

Scottish Swimming

West District

Regulations (post 2007 AGM)

Index of Contents

Page 1 – Cover & Index

Pages 2 to 6 – Swimming Championship Regulations

SWIMMING CHAMPIONSHIPS REGULATIONS

CH1.0 GENERAL

- CH1.1 The provisions of SASA Regulations SW3.0.1 and SW3.0.2 shall apply.
- CH1.2 Entry to the Age Group Championships (Groups 1-3) and the Long Course Open Championship (Group 5) is restricted to members of Clubs affiliated to the District as mentioned in Paragraph BL12.2.2.2. (a) (1) and (2) of the SASA Bye-Laws, subject to the following criteria:
(a) Where the 1st Claim Club of which the swimmer is a member is affiliated to the SASA West District.
(b) The Swimming & Championships Committee will consider requests for entries that do not meet condition (a) above. Requests must be submitted, in writing, to the Swimming & Championships Convenor at least 4 weeks before the published Closing Date for entries for Groups 1-3 and 5.
- CH1.3 The following Championships shall be open to any swimmer registered with their National Association.
Sprints and Relay Championships (Group 4) and Short Course Age Group Open Championships (Group 6).
- CH1.4 The Championships mentioned in CH1.2 and CH1.3 shall be held annually.
- CH1.5 The cost of entry fees and the amount of fines shall be decided at a General Meeting.
- CH1.6 The number of heats in any event, shall be at the discretion of the Swimming & Championship Committee, but shall (except in events of 400 metres and over) generally not be less than three, providing the number of entries permit.
- CH1.7 There will be no “time only” swims in District Championships. Any club placing a swimmer in an empty lane for a “time only” swim shall be fined for each offence.
- CH1.8 A fine shall be incurred by a swimmer at the Championships mentioned in CH1.2. The fine shall be applied for each second or part thereof in every 100 metres by which the consideration time is exceeded in all cases where the swim exceeds the consideration time.
- CH1.9 Subject to WDBL13.1.1, the structure, dates, qualifying/consideration times, entry fees, fines and prizes (including medals and/or pennants) shall be promulgated annually by the Swimming & Championships Committee to all clubs in the District.

CH2.0 AGE GROUP CHAMPIONSHIPS

- CH2.1 Events for both boys and girls with the exception, in the short course events, of:
800 metres Freestyle-girls only
1500 metres Freestyle-boys only

CH2.2 The events shall be swam both Short Course (25 metre pool) and Long Course (50 metre pool)

CH2.3 The events shall be as follows:

SHORT COURSE

12 yrs	}	100 metres
& under	}	Freestyle/Butterfly/Backstroke/Breaststroke.
	}	200 metres

and	}	Freestyle/Butterfly/Backstroke/Breaststroke.
	}	200 metres Individual Medley
13/14 yrs	}	400 metres Freestyle / Individual Medley

13/14 yrs		800 metres Freestyle (girls only)
		1500 metres Freestyle (boys only)

LONG COURSE

12 years	}	100 metres
----------	---	------------

& under	}	Freestyle/Butterfly/Backstroke/Breaststroke.
13/14 yrs	}	400 metres Freestyle.
Male /Female	}	200 metres Individual Medley

13/14 yrs	}	200 metres
Male /Female	}	Freestyle/Butterfly/Backstroke/Breaststroke.
	}	400 metres Individual Medley

Male /Female		50 metres
		Freestyle/Butterfly/Backstroke/Breaststroke.
		800 / 1500 metres Freestyle

CH2.4 All individual events in the Short Course Age Group Championships shall be declared winner events. All individual events in the Long Course Age Group Championships up to and including 100 metres for Male and Female events shall have Heats and Finals. All other events shall be declared winner events.

CH2.5 Medals in accordance with WDBL13.1.1 will be awarded to the first three swimmers and ribbons/pennants to the fourth, fifth and sixth placed swimmers in each of the short course events. All swimmers must have achieved the qualifying time. Overall Champion will be awarded to the best boy and girl in each age group. The criteria will be total Performance Points achieved by accumulating the single highest individual points from each of the categories defined annually in the Meet Information. The Performance Points system will be confirmed annually by the District Swimming & Championships Committee.

Medals in accordance with WDBL13.1.1 will be awarded to the first three swimmers in each of the long course events. Medals will also be awarded to the first three swimmers in the 15 / 16 age group. All swimmers must have achieved the Consideration Time.

CH3.0 OPEN CHAMPIONSHIPS

CH3.1 Events for both boys and girls with the exception in the Short Course Age Group Open of:
800 metres Freestyle-girls only
1500 metres Freestyle-boys only

CH3.2 All individual events up to and including 100 metres for Male and Female events shall have Heats and Finals. All other events, including relay events, shall be declared winner events.

