



**SCOTTISH SWIMMING  
WEST DISTRICT**

**2016  
“BEST IN THE WEST”  
Open Meet**

**Friday 6<sup>th</sup>  
Saturday 7<sup>th</sup> & Sunday 8<sup>th</sup>  
May 2016**

**Tollcross International Swimming  
Centre - Glasgow  
Long Course**

# SCOTTISH SWIMMING – WEST DISTRICT

*Would like to invite entry applications for their*

## 2016 “BEST IN THE WEST” OPEN MEET

(Under FINA Rules and Scottish Swimming Regulations. Licence Number L1/512/WD/MAY16)

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### General Information

**Date:** Friday 6<sup>th</sup> - Saturday 7<sup>th</sup> - Sunday 8<sup>th</sup> May 2016

**Venue:** Tollcross International Swimming Centre - Glasgow

**Pool:** 10 lane 50 metre; full electronic timing with 10 lane display scoreboard; anti-wave lane ropes;

| <b>Time:</b> | <b>Warm-up</b>                   | <b>Start</b> |
|--------------|----------------------------------|--------------|
|              | Session 1 1700hrs                | 1800hrs      |
|              | Session 2 & 5 0800hrs            | 0900hrs      |
|              | Session 3 & 6 1230hrs            | 1330hrs      |
|              | Session 4 & 7 1630hrs            | 1730hrs      |
|              | (subject to change if necessary) |              |

**Ages:** As at 31<sup>st</sup> December 2016

**Age groups:** Girls 11-14yrs, Boys 11-14yrs, Women/Men Open.

|                |         |                        |                      |           |
|----------------|---------|------------------------|----------------------|-----------|
| <b>Events:</b> | Open    | 50/100/200 Fr,Ba,Br,Fl | 400/800(W)/1500(M)Fr | 200/400IM |
|                | Age Grp | 100/200 Fr,Ba,Br,Fl    | 200IM                |           |

**Entry Fees:** £10.00 per Individual event  
£15.00 per Relay event

**Coaches Pass:** £20.00 (excl. meals) + £15/day for meals.  
2016 Scottish Swimming Nationals Coaches Pass valid for this Meet (excl. meals)

**Closing date for entries:** **10pm Sunday 10<sup>th</sup> April 2016**

*All entries should be submitted by email on the appropriate file and returned to:*  
[entries@scotswimwest.co.uk](mailto:entries@scotswimwest.co.uk)

All entries must be on Hy-tek Team manager entry file.  
Entry files may be obtained by downloading from the Swim Scotland website  
([www.swimscotland.org.uk](http://www.swimscotland.org.uk)) or by contacting [entries@scotswimwest.co.uk](mailto:entries@scotswimwest.co.uk)

### **Meet Rules**

- All swimmers of Scottish clubs must have a current S.A.S.A. Membership Number.
- All swimmers of non-Scottish clubs must be registered with their Governing Body.
- Swimmers, Coaches and Team Managers must ensure that all their swimmers can safely dive into deep or shallow water as prescribed by current/planned legislation. There will be no diving at the shallow end of the pool.

- Only swimmers and coaches with Meet Passes will be admitted on to the poolside.
- No photographic or video equipment will be allowed in any area under the jurisdiction of the Meet Organisers without prior approval of the Meet Director. Application must be made on the approved Scottish Swimming West District Form.
- Swimmers must act on the instructions given by Meet Officials and behave in a reasonable manner at all times.
- It is the responsibility of each Club to ensure that their swimmers are aware of the Meet Rules and Guidelines.

## Entries

- All entries must be made on the relevant electronic files and submitted by email. Entry files can be requested by returning the appropriate form enclosed in this information or via e-mail.
- Withdrawals must be made to the recorders no later than 45 minutes prior to the start of each Session on the Event Withdrawal Form.
- The Organising Committee reserve the right to restrict entries in order to facilitate the smooth running of the Meet. Entries will be accepted on time basis. Clubs should ensure entry times are accurate. Rejected entries will be refunded in full.

## Events

- Over the top starts may be used at the discretion of the Meet Referee in order to facilitate the smooth running of the meet.
- Heats will be seeded after withdrawals close. The final three heats of each event will be cyclic seeded. Remaining heats will be spearhead seeded based on entry times, fastest to slowest. Start sheets will then be issued to clubs for information and Marshalling purposes.
- Swimmers must report to the Stewards in the designated Marshalling Area.

