

## **WEST DISTRICT 2010 GROUP 1 CHAMPIONSHIP- SHORT COURSE AGE GROUP**

### **Date and Venue**

**20<sup>th</sup>/21<sup>st</sup> February**                      **The Tryst Sporst Cente - Cumbernauld**

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

### **Age Groups**

#### **10-12 Years and 13/14 Years**

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. 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 Fee

Individual Events                      **£4.00** each event (Cheques made payable to **SASA West District**)

## Closing Date

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

**\*\*\*\* Sunday 31<sup>st</sup> January \*\*\*\***

## 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.

## Awards

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

Medallions will be awarded to 4th 5th and 6th 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 four categories defined as follows:

100's	Best of:	100 Fr, 100 Br, 100 Ba, 100 FI
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 1 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 2010 GROUP 1 CHAMPIONSHIP- SHORT COURSE AGE GROUP****GROUP 1****10 - 12 and 13/14 AGE GROUPS****Consideration Time**

101	10-12	G	100 Breaststroke	HDW	01.37.00
102	10-12	B	100 Breaststroke	HDW	01.37.70
103	13/14	G	100 Breaststroke	HDW	01.30.50
104	13/14	B	100 Breaststroke	HDW	01.27.00
105	10-12	G	200 Butterfly	HDW	03.33.50
106	10-12	B	200 Butterfly	HDW	03.38.60
107	13/14	G	200 Butterfly	HDW	03.18.40
108	13/14	B	200 Butterfly	HDW	03.18.40
109	10-12	G	400 Freestyle	HDW	05.29.80
110	10-12	B	400 Freestyle	HDW	05.25.70
111	13/14	G	400 Freestyle	HDW	05.01.30
112	13/14	B	400 Freestyle	HDW	04.54.00
201	10-12	G	100 Backstroke	HDW	01.23.00
202	10-12	B	100 Backstroke	HDW	01.25.10
203	13/14	G	100 Backstroke	HDW	01.18.30
204	13/14	B	100 Backstroke	HDW	01.15.30
205	10-12	G	200 Freestyle	HDW	02.38.30
206	10-12	B	200 Freestyle	HDW	02.38.00
207	13/14	G	200 Freestyle	HDW	02.25.00
208	13/14	B	200 Freestyle	HDW	02.22.30
209	10-12	G	400 Ind. Medley	HDW	06.34.00
210	10-12	B	400 Ind. Medley	HDW	06.30.00
211	13/14	G	400 Ind. Medley	HDW	06.14.00
212	13/14	B	400 Ind. Medley	HDW	05.55.00
301	10-12	G	100 Butterfly	HDW	01.28.00
302	10-12	B	100 Butterfly	HDW	01.30.20
303	13/14	G	100 Butterfly	HDW	01.20.60
304	13/14	B	100 Butterfly	HDW	01.18.00
305	10-12	G	200 Breaststroke	HDW	03.27.50
306	10-12	B	200 Breaststroke	HDW	03.33.50
307	13/14	G	200 Breaststroke	HDW	03.17.00
308	13/14	B	200 Breaststroke	HDW	03.13.00
309	10-12	G	800 Freestyle	HDW	11.19.00
310	10-12	B	200 Ind. Medley	HDW	03.03.00
311	13/14	G	800 Freestyle	HDW	10.12.80
312	13/14	B	200 Ind. Medley	HDW	02.41.00
401	10-12	G	100 Freestyle	HDW	01.12.00
402	10-12	B	100 Freestyle	HDW	01.11.80
403	13/14	G	100 Freestyle	HDW	01.07.20
404	13/14	B	100 Freestyle	HDW	01.05.20
405	10-12	G	200 Backstroke	HDW	03.01.00
406	10-12	B	200 Backstroke	HDW	03.01.00
407	13/14	G	200 Backstroke	HDW	02.47.00
408	13/14	B	200 Backstroke	HDW	02.44.00
409	10-12	G	200 Ind. Medley	HDW	02.58.60
410	10-12	B	1500 Freestyle	HDW	22.30.00
411	13/14	G	200 Ind. Medley	HDW	02.46.00
412	13/14	B	1500 Freestyle	HDW	19.10.00