

WEST DISTRICT 2010 GROUP 7 CHAMPIONSHIP - SHORT COURSE OPEN

Dates and Venue

4th / 5th December **Tryst Sports Centre - Cumbernauld**

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

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

Age Groups

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

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 14th 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:

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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.

14/15 Age Group

Where practical a minimum number of 14/15 yrs swimmers will be included in 200+ m Events.

Minimum Age

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

Awards

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

Medals will also be awarded for 1st, 2nd and 3rd to competitors in the **14/15 age group**.

Skins Events will also be awarded £50 for 1st /Round 5, £10 for 2nd/Round 5, £10 for 1st /Rounds 1 thru 4. Gold for 1st/Round 5, Silver for 2nd/Round 5, Bronze for 3rd/Round 4.

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

Heats and Finals

All Group 7 Events at 100m and above will be **Heat Declared Winner**.

Group 7 Events at 50m will have **Skins Knockout Finals** (see note on Consideration Times Sheet)

Programme

One free Programme for each competing Club.

Results

One free set of Results for each competing Club.

WEST DISTRICT 2010 GROUP 7 CHAMPIONSHIP- SHORT COURSE OPEN AGE GROUP

Consideration Time

101	Female	50 Breaststroke	Heats	00.42.00
102	Male	50 Butterfly	Heats	00.31.60
103	Female	200 Ind Medley	HDW	02.44.20
104	Male	400 Ind Medley	HDW	05.39.00
105	Female	100 Freestyle	HDW	01.05.40
106	Male	100 Backstroke	HDW	01.11.00
107	Female	800 Freestyle	HDW	10.25.00
108	Male	200 Freestyle	HDW	02.09.00
109	Female	200 Backstroke	HDW	02.42.00
110	Male	50 Butterfly	Skin Finals (Knockout)	
111	Female	50 Breaststroke	Skin Finals (Knockout)	
201	Male	50 Breaststroke	Heats	00.37.50
202	Female	50 Butterfly	Heats	00.34.20
203	Male	200 Ind Medley	HDW	02.32.00
204	Female	400 Ind Medley	HDW	05.55.00
205	Male	100 Freestyle	HDW	00.58.50
206	Female	100 Backstroke	HDW	01.15.90
207	Male	800 Freestyle	HDW	09.50.00
208	Female	200 Freestyle	HDW	02.21.00
209	Male	200 Backstroke	HDW	02.35.00
210	Female	50 Butterfly	Skin Finals (Knockout)	
211	Male	50 Breaststroke	Skin Finals (Knockout)	
301	Female	50 Backstroke	Heats	00.35.80
302	Male	50 Freestyle	Heats	00.26.70
303	Female	400 Freestyle	HDW	05.02.00
304	Male	100 Breaststroke	HDW	01.22.20
305	Female	100 Butterfly	HDW	01.16.00
306	Male	1500 Freestyle	HDW	18.50.00
307	Female	200 Breaststroke	HDW	03.07.00
308	Male	200 Butterfly	HDW	02.51.00
309	Female	100 Ind Medley	HDW	01.16.15
310	Female	50 Backstroke	Skin Finals (Knockout)	
311	Male	50 Freestyle	Skin Finals (Knockout)	
401	Male	50 Backstroke	Heats	00.34.00
402	Female	50 Freestyle	Heats	00.30.50
403	Male	400 Freestyle	HDW	04.35.00
404	Female	100 Breaststroke	HDW	01.26.00
405	Male	100 Butterfly	HDW	01.08.00
406	Female	1500 Freestyle	HDW	20.18.00
407	Male	200 Breaststroke	HDW	03.01.00
408	Female	200 Butterfly	HDW	02.59.00
409	Male	100 Ind Medley	HDW	01.11.00
410	Male	50 Backstroke	Skin Finals (Knockout)	
411	Female	50 Freestyle	Skin Finals (Knockout)	

SKINS Knockout Finals

The Finals of the 50m events at will be a series of "sudden-death" swims.

Instead of a single Final, a number of races will be held at set time intervals.

After each race the slowest swimmer is eliminated.

The last race in the SKINS Finals series becomes a head to head between the survivors.

The time interval between starts in a race will be 3 minutes and the male and female Finals will race alternately, which means that a race will be started every 1.5 minutes.