

## **WEST DISTRICT 2016 LONG COURSE CHAMPIONSHIP – ROUND 3**

### **Dates and Venue**

**5<sup>th</sup> / 6<sup>th</sup> March                      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 31<sup>st</sup> December 2016**

This Championship is open to registered swimmers whose 1<sup>st</sup> 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](http://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](mailto: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:

Girls 400 IM & Boys 1500 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.

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

### **Closing Dates**

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

\*\*\*\* **Sunday 14<sup>th</sup> February** \*\*\*\*

### **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	<b>1 x Judge</b>
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 1<sup>st</sup> 2<sup>nd</sup> and 3<sup>rd</sup> 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**

**WEST DISTRICT 2016 LONG COURSE CHAMPIONSHIP – ROUND 3****Consideration Time**

<b>101</b>	<b>Male</b>	<b>50 Free</b>		
101A	Male 14yrs	50 Free	H&F	00.30.30
101B	Male 15yrs	50 Free	H&F	00.29.70
101C	Male 16/Oyrs	50 Free	H&F	00.29.10
<b>102</b>	<b>Female</b>	<b>50 Breast</b>		
102A	Female 14yrs	50 Breast	H&F	00.42.80
102B	Female 15yrs	50 Breast	H&F	00.43.20
102C	Female 16/Oyrs	50 Breast	H&F	00.43.00
<b>103</b>	<b>Male</b>	<b>200 IM</b>		
103A	Male 14yrs	200 IM	H&F	02.39.70
103B	Male 15yrs	200 IM	H&F	02.38.60
103C	Male 16/Oyrs	200 IM	H&F	02.38.30
<b>104</b>	<b>Female</b>	<b>100 Fly</b>		
104A	Female 14yrs	100 Fly	H&F	01.24.10
104B	Female 15yrs	100 Fly	H&F	01.24.90
104C	Female 16/Oyrs	100 Fly	H&F	01.22.80
<b>105</b>	<b>Male</b>	<b>100 Back</b>		
105A	Male 14yrs	100 Back	H&F	01.20.50
105B	Male 15yrs	100 Back	H&F	01.17.60
105C	Male 16/Oyrs	100 Back	H&F	01.18.10
<b>106</b>	<b>Female</b>	<b>200 Back</b>		
106A	Female 14yrs	200 Back	H&F	02.45.30
106B	Female 15yrs	200 Back	H&F	02.44.00
106C	Female 16/Oyrs	200 Back	H&F	03.03.90
<b>107</b>	<b>Female 14/15yrs</b>	<b>4x100 Medley Relay</b>	<b>HDW</b>	<b>NC</b>
<b>108</b>	<b>Mixed 16/Oyrs</b>	<b>4x100 Medley Relay</b>	<b>HDW</b>	<b>NC</b>

**Consideration Time**

<b>201</b>	<b>Male</b>	<b>200 Fly</b>		
201A	Male 11yrs	200 Fly	H&F	05.01.10
201B	Male 12yrs	200 Fly	H&F	04.31.20
201C	Male 13yrs	200 Fly	H&F	03.28.70
<b>202</b>	<b>Female</b>	<b>400 IM</b>		
202A	Female 12yrs	400 IM	HDW	06.01.30
202B	Female 13yrs	400 IM	HDW	06.00.10
<b>203</b>	<b>Male</b>	<b>1500 Free</b>		
203A	Male 12yrs	1500 Free	HDW	NC
203B	Male 13yrs	1500 Free	HDW	NC
<b>204</b>	<b>Female</b>	<b>400 Free</b>		
204A	Female 11yrs	400 Free	HDW	06.20.70
204B	Female 12yrs	400 Free	HDW	05.26.40
204C	Female 13yrs	400 Free	HDW	05.09.40

**Consideration Time**

<b>301</b>	<b>Male</b>	<b>200 Fly</b>		
301A	Male 14rs	200 Fly	H&F	03.23.00
301B	Male 15yrs	200 Fly	H&F	02.48.60
301C	Male 16/Oyrs	200 Fly	H&F	02.50.20
<b>302</b>	<b>Female</b>	<b>400 IM</b>		
302A	Female 14yrs	400 IM	HDW	05.47.60
302B	Female 15yrs	400 IM	HDW	05.43.30
302C	Female 16/Oyrs	400 IM	HDW	06.19.30
<b>303</b>	<b>Male</b>	<b>1500 Free</b>		
303A	Male 14yrs	1500 Free	HDW	19.32.10
303B	Male 15yrs	1500 Free	HDW	20.05.30
303C	Male 16/Oyrs	1500 Free	HDW	21.16.30
<b>304</b>	<b>Female</b>	<b>400 Free</b>		
304A	Female 14yrs	400 Free	HDW	05.08.20
304B	Female 15yrs	400 Free	HDW	05.09.30
304C	Female 16/Oyrs	400 Free	HDW	05.22.60

### Consideration Time

<b>401</b>	<b>Male</b>	<b>50 Free</b>		
401A	Male 11yrs	50 Free	H&F	00.37.70
401B	Male 12yrs	50 Free	H&F	00.34.40
401C	Male 13yrs	50 Free	H&F	00.31.70
<b>402</b>	<b>Female</b>	<b>50 Breast</b>		
402A	Female 11yrs	50 Breast	H&F	00.49.40
402B	Female 12yrs	50 Breast	H&F	00.45.30
402C	Female 13yrs	50 Breast	H&F	00.43.10
<b>403</b>	<b>Male</b>	<b>200 IM</b>		
403A	Male 11yrs	200 IM	H&F	03.36.80
403B	Male 12yrs	200 IM	H&F	03.07.80
403C	Male 13yrs	200 IM	H&F	02.51.60
<b>404</b>	<b>Female</b>	<b>100 Fly</b>		
404A	Female 11yrs	100 Fly	H&F	01.52.90
404B	Female 12yrs	100 Fly	H&F	01.28.90
404C	Female 13yrs	100 Fly	H&F	01.21.90
<b>405</b>	<b>Male</b>	<b>100 Back</b>		
405A	Male 11yrs	100 Back	H&F	01.40.80
405B	Male 12yrs	100 Back	H&F	01.30.00
405C	Male 13yrs	100 Back	H&F	01.20.60
<b>406</b>	<b>Female</b>	<b>200 Back</b>		
406A	Female 11yrs	200 Back	H&F	03.19.10
406B	Female 12yrs	200 Back	H&F	02.54.50
406C	Female 13yrs	200 Back	H&F	02.49.20