## Warm-Ups

- The Warm-Ups may only commence when advised to do so by the Warm-Up Marshalls.
- There will be no diving allowed in Warm-Ups other than those in controlled sprint lanes.
- Swimmers must keep moving during Warm-Ups and avoid congestion in any part of the pool.
- One way pace lanes will be made available for short period during each Warm-Up. Stewards may control these as necessary to avoid congestion.
- Lanes 1, 3, 5, 7 and 9 are to be swum in a clockwise direction and Lanes 2, 4, 6, 8, and 10 swum in an anti-clockwise direction.

## Awards

- *Individual Events:* Medals presented to swimmers placed 1st, 2nd and 3<sup>rd</sup> in each HDW event and "A" Final.

## Accreditation

- Poolside Passes can be purchased prior to and during the Meet.
- 2016 Scottish Swimming Nationals Coaches Pass are valid for this Meet (excl. meals)

## Marshalling

- There will be marshalling for both heats and finals at this meet.

## Withdrawals

- Withdrawals from heats at the meet should be notified on the withdrawal form issued. The sheets should be handed in to the recorders table at least 45 mins prior to the start of the appropriate session.  
A swimmer who withdraws from heats or finals outwith the times as specified on Meet Information shall pay a fine except in the case of genuine illness or proven emergency.
- Swimmers who wish to withdraw from a Final must inform the recorder and complete the Withdrawal Form no later than 30 minutes after Finalists lists have been published or announced. This will ensure that a reserve can be given the opportunity to compete and the final seeded accordingly.
- Withdrawals from finals or in the case of illness should be completed on Withdrawal Forms available from the recorders.
- Any competitor withdrawing from a final in such a manner as to prevent a reserve taking part (except in the case of proven illness or emergency) shall be suspended immediately from all further events at the Meet. Where a reserve is brought in at short notice, the reserve shall occupy the vacant lane; there will be no re-seeding.

## **Reserves**

- Reserves for Heats must marshal unless they have also withdrawn as above.
- Reserves for Finals must marshal unless they have also withdrawn as above.  
In the event that a qualifier for a B final is promoted to swim in the Open Final the space they vacate shall be filled by a reserve from the B final in turn.

## **Qualifying for Finals**

- The fastest ten swimmers shall qualify for Open Finals. Two reserves shall be nominated.
- Events swum over 50m, 100m and 200m shall have B finals. In events with a B final the fastest ten swimmers who have not qualified for the Open Final shall qualify for the B final. For these events, there shall be no reserves for the Open Final; swimmers will be drawn from the B final in the event of withdrawals where time allows. Four reserves shall be nominated for the B final.

## **Technical Officials**

- All clubs/teams attending are requested to supply as many officials as possible.
- Expenses may be awarded to visiting Technical Officials in accordance with West District 2016 "Best in the West" Meet Volunteer Expenses Policy.

## Miscellaneous

- Meet Accreditation has been applied for.
- The Organising Committee reserve the right to exclude or refuse admission to any competitor, spectator or team official.
- Swimmers and coaches must not take glassware into the showers or on to poolside and are liable for expulsion from the meet if found to do so.
- Neither Scottish Swimming/SASA West District nor Glasgow Life can be held responsible for loss or damage to swimmer's, team staff or spectator's property. Swimmers are strongly advised to secure property in the lockers provided in the changing rooms and not to leave belongings lying around unattended.
- Swimmers out with the poolside must wear dry clothing and footwear at all times.
- Outdoor footwear must not be worn on the poolside area.
- Anything not covered above and not printed in the event programme will be at the Organising Committee's discretion.
- Scottish Swimming West District/Organising Committee reserve the right to vary the above conditions as necessary.

## Consideration Times

- Please note that times from Accredited Meets are required. Please submit a proof of time report with your entry file. Failure to do so may result in a request to provide evidence of times. Should you receive such a request you will be advised of the deadline for verification. Where no satisfactory proof can be provided the competitor shall withdraw, forfeit their entry fee and will be excluded from the Meet.
- Times must have been achieved since 01 May 2015.
- Submitted times to be Long Course, conversions are allowed.

