

## **WEST DISTRICT 2010 GROUP 4 CHAMPIONSHIP - LONG COURSE**

### **Dates and Venue**

**29<sup>th</sup> / 30<sup>th</sup> May**                      **Tollcross Leisure Centre - Glasgow**

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

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

### **Age Groups**

**10/11Yrs, 12Yrs, 13yrs & Open**

This Championship is open to registered swimmers whose 1<sup>st</sup> 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](http://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](mailto: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: 15 x 10/11Yrs, 15 x 12Yrs, 15 x 13Yrs and 15 x 14&OYrs would be accepted.

If only, for example, 12 x 14&OYrs swimmers were accepted, then 16 x 10/11Yrs, 16 x 12Yrs and 16 x 13Yrs 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 14&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 8 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 16<sup>th</sup> May \*\*\*\*

## 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	<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**

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

Medals will be awarded to 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.

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 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in each Event.

In all Age Groups, swimmers must achieve the Consideration Times to be eligible for an award.

### **IMPORTANT NOTICE**

**There will be no formal Presentations of Medals/Medallions during the Meet.**

**Announcements will be made of the successful swimmers in each race and medals /medallions will be available for collection at set intervals.**

### **Heats and Finals**

All Group 4 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 4 CHAMPIONSHIP- LONG COURSE****Consideration Time**

<b>101</b>	<b>Female</b>	<b>50 Breaststroke</b>		
101A	Female 10/11Yrs	50 Breaststroke	HDW	00.49.00
101B	Female 12Yrs	50 Breaststroke	HDW	00.46.00
101C	Female 13 Yrs	50 Breaststroke	HDW	00.45.00
101D	Female 14 & O	50 Breaststroke	HDW	00.41.00
<b>102</b>	<b>Male</b>	<b>50 Breaststroke</b>		
102A	Male 10/11Yrs	50 Breaststroke	HDW	00.49.00
102B	Male 12Yrs	50 Breaststroke	HDW	00.47.00
102C	Male 13 Yrs	50 Breaststroke	HDW	00.44.00
102D	Male 14 & O	50 Breaststroke	HDW	00.38.00
<b>103</b>	<b>Female 10/11Yrs</b>	<b>100 Backstroke</b>		
103A	Female 10/11Yrs	100 Backstroke	HDW	01.27.00
103B	Female 12Yrs	100 Backstroke	HDW	01.26.00
103C	Female 13 Yrs	100 Backstroke	HDW	01.23.00
103D	Female 14 & O	100 Backstroke	HDW	01.16.00
<b>104</b>	<b>Male</b>	<b>100 Backstroke</b>		
104A	Male 10/11Yrs	100 Backstroke	HDW	01.32.00
104B	Male 12Yrs	100 Backstroke	HDW	01.28.00
104C	Male 13 Yrs	100 Backstroke	HDW	01.20.00
104D	Male 14 & O	100 Backstroke	HDW	01.10.00
<b>105</b>	<b>Female 10/11Yrs</b>	<b>200 Butterfly</b>		
105A	Female 10/11Yrs	200 Butterfly	HDW	03.44.00
105B	Female 12Yrs	200 Butterfly	HDW	03.40.00
105C	Female 13 Yrs	200 Butterfly	HDW	03.30.00
105D	Female 14 & O	200 Butterfly	HDW	03.10.00
<b>106</b>	<b>Male</b>	<b>200 Butterfly</b>		
106A	Male 10/11Yrs	200 Butterfly	HDW	04.00.00
106B	Male 12Yrs	200 Butterfly	HDW	03.50.00
106C	Male 13 Yrs	200 Butterfly	HDW	03.20.00
106D	Male 14 & O	200 Butterfly	HDW	03.10.00
<b>107</b>	<b>Female 10/11Yrs</b>	<b>200 Ind Medley</b>		
107A	Female 10/11Yrs	200 Ind Medley	HDW	03.20.00
107B	Female 12Yrs	200 Ind Medley	HDW	03.15.00
107C	Female 13 Yrs	200 Ind Medley	HDW	03.00.00
107D	Female 14 & O	200 Ind Medley	HDW	02.55.00
<b>108</b>	<b>Male</b>	<b>200 Ind Medley</b>		
108A	Male 10/11Yrs	200 Ind Medley	HDW	03.35.00
108B	Male 12Yrs	200 Ind Medley	HDW	03.30.00
108C	Male 13 Yrs	200 Ind Medley	HDW	03.20.00
108D	Male 14 & O	200 Ind Medley	HDW	03.00.00
<b>109</b>	<b>Female</b>	<b>400 Freestyle</b>		
109A	Female 10/11Yrs	400 Freestyle	HDW	05.50.00
109B	Female 12Yrs	400 Freestyle	HDW	05.50.00
109C	Female 13 Yrs	400 Freestyle	HDW	05.40.00
109D	Female 14 & O	400 Freestyle	HDW	05.10.00
<b>110</b>	<b>Male</b>	<b>400 Freestyle</b>		
110A	Male 10/11Yrs	400 Freestyle	HDW	05.50.00
110B	Male 12Yrs	400 Freestyle	HDW	05.40.00
110C	Male 13 Yrs	400 Freestyle	HDW	05.30.00
110D	Male 14 & O	400 Freestyle	HDW	05.00.00

