

## **WEST DISTRICT 2010 GROUP 5 CHAMPIONSHIP - SPRINTS & RELAYS**

### **Dates and Venue**

**4<sup>th</sup> / 5<sup>th</sup> September**                      **Citadel Sports Complex - Ayr**

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

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

### **Age Groups**

**10/12Yrs, 13/14Yrs, 15/16Yrs, 17&OYrs**

This Championship is open to registered swimmers who are members of clubs affiliated to the S.A.S.A. or their National Association.

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

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      £4.00 each Event      (Cheques payable to SASA West District)  
Relay Events            £10.00 each Event

### Closing Dates

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

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

### 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:

#### 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 Individual & Relay Events and Medallions for 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> in all Individual Events.  
(Swimmers must achieve the Consideration Times to be eligible for an award.)

### Heats and Finals

All Individual Events will have Heats and Finals.  
Relay 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 SPRINT &amp; RELAY CHAMPIONSHIPS 2010

Group 5

Consideration Time

101	10/12	G	50m Freestyle	Heats	00.34.00
102	10/12	B	50m Freestyle	Heats	00.34.00
103	13/14	G	50m Breaststroke	Heats	00.44.00
104	13/14	B	50m Breaststroke	Heats	00.40.00
105	15/16	G	50m Butterfly	Heats	00.37.00
106	15/16	B	50m Butterfly	Heats	00.35.00
107	17&O	G	50m Backstroke	Heats	00.38.00
108	17&O	B	50m Backstroke	Heats	00.36.00
109	10/12	G	100m Ind.Medley	Heats	01.27.00
110	15/16	B	100m Ind.Medley	Heats	01.20.00
121	10/12	B	4x50m Med. Relay	HDW	
122	13/14	G	4x50m F/S. Relay	HDW	
123	15/16	G	4x50m Med. Relay	HDW	
124	17&O	B	4x50m F/S. Relay	HDW	
201	10/12	G	50m Backstroke	Heats	00.40.00
202	10/12	B	50m Backstroke	Heats	00.40.00
203	13/14	G	50m Freestyle	Heats	00.32.00
204	13/14	B	50m Freestyle	Heats	00.30.00
205	15/16	G	50m Breaststroke	Heats	00.44.00
206	15/16	B	50m Breaststroke	Heats	00.40.00
207	17&O	G	50m Butterfly	Heats	00.37.00
208	17&O	B	50m Butterfly	Heats	00.35.00
209	13/14	G	100m Ind Medley	Heats	01.21.00
210	17&O	B	100m Ind Medley	Heats	01.15.00
221	10/12	G	4x50m F/S. Relay	HDW	
222	13/14	B	4x50m Med Relay	HDW	
223	15/16	B	4x50m F/S. Relay	HDW	
224	17&O	G	4x50m Med Relay	HDW	
301	10/12	G	50m Butterfly	Heats	00.40.00
302	10/12	B	50m Butterfly	Heats	00.41.00
303	13/14	G	50m Backstroke	Heats	00.37.00
304	13/14	B	50m Backstroke	Heats	00.36.00
305	15/16	G	50m Freestyle	Heats	00.32.00
306	15/16	B	50m Freestyle	Heats	00.29.00
307	17&O	G	50m Breaststroke	Heats	00.40.00
308	17&O	B	50m Breaststroke	Heats	00.38.00
309	10/12	B	100m Ind.Medley	Heats	01.28.00
310	15/16	G	100m Ind.Medley	Heats	01.20.00
321	10/12	G	4x50m Med Relay	HDW	
322	13/14	B	4x50m F/S. Relay	HDW	
323	15/16	B	4x50m Med Relay	HDW	
324	17&O	G	4x50m F/S. Relay	HDW	
401	10/12	G	50m Breastroke	Heats	00.46.00
402	10/12	B	50m Breastroke	Heats	00.46.00
403	13/14	G	50m Butterfly	Heats	00.37.00
404	13/14	B	50m Butterfly	Heats	00.35.00
405	15/16	G	50m Backstroke	Heats	00.38.00
406	15/16	B	50m Backstroke	Heats	00.36.00
407	17&O	G	50m Freestyle	Heats	00.30.00
408	17&O	B	50m Freestyle	Heats	00.29.00
409	13/14	B	100m Ind.Medley	Heats	01.18.00
410	17&O	G	100m Ind.Medley	Heats	01.15.00
421	10/12	B	4x50m F/S. Relay	HDW	
422	13/14	G	4x50m Med Relay	HDW	
423	15/16	G	4x50m F/S. Relay	HDW	
424	17&O	B	4x50m Med Relay	HDW	