| MALE      |          | EVENT      | FEMALE   |           |
|-----------|----------|------------|----------|-----------|
| Age Group | Open     |            | Open     | Age Group |
|           | 00:28.00 | 50 FREE    | 00:30.00 |           |
| 01:23.00  | 01:00.00 | 100 FREE   | 01:04.00 | 01:25.00  |
| 02:55.00  | 2:15.00  | 200 FREE   | 02:24.00 | 03:05.00  |
|           | 04:35.00 | 400 FREE   | 04:50.00 |           |
|           |          | 800 FREE   | 09:50.00 |           |
|           | 18:30.00 | 1500 FREE  |          |           |
|           | 00:33.00 | 50 BACK    | 00:36.00 |           |
| 01:35.00  | 01:08.00 | 100 BACK   | 01:13.00 | 01:40.00  |
| 03:20.00  | 02:28.00 | 200 BACK   | 02:35.00 | 03:11.00  |
|           | 00:38.00 | 50 BREAST  | 00:41.00 |           |
| 01:55.00  | 01:19.00 | 100 BREAST | 01:26.00 | 02:10.00  |
| 04:00.00  | 02:50.00 | 200 BREAST | 03:01.00 | 04:05.00  |
|           | 00:32.00 | 50 FLY     | 00:33.00 |           |
| 02:00.00  | 01:07.00 | 100 FLY    | 01:14.00 | 02:10.00  |
| 04:10.00  | 02:35.00 | 200 FLY    | 02:45.00 | 04:20.00  |
| 03:25.00  | 02:25.00 | 200 IM     | 02:35.00 | 03:35.00  |
|           | 05:10.00 | 400 IM     | 05:35.00 |           |

- **Notes:**
- Age Group Events will be swum as heat declared winner events.
- There will be "A" Finals for 50, 100, 200 and 400 events.
- There will be "A" and "B" Finals for 100 and 200 events.
- 800 and 1500 Freestyle events will be swum as heat declared winner events.

**Scottish Swimming Grand Prix**  
**Tollcross, Glasgow: 16<sup>th</sup> – 18<sup>th</sup> January 2015**

**FRIDAY 6<sup>th</sup> MAY 2016**

| <b>Session 1 ~ Warm-up:~ 17:00 Start: 18:00</b> |        |       |            |       |
|-------------------------------------------------|--------|-------|------------|-------|
| 101                                             | Womens | 50m   | Backstroke | Heats |
| 102                                             | Mens   | 50m   | Butterfly  | Heats |
| 103                                             | Womens | 50m   | Butterfly  | Heats |
| 104                                             | Mens   | 50m   | Backstroke | Heats |
| 105                                             | Womens | 800m  | Freestyle  | Heats |
| 106                                             | Mens   | 1500m | Freestyle  | Heats |
| 101A                                            | Womens | 50m   | Backstroke | Final |
| 102A                                            | Mens   | 50m   | Butterfly  | Final |
| 103A                                            | Womens | 50m   | Butterfly  | Final |
| 104A                                            | Mens   | 50m   | Backstroke | Final |

## SATURDAY 7<sup>th</sup> MAY 2016

| <b>Session 2 ~ Warm-up:~ 08:00 Start: 09:00</b> |        |      |              |       |
|-------------------------------------------------|--------|------|--------------|-------|
| 201                                             | Womens | 200m | I.M.         | Heats |
| 202                                             | Mens   | 200m | Freestyle    | Heats |
| 203                                             | Womens | 200m | Breaststroke | Heats |
| 204                                             | Mens   | 100m | Butterfly    | Heats |
| 205                                             | Womens | 400m | Freestyle    | Heats |
| 206                                             | Mens   | 400m | I.M.         | Heats |
| 207                                             | Womens | 50m  | Breaststroke | Heats |
| 208                                             | Mens   | 50m  | Freestyle    | Heats |
| 209                                             | Womens | 100m | Backstroke   | Heats |
| 210                                             | Mens   | 200m | Backstroke   | Heats |
| 211                                             | Womens | 200m | Butterfly    | Heats |
| 212                                             | Mens   | 100m | Breaststroke | Heats |
| 213                                             | Womens | 100m | Freestyle    | Heats |

| <b>Session 3 ~ Warm-up:~ 12:30 Start: 13:30</b> |                |      |              |     |
|-------------------------------------------------|----------------|------|--------------|-----|
| 301                                             | Boys 14/under  | 200m | I.M.         | HDW |
| 302                                             | Girls 14/under | 100m | Backstroke   | HDW |
| 303                                             | Boys 14/under  | 100m | Backstroke   | HDW |
| 304                                             | Girls 14/under | 200m | Breaststroke | HDW |
| 305                                             | Boys 14/under  | 200m | Breaststroke | HDW |
| 306                                             | Girls 14/under | 100m | Butterfly    | HDW |
| 307                                             | Boys 14/under  | 100m | Butterfly    | HDW |
| 308                                             | Girls 14/under | 200m | Freestyle    | HDW |
| 309                                             | Boys 14/under  | 200m | Freestyle    | HDW |

