

WEST DISTRICT 2016 LONG COURSE CHAMPIONSHIP – ROUND 1

Dates and Venue

16th / 17th January **Dollan Aqua Centre – East Kilbride**

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

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

Age Groups

11yrs, 12yrs, 13yrs and 14yrs, 15yrs 16/Oyrs

Competitors age will be their age on 31st December 2016

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.

Entries

Entries for this Meet require to be generated on the Hy-Tek Team Manager 4/5/6/7 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.

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
Entries Coordinator
9 Tynron Court
Hamilton
ML3 8XD

DO NOT SEND ENTRIES BY RECORDED DELIVERY

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: 12 x 11yrs, 12 x 12yrs and 12 x 13yrs would be accepted.

If only 8 x 13yrs swimmers were accepted, then 14 x 11yrs and 14 x 12yrs would be accepted etc.

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.

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.

Relay2

Entry times for Relays to be submitted based on proposed swimmers. Times will be used for seeding only.

Maximum of two teams per Club.

Entry Fees	Individual Events	£6.00 each event	(Cheques payable to SASA West District)
	Relay Events	Nil	

Closing Dates

Entries must be received by, the Entries Coordinator, by the following date:

****** Tuesday 5th January ******

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:

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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.

Event Awards

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

NOTICE on Presentations

No formal Presentations are scheduled, Announcements will be made of the successful swimmers in each race and medals /medallions will be available for collection during each Session.

Heats and Finals

Heats and Finals for 50m, 100m and 200m Events.

All other Events will be **Heat Declared**.

Heats will be Mixed Ages, Finals will be Age Groups.

**Programme
Results**

One free Programme for each competing Club.
One free set of Results for each competing Club.

**John A. Deans
District Swimming Committee**

WEST DISTRICT 2016 LONG COURSE CHAMPIONSHIP – ROUND 1**Consideration Time**

101	Female	50 Fly		
101A	Female 14yrs	50 Fly	H&F	00.36.00
101B	Female 15yrs	50 Fly	H&F	00.35.40
101C	Female 16/Oyrs	50 Fly	H&F	00.37.30
102	Male	50 Back		
102A	Male 14yrs	50 Back	H&F	00.35.70
102B	Male 15yrs	50 Back	H&F	00.36.10
102C	Male 16/Oyrs	50 Back	H&F	00.36.80
103	Female	100 Breast		
103A	Female 14yrs	100 Breast	H&F	01.32.80
103B	Female 15yrs	100 Breast	H&F	01.34.20
103C	Female 16/Oyrs	100 Breast	H&F	01.36.40
104	Male	100 Free		
104A	Male 14yrs	100 Free	H&F	01.05.30
104B	Male 15yrs	100 Free	H&F	01.03.90
104C	Male 16/Oyrs	100 Free	H&F	01.04.70
105	Female	200 Free		
105A	Female 14yrs	200 Free	H&F	02.29.50
105B	Female 15yrs	200 Free	H&F	02.23.80
105C	Female 16/Oyrs	200 Free	H&F	02.33.20
106	Male	200 Breast		
106A	Male 14yrs	200 Breast	H&F	03.13.60
106B	Male 15yrs	200 Breast	H&F	03.14.40
106C	Male 16/Oyrs	200 Breast	H&F	03.26.70
107	Male 14/15yrs	4x100 Free Relay	HDW	NC
108	Mixed 16/Oyrs	4x100 Free Relay	HDW	NC

Consideration Time

201	Female	50 Fly		
201A	Female 11yrs	50 Fly	H&F	00.43.00
201B	Female 12yrs	50 Fly	H&F	00.39.00
201C	Female 13yrs	50 Fly	H&F	00.35.80
202	Male	50 Back		
202A	Male 10/11yrs	50 Back	H&F	00.44.60
202B	Male 12yrs	50 Back	H&F	00.41.50
202C	Male 13yrs	50 Back	H&F	00.38.00
203	Female	100 Breast		
203A	Female 11yrs	100 Breast	H&F	01.44.40
203B	Female 12yrs	100 Breast	H&F	01.38.40
203C	Female 13yrs	100 Breast	H&F	01.32.50
204	Male	100 Free		
204A	Male 11yrs	100 Free	HDW	01.23.30
204B	Male 12yrs	100 Free	HDW	01.15.80
204C	Male 13yrs	100 Free	HDW	01.10.20
205	Female	200 Free		
205A	Female 11yrs	200 Free	HDW	02.56.20
205B	Female 12yrs	200 Free	HDW	02.35.10
205C	Female 13yrs	200 Free	HDW	02.29.00
206	Male	200 Breast		
206A	Male 11yrs	200 Breast	HDW	04.22.00
206B	Male 12yrs	200 Breast	HDW	03.36.60
206C	Male 13yrs	200 Breast	HDW	03.17.50

Consideration Time

301	Male	50 Fly		
301A	Male 14rs	50 Fly	H&F	00.34.20
301B	Male 15yrs	50 Fly	H&F	00.33.80
301C	Male 16/Oyrs	50 Fly	H&F	00.33.90
302	Female	50 Back		
302A	Female 14yrs	50 Back	H&F	00.38.30
302B	Female 15yrs	50 Back	H&F	00.36.10
302C	Female 16/Oyrs	50 Back	H&F	00.38.80
303	Male	100 Breast		
303A	Male 14yrs	100 Breast	H&F	01.29.30
303B	Male 15yrs	100 Breast	H&F	01.27.50
303C	Male 16/Oyrs	100 Breast	H&F	01.34.70
304	Female	100 Free		
304A	Female 14yrs	100 Free	H&F	01.09.40
304B	Female 15yrs	100 Free	H&F	01.07.20
304C	Female 16/Oyrs	100 Free	H&F	01.10.60
305	Male	200 Free		
305A	Male 14yrs	200 Free	HDW	02.23.40
305B	Male 15yrs	200 Free	HDW	02.20.00
305C	Male 16/Oyrs	200 Free	HDW	02.18.70
306	Female	200 Breast		
305A	Female 14yrs	200 Breast	HDW	03.17.80
305B	Female 15yrs	200 Breast	HDW	03.12.90
305C	Female 16/Oyrs	200 Breast	HDW	03.22.60
307	Female 14/15yrs	4 x 100 Free Relay	HDW	NC

Consideration Time

401	Male	50 Fly		
401A	Male 11yrs	50 Fly	H&F	00.46.60
401B	Male 12yrs	50 Fly	H&F	00.41.60
401C	Male 13yrs	50Fly	H&F	00.37.30
402	Female	50 Back		
402A	Female 11yrs	50 Back	H&F	00.42.60
402B	Female 12yrs	50 Back	H&F	00.39.00
402C	Female 13yrs	50 Back	H&F	00.36.40
403	Male	100 Breast		
403A	Male 11yrs	100 Breast	H&F	01.59.40
403B	Male 12yrs	100 Breast	H&F	01.43.20
403C	Male 13yrs	100 Breast	H&F	01.35.60
404	Female	100 Free		
404A	Female 11yrs	100 Free	H&F	01.20.20
404B	Female 12yrs	100 Free	H&F	01.13.70
404C	Female 13yrs	100 Free	H&F	01.09.30
405	Male	200 Free		
405A	Male 11yrs	200 Free	HDW	03.05.30
405B	Male 12yrs	200 Free	HDW	02.36.70
405C	Male 13yrs	200 Free	HDW	02.28.80
406	Female	200 Breast		
406A	Female 11yrs	200 Breast	HDW	03.51.70
406B	Female 12yrs	200 Breast	HDW	03.28.40
406C	Female 13yrs	200 Breast	HDW	03.16.40