CH3.3 The events shall be as follows:
SHORT COURSE OPEN (Group 3)
50 metres/100 metres/200 metres- Freestyle/Butterfly /Backstroke/Breaststroke
400 metres/800 metres/1500 metres Freestyle
200 metres/400 metres Individual Medley

SPRINTS and RELAYS (Group 4)
For all the following age groups
12 and Under, 13/14 Years, 15/16 Years and 17 Years and Over.
50 metres Freestyle/Butterfly/Backstroke/Breaststroke
100 metres Individual Medley
4x50 metres Freestyle Relay/Medley Relay

SHORT COURSE AGE GROUP OPEN (Group 6)
For both the following age groups
12 and Under and 13/14 Years.
100 metres/200 metres- Freestyle/Butterfly Backstroke/Breaststroke
400 metres/800 metres/1500 metres Freestyle (see CH3.1)
200 metres/400 metres Individual Medley

LONG COURSE OPEN (Group 5)
50 metres/100 metres/200 metres- Freestyle/Butterfly Backstroke/Breaststroke
400 metres/800 metres/1500 metres Freestyle (see CH3.1)
200 metres/400 metres Individual Medley
4x50 metres Freestyle Relay/Medley Relay

CH3.4 Medals and Prizes will be awarded as follows:
SHORT COURSE OPEN (Group 3)
CH3.4.1 Medals in accordance with WDBL13.1.1 will be awarded to the first three swimmers in each event. Medals will also be awarded to the first three swimmers in the 15/16 age group. All swimmers must have achieved the Consideration Time.

SPRINTS and RELAYS (Group 4) and
 SHORT COURSE AGE GROUP OPEN (Group 6)
 Medals in accordance with WDBL13.1.1 will be awarded to the first three swimmers and ribbons/pennants to the fourth, fifth and sixth placed swimmers in each event, including relays.
 All swimmers must have achieved the consideration time.

LONG COURSE OPEN (Group 5)
 Medals in accordance with WDBL13.1.1 will be awarded to the first three swimmers in each individual event and the first three teams in the relay events.
 Medals will also be awarded to the first three individual swimmers in the 15/16 age group. All swimmers must have achieved the consideration time.
 Medals will be awarded to the fastest West District Swimmer and the fastest West District Junior Swimmer in an individual event.

CH4.0 Swimming Technical Officials (STO)

- CH4.1 All STO's officiating at District Swimming Championships shall be appointed in accordance with SASA Swimming Regulations.
- CH4.2 District clubs entering swimmers in any District Swimming Championships must provide STO's for each session of the Championships in accordance with the following scale:

Total number of Club swimmers per session in the Championships	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

CH4.3 A District Club failing to provide STO in accordance with the scale set out in CH4.2 shall be subject to a fine for each session in which the required STO is not present. The amount of the fine will be agreed at the AGM. For the purpose of meeting the requirement set out in CH4.2, members of the organising committee shall be counted.

CH4.4 The number of Technical Officials attending from participating Clubs shall be notified to the Swimming Championships Convenor by the STO Convenor for the purposes of collecting fines imposed in accordance with CH4.3

CH5.0 TROPHIES

CH5.1 See WDC19.5 and WDBL19.8

CH5.2 Other trophies are as follows:

Senior Men
 James Arthur 100 metres Freestyle
 McFarlane 200 metres Freestyle
 John W. Steven 400 metres Freestyle
 Ogilvie Mathieson 800 metres Freestyle
 John Stewart 200 metres Breaststroke
 Lindhurst Cup 4x50 metres Freestyle Relay

Senior Women
 Lady Pettigrew 100 metres Freestyle
 Thistle Trophy 400 metres Freestyle
 Ron Smith Trophy 800 metres Freestyle
 M. Tindall Trophy 100 metres Butterfly
 Linthouse Ladies 100 metres Backstroke
 Norman Beattie 200 metres Individual Medley

Junior Men
 Lord Weir Cup 50 metres Freestyle
 David McCowan 100 metres Freestyle
 McLaughlin Trophy 100 metres Butterfly
 President '80' 100 metres Backstroke
 The Brunton Trophy 100 metres Breaststroke
 John Richmond Trophy 200 metres Individual Medley
 The Victory Shield 4x50 metres Freestyle Relay

Junior Women
 John Carson 50 metres Freestyle
 Phillips Trophy 100 metres Freestyle
 Hugh C. Dobbie Trophy 100 metres Butterfly
 Absalom Trophy 100 metres Backstroke
 Hamilton Cup 100 metres Breaststroke
 John Richmond Trophy 200 metres Individual Medley
 Grace Leiper Shield 4x50 metres Freestyle Relay

Age Groups
 Douglas McIntyre 11 years and under boys
 Memorial 4x50 metres Freestyle Relay
 The Ayr Trophy 11 years boys 100 metres Backstroke
 Centenary Trophy 15/16 years boys
 200 metres Individual Medley
 Drummond Cup 17/18 years boys
 400 metres Individual Medley
 Finnie Sports 11 years girls
 100 metres Backstroke
 Centenary Trophy 15/16 years girls
 200 metres Individual

CH6.0 Inter Club Meet

CH6.1 A non – Championship Meet held in last quarter of year between Clubs invited by District Swimming and Championships Committee based on Mary Black Points from Groups 1 thru 5. All as detailed on a year by year basis in Meet Information in this Handbook.