| <b>Session 4 ~ FINALS ~ Warm-up: 16:30 Start: 17:30</b> |        |      |              |         |
|---------------------------------------------------------|--------|------|--------------|---------|
| 201A                                                    | Womens | 200m | I.M.         | A Final |
| 201B                                                    | Womens | 200m | I.M.         | B Final |
| 202A                                                    | Mens   | 200m | Freestyle    | A Final |
| 202B                                                    | Mens   | 200m | Freestyle    | B Final |
| 203A                                                    | Womens | 200m | Breaststroke | A Final |
| 203B                                                    | Womens | 200m | Breaststroke | B Final |
| 204A                                                    | Mens   | 100m | Butterfly    | A Final |
| 204B                                                    | Mens   | 100m | Butterfly    | B Final |
| 205A                                                    | Womens | 400m | Freestyle    | A Final |
| 206A                                                    | Mens   | 400m | I.M.         | A Final |
| 207A                                                    | Womens | 50m  | Breaststroke | A Final |
| 208A                                                    | Mens   | 50m  | Freestyle    | A Final |
| 209A                                                    | Womens | 100m | Backstroke   | A Final |
| 209B                                                    | Womens | 100m | Backstroke   | B Final |
| 210A                                                    | Mens   | 200m | Backstroke   | A Final |
| 210B                                                    | Mens   | 200m | Backstroke   | B Final |
| 211A                                                    | Womens | 200m | Butterfly    | A Final |
| 211B                                                    | Womens | 200m | Butterfly    | B Final |
| 212A                                                    | Mens   | 100m | Breaststroke | A Final |
| 212B                                                    | Mens   | 100m | Breaststroke | B Final |
| 213A                                                    | Womens | 100m | Freestyle    | A Final |
| 213B                                                    | Womens | 100m | Freestyle    | B Final |

**SUNDAY 8<sup>th</sup> MAY 2016**

| <b>Session 5 ~ Warm-up:~ 08:00 Start: 09:00</b> |        |      |              |       |
|-------------------------------------------------|--------|------|--------------|-------|
| 401                                             | Mens   | 200m | I.M.         | Heats |
| 402                                             | Womens | 200m | Freestyle    | Heats |
| 403                                             | Mens   | 200m | Breaststroke | Heats |
| 404                                             | Womens | 100m | Butterfly    | Heats |
| 405                                             | Mens   | 400m | Freestyle    | Heats |
| 406                                             | Womens | 400m | I.M.         | Heats |
| 407                                             | Mens   | 50m  | Breaststroke | Heats |
| 408                                             | Womens | 50m  | Freestyle    | Heats |
| 409                                             | Mens   | 100m | Backstroke   | Heats |
| 410                                             | Womens | 200m | Backstroke   | Heats |
| 411                                             | Mens   | 200m | Butterfly    | Heats |
| 412                                             | Womens | 100m | Breaststroke | Heats |
| 413                                             | Mens   | 100m | Freestyle    | Heats |

| <b>Session 6 ~ Warm-up:~ 12:30 Start: 13:30</b> |                |      |              |     |
|-------------------------------------------------|----------------|------|--------------|-----|
| 501                                             | Girls 14/under | 100m | Breaststroke | HDW |
| 502                                             | Boys 14/under  | 100m | Breaststroke | HDW |
| 503                                             | Girls 14/under | 200m | Butterfly    | HDW |
| 504                                             | Boys 14/under  | 200m | Butterfly    | HDW |
| 505                                             | Girls 14/under | 100m | Freestyle    | HDW |
| 506                                             | Boys 14/under  | 100m | Freestyle    | HDW |
| 507                                             | Girls 14/under | 200m | Backstroke   | HDW |
| 508                                             | Boys 14/under  | 200m | Backstroke   | HDW |
| 509                                             | Girls 14/under | 200m | I.M.         | HDW |

