

WEST DISTRICT 2009 GROUP 2 CHAMPIONSHIP - SHORT COURSE OPEN

Dates and Venue

7th / 8th March

Tryst Sports Centre - Cumbernauld

Sessions: 10:00am and 2:30pm each day.

Warm Ups: 9:00am and 1:30pm each day.

Age Groups

Open

This Championship is open to registered swimmers who are members of clubs affiliated to the West District of the S.A.S.A. as defined in Championship Reg. CH1.2.

There is a Consideration Time for each individual event.

Entry to the Championship will be in accordance with the District Rules.

Competitors age will be their age on the last day of each competition

Entries

Entries for this Meet require to be generated on the Hy-Tek Team Manager 4/5 or Lite programme. Hy-Tek Team Manager Lite is available via the internet or on CD that can be requested from the Swimming & Championships Convenor, contact information below.

For administration purposes, an Information Form must be submitted with the cheque.

PLEASE NOTE !!

Seeded Start Lists for ALL Sessions will be prepared prior to the Meet and Withdrawals will be accepted up to 6pm on Wednesday prior to Championships for exclusion from the Start Lists.

Withdrawals on "Withdrawal Forms" will be accepted, at the Recorder's Desk, up to 45 minutes before the start of each Session for the purposes of allocating Reserves.

Start Lists will be updated and may be re-seeded based on the Withdrawals on the day.

Start Lists will not be issued to Clubs, prior to the start of a Session, until all Withdrawals have been processed. The issue of Start Lists may extend into the early Events of the Session.

Unplaced Reserves will be allocated to available lanes during an Event after reporting to the Referee at the beginning of that Event.

Further assistance available from John Deans (01698 825507) & john.deans@blueyonder.co.uk

All entries must be addressed to:

John Deans
Championship Convenor
9 Tynron Court
Hamilton
ML3 8XD

DO NOT SEND ENTRIES BY RECORDED DELIVERY

DO NOT SEND ENTRIES TO THE DISTRICT OFFICE

Entry Fees

Individual Events £4.50 each event (Cheques made payable to **SASA West District**)

Closing Dates

Entries **AND** Information Forms **AND** Cheques **MUST** be received by, the Championship Convenor, by the following date:

****** Sunday 15th February ******

Submitted Times

To be 25 metre times, conversions can be used, and need not be accredited.

Fines

Under District Rules there is a standard £2.00 Fine for any individual competitor who has recorded a time, slower than 1 second, for each 100 metre (or part of 100 metre) outside the Consideration Time.

Technical Officials

District clubs entering swimmers in any District Swimming Championships must provide Swimming Technical Officials for each session of the championships in accordance with the following scale:

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Total no.of Club swimmers per session	Number of STO's per session
1 to 4	None
5 to 9	1 x Judge
10+	2 of which at least 1 must be a Judge, Starter or Referee

A District Club failing to provide STO in accordance with this scale shall be subject to a fine of **£50.00 per person**, for each session in which the required STO is not present. Members of the organising committee shall be counted for the purpose of meeting this requirement.

14/15 Age Group

Where practical a minimum number of 14/15 yrs swimmers will be included in 200+ m Events.

Minimum Age

The minimum age for entries is 10 yrs on last day of Meet.

Awards

Medals will be awarded for 1st, 2nd and 3rd in each event.

Medals will also be awarded for 1st, 2nd and 3rd to competitors in the **14/15 age group**. (Swimmers must achieve the Consideration Times to be eligible for an award.)

Heats and Finals

All Group 2 Events will be **Heat Declared Winner**.

Programme

One free Programme for each competing Club.

Results

One free set of Results for each competing Club.

John A. Deans

Swimming & Championships Convenor

WEST DISTRICT 2009 GROUP 2 CHAMPIONSHIP- SHORT COURSE OPEN AGE GROUP**Consideration Time**

101	Female	50 Breaststroke	HDW	00.43.00
102	Male	50 Breaststroke	HDW	00.40.30
103	Female	100 Backstroke	HDW	01.16.50
104	Male	100 Backstroke	HDW	01.13.80
105	Female	200 Butterfly	HDW	03.02.00
106	Male	200 Butterfly	HDW	02.53.00
107	Female	200 Ind Medley	HDW	02.48.00
108	Male	200 Ind Medley	HDW	02.42.50
109	Female	400 Freestyle	HDW	04.59.00
110	Male	400 Freestyle	HDW	04.41.00
201	Female	50 Backstroke	HDW	00.37.00
202	Male	50 Backstroke	HDW	00.36.20
203	Female	100 Butterfly	HDW	01.17.50
204	Male	100 Butterfly	HDW	01.12.50
205	Female	200 Freestyle	HDW	02.26.00
206	Male	200 Freestyle	HDW	02.16.00
207	Female	400 Ind Medley	HDW	06.01.00
208	Male	400 Ind Medley	HDW	05.56.00
301	Female	50 Butterfly	HDW	00.35.00
302	Male	50 Butterfly	HDW	00.32.90
303	Female	100 Freestyle	HDW	01.06.70
304	Male	100 Freestyle	HDW	00.59.90
305	Female	200 Breaststroke	HDW	03.15.00
306	Male	200 Breaststroke	HDW	03.07.00
307	Female	1500 Freestyle	HDW	23.00.00
308	Male	800 Freestyle	HDW	10.10.00
401	Female	50 Freestyle	HDW	00.31.20
402	Male	50 Freestyle	HDW	00.28.00
403	Female	100 Breaststroke	HDW	01.28.60
404	Male	100 Breaststroke	HDW	01.25.30
405	Female	200 Backstroke	HDW	02.46.60
406	Male	200 Backstroke	HDW	02.46.00
407	Female	800 Freestyle	HDW	10.50.00
408	Male	1500 Freestyle	HDW	19.30.00