## Consideration Time

<b>201</b>	<b>Female</b>	<b>50 Backstroke</b>		
201A	Female 10/11Yrs	50 Backstroke	HDW	00.44.00
201B	Female 12Yrs	50 Backstroke	HDW	00.42.00
201C	Female 13 Yrs	50 Backstroke	HDW	00.40.00
201D	Female 14 & O	50 Backstroke	HDW	00.38.00
<b>202</b>	<b>Male</b>	<b>50 Backstroke</b>		
202A	Male 10/11Yrs	50 Backstroke	HDW	00.44.00
202B	Male 12Yrs	50 Backstroke	HDW	00.43.00
202C	Male 13 Yrs	50 Backstroke	HDW	00.42.00
202D	Male 14 & O	50 Backstroke	HDW	00.38.00
<b>203</b>	<b>Female</b>	<b>100 Butterfly</b>		
203A	Female 10/11Yrs	100 Butterfly	HDW	01.40.00
203B	Female 12Yrs	100 Butterfly	HDW	01.35.00
203C	Female 13 Yrs	100 Butterfly	HDW	01.30.00
203D	Female 14 & O	100 Butterfly	HDW	01.20.00
<b>204</b>	<b>Male</b>	<b>100 Butterfly</b>		
204A	Male 10/11Yrs	100 Butterfly	HDW	01.40.00
204B	Male 12Yrs	100 Butterfly	HDW	01.35.00
204C	Male 13 Yrs	100 Butterfly	HDW	01.30.00
204D	Male 14 & O	100 Butterfly	HDW	01.20.00
<b>205</b>	<b>Female</b>	<b>200 Freestyle</b>		
205A	Female 10/11Yrs	200 Freestyle	HDW	02.50.00
205B	Female 12Yrs	200 Freestyle	HDW	02.42.00
205C	Female 13 Yrs	200 Freestyle	HDW	02.38.00
205D	Female 14 & O	200 Freestyle	HDW	02.28.00
<b>206</b>	<b>Male</b>	<b>200 Freestyle</b>		
206A	Male 10/11Yrs	200 Freestyle	HDW	02.50.00
206B	Male 12Yrs	200 Freestyle	HDW	02.42.00
206C	Male 13 Yrs	200 Freestyle	HDW	02.35.00
206D	Male 14 & O	200 Freestyle	HDW	02.20.00
<b>207</b>	<b>Female</b>	<b>400 Ind Medley</b>		
207A	Female 10/11Yrs	400 Ind Medley	HDW	07.32.00
207B	Female 12Yrs	400 Ind Medley	HDW	07.00.00
207C	Female 13 Yrs	400 Ind Medley	HDW	06.40.00
207D	Female 14 & O	400 Ind Medley	HDW	06.20.00
<b>208</b>	<b>Male</b>	<b>400 Ind Medley</b>		
208A	Male 10/11Yrs	400 Ind Medley	HDW	07.20.00
208B	Male 12Yrs	400 Ind Medley	HDW	06.50.00
208C	Male 13 Yrs	400 Ind Medley	HDW	06.30.00
208D	Male 14 & O	400 Ind Medley	HDW	06.10.00

