

WEST DISTRICT 2010 GROUP 2 CHAMPIONSHIP - LONG COURSE

Dates and Venue

6th / 7th March

Tollcross Leisure Centre - Glasgow

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

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

Age Groups

10-12Yrs, 13/14Yrs & Open

This Championship is open to registered swimmers whose 1st Claim Club is affiliated to the West District of the S.A.S.A..

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 at www.hy-tek ltd.com/downloads.html

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

Entries

Entries equal to or faster than the Consideration Times for each Age Group will be accepted, subject to available lanes, on the basis of providing a balance across the available Heats/Lanes per Event, dependant on the number of Heats.

e.g. For a 6 heat Event: 20 x 10-12Yrs, 20 x 13/14Yrs and 20 x 15&OYrs would be accepted.

If only 16 x 15&OYrs swimmers were accepted, then 22 x 10-12Yrs and 22 x 13/14Yrs would be accepted.

Above figures would be pro-rated for Events with different number of Heats.

An Entry Time equal to or faster than the Event Consideration Time does not guarantee acceptance into the Event.

Important Note: The 15&OYrs age group only exists to achieve a balanced entry and Results will not be generated for this Age Group.

Reserves

A total of up to 6 x Reserves, comprising of maximum of 2 x from each Age Group where available, will be allocated to each Event. These Reserves will be allocated artificial times to accommodate placing in the Meet programme.

Reserves will be allocated to the Event on withdrawal of confirmed swimmers on an Age Group basis.

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

Closing Dates

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

****** Sunday 13th February ******

Submitted Times

To be 50 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:

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	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.

Awards

10-12Yrs and 13/14Yrs

Medals will be awarded to 1st, 2nd and 3rd in each Event.

Medallions will be awarded to 4th, 5th and 6th in each Event.

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:	50Fr, 200 Fr, 400 Fr, 800 Fr, 1500 Fr
Form	Best of:	50Br, 50Ba, 50FI, 200 Br, 200 Ba, 200 FI
Medley	Best of:	200 IM, 400 IM

Open

Medals will be awarded to 1st, 2nd and 3rd in each Event.

In all Age Groups, 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 2010 GROUP 2 CHAMPIONSHIP- LONG COURSE**Consideration Time**

101	Female	50 Breaststroke		
101A	Female 10-12Yrs	50 Breaststroke	HDW	00.46.75
101B	Female 13/14Yrs	50 Breaststroke	HDW	00.44.75
101C	Female 15 & O	50 Breaststroke	HDW	00.43.70
102	Male	50 Breaststroke		
102A	Male 10-12Yrs	50 Breaststroke	HDW	00.46.80
102B	Male 13/14Yrs	50 Breaststroke	HDW	00.40.80
102C	Male 15& O	50 Breaststroke	HDW	00.41.80
103	Female 10-12Yrs	100 Backstroke		
103A	Female 10-12Yrs	100 Backstroke	HDW	01.25.50
103B	Female 13/14Yrs	100 Backstroke	HDW	01.20.00
103C	Female 15 & O	100 Backstroke	HDW	01.17.50
104	Male	100 Backstroke		
104A	Male 10-12Yrs	100 Backstroke	HDW	01.26.00
104B	Male 13/14Yrs	100 Backstroke	HDW	01.18.75
104C	Male 15& O	100 Backstroke	HDW	01.14.90
105	Female 10-12Yrs	200 Butterfly		
105A	Female 10-12Yrs	200 Butterfly	HDW	03.40.00
105B	Female 13/14Yrs	200 Butterfly	HDW	03.20.00
105C	Female 15 & O	200 Butterfly	HDW	03.03.70
106	Male	200 Butterfly		
106A	Male 10-12Yrs	200 Butterfly	HDW	03.42.00
106B	Male 13/14Yrs	200 Butterfly	HDW	03.22.00
106C	Male 15& O	200 Butterfly	HDW	02.58.00
107	Female 10-12Yrs	200 Ind Medley		
107A	Female 10-12Yrs	200 Ind Medley	HDW	03.04.00
107B	Female 13/14Yrs	200 Ind Medley	HDW	02.52.30
107C	Female 15 & O	200 Ind Medley	HDW	02.53.30
108	Male	200 Ind Medley		
108A	Male 10-12Yrs	200 Ind Medley	HDW	03.09.30
108B	Male 13/14Yrs	200 Ind Medley	HDW	02.45.00
108C	Male 15& O	200 Ind Medley	HDW	02.44.90
109	Female	400 Freestyle		
109A	Female 10-12Yrs	400 Freestyle	HDW	05.36.00
109B	Female 13/14Yrs	400 Freestyle	HDW	05.10.00
109C	Female 15 & O	400 Freestyle	HDW	05.03.70
110	Male	400 Freestyle		
110A	Male 10-12Yrs	400 Freestyle	HDW	05.30.00
110B	Male 13/14Yrs	400 Freestyle	HDW	05.02.00
110C	Male 15& O	400 Freestyle	HDW	04.46.00

