

## **WEST DISTRICT 2009 GROUP 6 CHAMPIONSHIP- SHORT COURSE AGE GROUP**

### **Date and Venue**

**28<sup>th</sup> / 29<sup>th</sup> November**

**Grangemouth Sports Complex**

Sessions: 10:00am and 2:30pm each day.  
Warm Ups: 9:00am and 1:30pm each day.

### **Age Groups**

**10/11Yrs, 12 Yrs and 13 Yrs**

This Championship is open to registered swimmers who are members of clubs affiliated to the West District of the S.A.S.A. There is a Consideration Time for each individual event and these are given with the attached order of events.

Entry to the Age Group Championships 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. The Lite programme is available via the internet or on CD that can be requested from the 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 Fee

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

## Closing Date

Entries must be received by, the Championship Convenor, by the following date:

\*\*\*\* Sunday 8<sup>th</sup> November \*\*\*\*

## 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:

Total no.of Club swimmers per session	Number of STO's per session
1 to 4	None
5 to 9	<b>1 x Judge</b>
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.

## Minimum Age

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

## Awards

Medals will be awarded for 1<sup>st</sup> 2<sup>nd</sup> and 3<sup>rd</sup> in each event.

Medallions will be awarded to 4<sup>th</sup> 5<sup>th</sup> and 6<sup>th</sup> in each event.

(Swimmers must achieve the Consideration Time to be eligible for an award.)

Overall Champion will be awarded to the Best Boy and Girl in each Age Group and the criteria will be total Performance Points by accumulating the single highest individual points from each of the three categories defined as follows:

Free	Best of:	200 Fr, 400 Fr, 800 Fr, 1500 Fr
Form	Best of:	200 Br, 200 Ba, 200 FI
Medley	Best of:	200 IM, 400 IM

## Heats and Finals

All Group 6 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 6 CHAMPIONSHIP- SHORT COURSE AGE GROUP****Consideration Time**

101	13 G	200 Butterfly	HDW	03.50.00
102	13 B	200 Backstroke	HDW	02.55.00
103	12 G	200 Breaststroke	HDW	03.29.00
104	12 B	200 Freestyle	HDW	02.40.00
105	10/11 G	200 Butterfly	HDW	04.10.00
106	10/11 B	200 Backstroke	HDW	03.21.00
107	13 G	400 Freestyle	HDW	05.23.00
108	13 B	400 Ind Medley	HDW	07.20.00
109	12 G	800 Freestyle	HDW	12.10.00
110	12 B	200 Ind Medley	HDW	03.10.00
111	10/11 G	400 Freestyle	HDW	06.05.00
112	10/11 B	400 Ind Medley	HDW	07.40.00
201	13 G	200 Backstroke	HDW	02.55.00
202	13 B	200 Breaststroke	HDW	03.23.00
203	12 G	200 Freestyle	HDW	02.38.00
204	12 B	200 Butterfly	HDW	04.00.00
205	10/11 G	200 Backstroke	HDW	03.12.00
206	10/11 B	200 Breaststroke	HDW	03.48.00
207	13 G	400 Ind Medley	HDW	06.30.00
208	13 B	1500 Freestyle	HDW	
209	12 G	200 Ind Medley	HDW	03.01.00
210	12 B	400 Freestyle	HDW	05.30.00
211	10/11 G	400 Ind Medley	HDW	07.10.00
212	10/11 B	800 Freestyle	HDW	
301	13 G	200 Breaststroke	HDW	03.23.00
302	13 B	200 Freestyle	HDW	02.27.00
303	12 G	200 Butterfly	HDW	04.00.00
304	12 B	200 Backstroke	HDW	03.05.00
305	10/11G	200 Breaststroke	HDW	03.38.00
306	10/11 B	200 Freestyle	HDW	02.50.00
307	13 G	1500 Freestyle	HDW	
308	13 B	200 Ind Medley	HDW	02.50.00
309	12 G	400 Freestyle	HDW	05.35.00
310	12 B	400 Ind Medley	HDW	07.00.00
311	10/11G	800 Freestyle	HDW	
312	10/11 B	200 Ind Medley	HDW	03.16.00
401	13 G	200 Freestyle	HDW	02.32.00
402	13 B	200 Butterfly	HDW	04.20.00
403	12 G	200 Backstroke	HDW	03.05.00
404	12 B	200 Breaststroke	HDW	03.35.00
405	10/11 G	200 Freestyle	HDW	02.50.00
406	10/11 B	200 Butterfly	HDW	05.00.00
407	13 G	200 Ind Medley	HDW	02.54.00
408	13 B	400 Freestyle	HDW	05.21.00
409	12 G	400 Ind Medley	HDW	07.20.00
410	12 B	800 Freestyle	HDW	
411	10/11 G	200 Ind Medley	HDW	03.16.00
412	10/11 B	400 Freestyle	HDW	06.10.00