## Consideration Time

<b>301</b>	<b>Female</b>	<b>50 Butterfly</b>		
301A	Female 10/11Yrs	50 Butterfly	HDW	00.44.00
301B	Female 12Yrs	50 Butterfly	HDW	00.42.00
301C	Female 13 Yrs	50 Butterfly	HDW	00.40.00
301D	Female 14 & O	50 Butterfly	HDW	00.38.00
<b>302</b>	<b>Male</b>	<b>50 Butterfly</b>		
302A	Male 10/11Yrs	50 Butterfly	HDW	00.43.00
302B	Male 12Yrs	50 Butterfly	HDW	00.41.00
302C	Male 13 Yrs	50 Butterfly	HDW	00.39.00
302D	Male 14 & O	50 Butterfly	HDW	00.35.00
<b>303</b>	<b>Female</b>	<b>100 Freestyle</b>		
303A	Female 10/11Yrs	100 Freestyle	HDW	01.20.00
303B	Female 12Yrs	100 Freestyle	HDW	01.18.00
303C	Female 13 Yrs	100 Freestyle	HDW	01.15.00
303D	Female 14 & O	100 Freestyle	HDW	01.10.00
<b>304</b>	<b>Male</b>	<b>100 Freestyle</b>		
304A	Male 10/11Yrs	100 Freestyle	HDW	01.20.00
304B	Male 12Yrs	100 Freestyle	HDW	01.15.00
304C	Male 13 Yrs	100 Freestyle	HDW	01.10.00
304D	Male 14 & O	100 Freestyle	HDW	01.00.00
<b>305</b>	<b>Female</b>	<b>200 Breaststroke</b>		
305A	Female 10/11Yrs	200 Breaststroke	HDW	03.40.00
305B	Female 12Yrs	200 Breaststroke	HDW	03.35.00
305C	Female 13 Yrs	200 Breaststroke	HDW	03.30.00
305D	Female 14 & O	200 Breaststroke	HDW	03.20.00
<b>306</b>	<b>Male</b>	<b>200 Breaststroke</b>		
306A	Male 10/11Yrs	200 Breaststroke	HDW	03.45.00
306B	Male 12Yrs	200 Breaststroke	HDW	03.40.00
306C	Male 13 Yrs	200 Breaststroke	HDW	03.30.00
306D	Male 14 & O	200 Breaststroke	HDW	03.10.00
<b>307</b>	<b>Female</b>	<b>1500 Freestyle</b>		
307A	Female 10/11Yrs	1500 Freestyle	HDW	NCT
307B	Female 12Yrs	1500 Freestyle	HDW	NCT
307C	Female 13 Yrs	1500 Freestyle	HDW	24.00.00
307D	Female 14 & O	1500 Freestyle	HDW	23.00.00
<b>308</b>	<b>Male</b>	<b>800 Freestyle</b>		
308A	Male 10/11Yrs	800 Freestyle	HDW	NCT
308B	Male 12Yrs	800 Freestyle	HDW	NCT
308C	Male 13 Yrs	800 Freestyle	HDW	13.00.00
308D	Male 14 & O	800 Freestyle	HDW	11.00.00

**NCT = No Consideration Time**

## Consideration Time

<b>401</b>	<b>Female</b>	<b>50 Freestyle</b>		
401A	Female 10/11Yrs	50 Freestyle	HDW	00.37.00
401B	Female 12Yrs	50 Freestyle	HDW	00.35.00
401C	Female 13 Yrs	50 Freestyle	HDW	00.33.00
401D	Female 14 & O	50 Freestyle	HDW	00.31.00
<b>402</b>	<b>Male</b>	<b>50 Freestyle</b>		
402A	Male 10/11Yrs	50 Freestyle	HDW	00.37.00
402B	Male 12Yrs	50 Freestyle	HDW	00.35.00
402C	Male 13 Yrs	50 Freestyle	HDW	00.32.00
402D	Male 14 & O	50 Freestyle	HDW	00.29.00
<b>403</b>	<b>Female</b>	<b>100 Breaststroke</b>		
403A	Female 10/11Yrs	100 Breaststroke	HDW	01.47.00
403B	Female 12Yrs	100 Breaststroke	HDW	01.45.00
403C	Female 13 Yrs	100 Breaststroke	HDW	01.42.00
403D	Female 14 & O	100 Breaststroke	HDW	01.38.00
<b>404</b>	<b>Male</b>	<b>100 Breaststroke</b>		
404A	Male 10/11Yrs	100 Breaststroke	HDW	01.50.00
404B	Male 12Yrs	100 Breaststroke	HDW	01.46.00
404C	Male 13 Yrs	100 Breaststroke	HDW	01.42.00
404D	Male 14 & O	100 Breaststroke	HDW	01.30.00
<b>405</b>	<b>Female</b>	<b>200 Backstroke</b>		
405A	Female 10/11Yrs	200 Backstroke	HDW	03.20.00
405B	Female 12Yrs	200 Backstroke	HDW	03.16.00
405C	Female 13 Yrs	200 Backstroke	HDW	03.14.00
405D	Female 14 & O	200 Backstroke	HDW	03.10.00
<b>406</b>	<b>Male</b>	<b>200 Backstroke</b>		
406A	Male 10/11Yrs	200 Backstroke	HDW	03.20.00
406B	Male 12Yrs	200 Backstroke	HDW	03.15.00
406C	Male 13 Yrs	200 Backstroke	HDW	03.10.00
406D	Male 14 & O	200 Backstroke	HDW	02.50.00
<b>407</b>	<b>Female</b>	<b>800 Freestyle</b>		
407A	Female 10/11Yrs	800 Freestyle	HDW	NCT
407B	Female 12Yrs	800 Freestyle	HDW	NCT
407C	Female 13 Yrs	800 Freestyle	HDW	13.00.00
407D	Female 14 & O	800 Freestyle	HDW	11.00.00
<b>408</b>	<b>Male</b>	<b>1500 Freestyle</b>		
408A	Male 10/11Yrs	1500 Freestyle	HDW	NCT
408B	Male 12Yrs	1500 Freestyle	HDW	NCT
408C	Male 13 Yrs	1500 Freestyle	HDW	24.00.00
408D	Male 14 & O	1500 Freestyle	HDW	23.00.00

**NCT = No Consideration Time**