

WEST DISTRICT 2016 LONG COURSE CHAMPIONSHIP – ROUND 2

Dates and Venue

6th / 7th February **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.

Restricted Events

The following Events are for 12 & 13 yr age groups only:

Boys 400 IM & Girls 800 Fr

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.

Relays

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 19th 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 will be available for collection during each Session.

Heats and Finals

Heats and Finals for 50m, 100m and 200m Individual 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**

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Consideration Time

101	Female	200 Fly		
101A	Female 14yrs	200 Fly	H&F	03.15.70
101B	Female 15yrs	200 Fly	H&F	03.21.70
101C	Female 16/Oyrs	200 Fly	H&F	03.18.90
102	Male	400 IM		
102A	Male 14yrs	400 IM	HDW	05.35.00
102B	Male 15yrs	400 IM	HDW	05.37.50
102C	Male 16/Oyrs	400 IM	HDW	05.38.70
103	Female	800 Free		
103A	Female 14yrs	800 Free	HDW	10.17.40
103B	Female 15yrs	800 Free	HDW	10.17.70
103C	Female 16/Oyrs	800 Free	HDW	11.30.20
104	Male	400 Free		
104A	Male 14yrs	400 Free	HDW	04.54.60
104B	Male 15yrs	400 Free	HDW	04.49.20
104C	Male 16/Oyrs	400 Free	HDW	04.40.60

Consideration Time

201	Female	50 Free		
201A	Female 11yrs	50 Free	H&F	00.35.60
201B	Female 12yrs	50 Free	H&F	00.33.60
201C	Female 13yrs	50 Free	H&F	00.31.90
202	Male	50 Breast		
202A	Male 11yrs	50 Breast	H&F	00.51.10
202B	Male 12yrs	50 Breast	H&F	00.47.60
202C	Male 13yrs	50 Breast	H&F	00.43.50
203	Female	200 IM		
203A	Female 11yrs	200 IM	H&F	03.20.50
203B	Female 12yrs	200 IM	H&F	02.55.70
203C	Female 13yrs	200 IM	H&F	02.49.90
204	Male	100 Fly		
204A	Male 11yrs	100 Fly	H&F	02.11.10
204B	Male 12yrs	100 Fly	H&F	01.43.50
204C	Male 13yrs	100 Fly	H&F	01.22.20
205	Female	100 Back		
205A	Female 11yrs	100 Back	H&F	01.31.30
205B	Female 12yrs	100 Back	H&F	01.23.60
205C	Female 13yrs	100 Back	H&F	01.19.80
206	Male	200 Back		
206A	Male 11yrs	200 Back	H&F	03.44.90
206B	Male 12yrs	200 Back	H&F	03.04.10
206C	Male 13yrs	200 Back	H&F	02.46.90

Consideration Time

301	Female	50 Free		
301A	Female 14rs	50 Free	H&F	00.32.30
301B	Female 15yrs	50 Free	H&F	00.31.50
301C	Female 16/Oyrs	50 Free	H&F	00.32.20
302	Male	50 Breast		
302A	Male 14yrs	50 Breast	H&F	00.40.70
302B	Male 15yrs	50 Breast	H&F	00.40.00
302C	Male 16/Oyrs	50 Breast	H&F	00.41.80
303	Female	200 IM		
303A	Female 14yrs	200 IM	H&F	02.46.70
303B	Female 15yrs	200 IM	H&F	02.44.40
303C	Female 16/Oyrs	200 IM	H&F	02.55.50
304	Male	100 Fly		
304A	Male 14yrs	100 Fly	H&F	01.19.00
304B	Male 15yrs	100 Fly	H&F	01.18.20
304C	Male 16/Oyrs	100 Fly	H&F	01.19.60
305	Female	100 Back		
305A	Female 14yrs	100 Back	H&F	01.19.80
305B	Female 15yrs	100 Back	H&F	01.17.90
305C	Female 16/Oyrs	100 Back	H&F	01.20.80
306	Male	200 Back		
305A	Male 14yrs	200 Back	H&F	02.42.10
305B	Male 15yrs	200 Back	H&F	02.48.00
305C	Male 16/Oyrs	200 Back	H&F	02.46.10
307	Male 14/15yrs	4 x 100 Medley Relay	HDW	NC

Consideration Time

401	Female	200 Fly		
401A	Female 11yrs	200 Fly	H&F	03.53.20
401B	Female 12yrs	200 Fly	H&F	03.35.90
401C	Female 13yrs	200Fly	H&F	03.25.80
402	Male	400 IM		
402A	Male 12yrs	400 IM	HDW	06.44.40
402B	Male 13yrs	400 IM	HDW	05.58.80
403	Female	800 Free		
403A	Female 12yrs	800 Free	HDW	11.48.20
403B	Female 13yrs	800 Free	HDW	11.08.80
404	Male	400 Free		
404A	Male 11yrs	400 Free	HDW	07.33.10
404B	Male 12yrs	400 Free	HDW	05.57.20
404C	Male 13yrs	400 Free	HDW	05.19.50