Consideration Time

201	Female	50 Backstroke		
201A	Female 10-12Yrs	50 Backstroke	HDW	00.40.50
201B	Female 13/14Yrs	50 Backstroke	HDW	00.37.60
201C	Female 15 & O	50 Backstroke	HDW	00.37.06
202	Male	50 Backstroke		
202A	Male 10-12Yrs	50 Backstroke	HDW	00.40.50
202B	Male 13/14Yrs	50 Backstroke	HDW	00.37.60
202C	Male 15& O	50 Backstroke	HDW	00.36.80
203	Female	100 Butterfly		
203A	Female 10-12Yrs	100 Butterfly	HDW	01.32.00
203B	Female 13/14Yrs	100 Butterfly	HDW	01.25.00
203C	Female 15 & O	100 Butterfly	HDW	01.23.50
204	Male	100 Butterfly		
204A	Male 10-12Yrs	100 Butterfly	HDW	01.31.50
204B	Male 13/14Yrs	100 Butterfly	HDW	01.23.50
204C	Male 15& O	100 Butterfly	HDW	01.13.50
205	Female	200 Freestyle		
205A	Female 10-12Yrs	200 Freestyle	HDW	02.42.00
205B	Female 13/14Yrs	200 Freestyle	HDW	02.34.00
205C	Female 15 & O	200 Freestyle	HDW	02.33.00
206	Male	200 Freestyle		
206A	Male 10-12Yrs	200 Freestyle	HDW	02.40.50
206B	Male 13/14Yrs	200 Freestyle	HDW	02.27.00
206C	Male 15& O	200 Freestyle	HDW	02.21.70
207	Female	400 Ind Medley		
207A	Female 10-12Yrs	400 Ind Medley	HDW	07.00.00
207B	Female 13/14Yrs	400 Ind Medley	HDW	06.22.00
207C	Female 15 & O	400 Ind Medley	HDW	06.05.80
208	Male	400 Ind Medley		
208A	Male 10-12Yrs	400 Ind Medley	HDW	07.05.00
208B	Male 13/14Yrs	400 Ind Medley	HDW	06.30.00
208C	Male 15& O	400 Ind Medley	HDW	06.10.00

Consideration Time

301	Female	50 Butterfly		
301A	Female 10-12Yrs	50 Butterfly	HDW	00.40.25
301B	Female 13/14Yrs	50 Butterfly	HDW	00.37.50
301C	Female 15 & O	50 Butterfly	HDW	00.35.50
302	Male	50 Butterfly		
302A	Male 10-12Yrs	50 Butterfly	HDW	00.40.25
302B	Male 13/14Yrs	50 Butterfly	HDW	00.35.50
302C	Male 15& O	50 Butterfly	HDW	00.33.70
303	Female	100 Freestyle		
303A	Female 10-12Yrs	100 Freestyle	HDW	01.14.00
303B	Female 13/14Yrs	100 Freestyle	HDW	01.07.30
303C	Female 15 & O	100 Freestyle	HDW	01.07.90
304	Male	100 Freestyle		
304A	Male 10-12Yrs	100 Freestyle	HDW	01.14.10
304B	Male 13/14Yrs	100 Freestyle	HDW	01.06.25
304C	Male 15 & O	100 Freestyle	HDW	01.01.30
305	Female	200 Breaststroke		
305A	Female 10-12Yrs	200 Breaststroke	HDW	03.30.00
305B	Female 13/14Yrs	200 Breaststroke	HDW	03.25.00
305C	Female 15 & O	200 Breaststroke	HDW	03.22.00
306	Male	200 Breaststroke		
306A	Male 10-12Yrs	200 Breaststroke	HDW	03.36.00
306B	Male 13/14Yrs	200 Breaststroke	HDW	03.20.00
306C	Male 15 & O	200 Breaststroke	HDW	03.09.80
307	Female	1500 Freestyle		
307A	Female 10-12Yrs	1500 Freestyle	HDW	NCT
307B	Female 13/14Yrs	1500 Freestyle	HDW	NCT
307C	Female 15 & O	1500 Freestyle	HDW	23.14.90
308	Male	800 Freestyle		
308A	Male 10-12Yrs	800 Freestyle	HDW	NCT
308B	Male 13/14Yrs	800 Freestyle	HDW	NCT
308C	Male 15 & O	800 Freestyle	HDW	10.30.00

NCT = No Consideration Time

Consideration Time

401	Female	50 Freestyle		
401A	Female 10-12Yrs	50 Freestyle	HDW	00.34.60
401B	Female 13/14Yrs	50 Freestyle	HDW	00.32.50
401C	Female 15 & O	50 Freestyle	HDW	00.31.90
402	Male	50 Freestyle		
402A	Male 10-12Yrs	50 Freestyle	HDW	00.34.60
402B	Male 13/14Yrs	50 Freestyle	HDW	00.32.30
402C	Male 15& O	50 Freestyle	HDW	00.28.70
403	Female	100 Breaststroke		
403A	Female 10-12Yrs	100 Breaststroke	HDW	01.39.00
403B	Female 13/14Yrs	100 Breaststroke	HDW	01.34.80
403C	Female 15 & O	100 Breaststroke	HDW	01.32.00
404	Male	100 Breaststroke		
404A	Male 10-12Yrs	100 Breaststroke	HDW	01.41.00
404B	Male 13/14Yrs	100 Breaststroke	HDW	01.30.00
404C	Male 15& O	100 Breaststroke	HDW	01.27.50
405	Female	200 Backstroke		
405A	Female 10-12Yrs	200 Backstroke	HDW	03.00.00
405B	Female 13/14Yrs	200 Backstroke	HDW	02.53.00
405C	Female 15 & O	200 Backstroke	HDW	02.48.60
406	Male	200 Backstroke		
406A	Male 10-12Yrs	200 Backstroke	HDW	03.09.00
406B	Male 13/14Yrs	200 Backstroke	HDW	02.57.00
406C	Male 15& O	200 Backstroke	HDW	02.48.00
407	Female	800 Freestyle		
407A	Female 10-12Yrs	800 Freestyle	HDW	11.45.00
407B	Female 13/14Yrs	800 Freestyle	HDW	10.55.00
407C	Female 15 & O	800 Freestyle	HDW	11.28.50
408	Male	1500 Freestyle		
408A	Male 10-12Yrs	1500 Freestyle	HDW	23.00.00
408B	Male 13/14Yrs	1500 Freestyle	HDW	19.50.00
408C	Male 15& O	1500 Freestyle	HDW	20.07.20