| <b>Session 7 ~ FINALS ~ Warm-up: 16:30 Start: 17:30</b> |        |      |              |         |
|---------------------------------------------------------|--------|------|--------------|---------|
| 401A                                                    | Mens   | 200m | I.M.         | A Final |
| 401B                                                    | Mens   | 200m | I.M.         | B Final |
| 402A                                                    | Womens | 200m | Freestyle    | A Final |
| 402B                                                    | Womens | 200m | Freestyle    | B Final |
| 403A                                                    | Mens   | 200m | Breaststroke | A Final |
| 403B                                                    | Mens   | 200m | Breaststroke | B Final |
| 404A                                                    | Womens | 100m | Butterfly    | A Final |
| 404B                                                    | Womens | 100m | Butterfly    | B Final |
| 405A                                                    | Mens   | 400m | Freestyle    | A Final |
| 406A                                                    | Womens | 400m | I.M.         | A Final |
| 407A                                                    | Mens   | 50m  | Breaststroke | A Final |
| 408A                                                    | Womens | 50m  | Freestyle    | A Final |
| 409A                                                    | Mens   | 100m | Backstroke   | A Final |
| 409B                                                    | Mens   | 100m | Backstroke   | B Final |
| 410A                                                    | Womens | 200m | Backstroke   | A Final |
| 410B                                                    | Womens | 200m | Backstroke   | B Final |
| 411A                                                    | Mens   | 200m | Butterfly    | A Final |
| 411B                                                    | Mens   | 200m | Butterfly    | B Final |
| 412A                                                    | Womens | 100m | Breaststroke | A Final |
| 412B                                                    | Womens | 100m | Breaststroke | B Final |
| 413A                                                    | Mens   | 100m | Freestyle    | A Final |
| 413B                                                    | Mens   | 100m | Freestyle    | B Final |



# **West District “Best in the West” Open Meet**

**Tollcross, Glasgow: 6<sup>th</sup> – 8<sup>th</sup> May 2016**

## **Health and Safety Announcement**

### **Controlling the Use of Photographic Equipment**

In the interests of child protection the Scottish Swimming has decided that control of photographic equipment is required at all Meets. In view of this, the Meet will run under the following guidelines:

No photographic equipment (e.g., camera, camcorder, mobile phone with camera, etc.) is to be allowed on either poolside, spectator gallery or any other area under the jurisdiction of the Meet Organisers without prior approval of the Meet Director.

Application to use photographic equipment must be made on the West District Form available from [entries@scotswimwest.co.uk](mailto:entries@scotswimwest.co.uk) or at the “door” during the weekend of the Meet.

Application can be made on the day to the Meet Director or to the Meet Directors appointed official. Applicants must provide proof of identity when applying and carry such proof when intending to use their photographic equipment.

# West District “Best in the West” Open Meet

Tollcross, Glasgow: 6<sup>th</sup> – 8<sup>th</sup> May 2016

*In order to comply with accreditation and health and safety requirements, this form must be completed and returned along with entry information.*

I confirm that all the entered swimmers have paid their current S.A.S.A. Annual Membership Fee (Scottish clubs) or are affiliated members of their Governing Body (non-Scottish clubs).

I understand that any swimmer entered without a Membership Number (British clubs) or not affiliated to their Governing Body (non-British clubs) will be automatically rejected.

I confirm that all entered swimmers have been trained and are competent to dive into deep or shallow water in a safe manner as prescribed by current/planned legislation.

I confirm that information regarding the use of photographic equipment has been passed on to swimmers and parents intending to travel to the meet.

Signed: .....

Position in club: .....

On behalf of: ..... (Name of club)

Return this form along with entries no later than 16<sup>th</sup> December 2014 to:

**John Deans  
9 Tynron Court  
Hamilton  
ML3 8XD**

# West District "Best in the West" Open Meet

Tollcross, Glasgow: 6<sup>th</sup> – 8<sup>th</sup> May 2016

## Summary Entry Form

**\*\* This form must be completed and returned with any entries. \*\***

Club Name: .....

Contact Name: .....

Address: .....

Post Code: .....

Telephone: .....

Email: .....

Total Female Entries: ..... @ £10.00 each: = £.....

Total Male Entries: ..... @ £10.00 each: = £.....

Coaches Passes: ..... @ £20.00 each: = £.....  
(excludes meals)

Coaches Meals: ..... @ £15.00 each/Sat: = £.....

Coaches Meals: ..... @ £15.00 each/Sun: = £.....

Total Amount Enclosed: = £.....

Signed: .....

Position in club:.....

Please make cheques payable to: **S.A.S.A West District**

Return this form along with entries no later than **10<sup>th</sup> April 2016** to:

**John Deans  
9 Tynron Court  
Hamilton  
ML3 8XD**

# West District “Best in the West” Open Meet

Tollcross, Glasgow: 6<sup>th</sup> – 8<sup>th</sup> May 2016

## Entry Files Request Form

*Please email the entry files for the above meet to:*

Club \_\_\_\_\_ Contact Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Telephone \_\_\_\_\_ E-mail \_\_\_\_\_

Return this completed form to:

**John Deans  
9 Tynron Court  
Hamilton  
ML3 8XD**

or email the Request to: [entries@scotswimwest.co.uk](mailto:entries@scotswimwest.co.uk)