	Glasgow Nomads SC	5571.7
20	Stewart Maxwell	City Of Dundee Swimming Club	5539.9
21	John Higgins	Motherwell & Wishaw ASC	5466.3
22	Gordon Docherty	Inverclyde Masters ASC	5446.8
23	Joseph Phillips	Inverclyde Masters ASC	5441.9
24	Don Chadwick	Silver City Blues ASC	5271.0
25	Neil Arthur	Silver City Blues ASC	5237.3
26	Greig Henderson	Silver City Blues ASC	5234.4
27	James Woodcock	Plymouth Leander SC	5159.4
28	Gordon Prentice	Fauldhouse Penguins SC	5082.4
29	Fergus Sim	Ren 96	5065.3
30	Calum Johnston	Ren 96	4987.0
31	Gerard Malone	Inverclyde Masters ASC	4898.5
32	Eddie Riach	Mingavie & Bearsden	4886.8
33	Alan Thomson	Forres Blu Fins ASC	4792.0
34	Bruce Benning	Perth Masters	4663.8
35	Charles Kelly	Dunfermline Water Polo Club	4402.4
36	Richard Metcalfe	Royal Navy SC	4348.0
37	Farquhar MacRae	Silver City Blues ASC	4323.4
38	Edward Baxter	Dumfries Dolphins ASC	4301.4
39	Jonathan Burton	Stirling ASC	4288.4
40	Robert Wilmot	Ren 96	4226.2
41	Robert Telford	Glasgow Western Masters ASC	4056.6
42	Andy May	Portobello ASC	4045.8
43	Ashley Sinclair	Perth Masters	3850.5
44	Stephen Moffatt	Glenrothes ASC	3839.7
45	Sandy Galletly	Scottish ASA Life Member	3831.3
46	Stephen Harris	Glasgow Nomads SC	3770.4
47	Andrew Reid Snr	Forfar ASC	3628.9
48	Andrew MacIennan	Silver City Blues ASC	3526.3
49	Alan Johnstone	Glenrothes ASC	3495.4
50	David Waddell	Duns ASC	3476.6