

WEST DISTRICT 2018 LONG COURSE CHAMPIONSHIP – ROUND 1

Dates and Venue

Round 1 3rd/4th February Dollan Aqua Centre – East Kilbride

Sessions: 09:30am and 2:00pm each day.
Warm Ups: 08:30am and 01:00pm each day.

Age Groups

11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16+yrs

Competitors age will be their age on 31st December 2018

This Championship is open to registered swimmers whose 1st Claim Club is affiliated to the West District of the Scottish Swimming.

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 8pm 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.

The Meet Entries will be processed using the 6 age bands (11,12,13,14,15,16+) to ensure an even spread but swum all ages combined.

An Entry Time equal to or faster than the Event Consideration Time does not guarantee acceptance into the Event.

Reserves

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.

Multi-Classification (MC)

Events are open to West District swimmers who have a recognised classification (IPC, BS, BBS, UKSA or INAS-FID). Swimmers must achieve the qualifying standards for their class in the MC events as per the supplementary MC conditions attached. The MC events will be integrated into the heats, seeded by absolute time. Please refer to the supplementary MC conditions for more information. MC swimmers can compete in the appropriate finals but there are no separate finals for MC competitors.

Entry Fees

| | | |
|-------------------|------------------|---|
| Individual Events | £6.00 each event | Cheques payable to SASA West District BACS available as per Entry Form |
|-------------------|------------------|---|

Closing Dates

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

Round 1 **** **Wednesday 10th 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:

Technical Officials

District clubs entering swimmers in any District Swimming Championships/Meets must provide Swimming Technical Officials for each session of the Championships/Meets in accordance with agreed criteria.

Full details are shown the attached Appendix 1.

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 100m events

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

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

**John A. Deans
District Swimming Committee**

6 Day Programme:**2018 West District LC Age Group Meet (Day 1/2) & Championships (Days 3/4 & 5/6)****Day 3 - Saturday 3rd February 2018****Day 4 - Sunday 4th February 2018****Session 1 ~ Warm-up: 08:30 Start: 09:30 Finish: 12:30****Session 3 ~ Warm-up: 08:30 Start: 09:30 Finish: 12:30**

| | | | | | | | | | |
|-----|--------------------|------|------------|-------|-----|--------------------|------|--------------|-------|
| 101 | Boys All Ages (6) | 100m | Backstroke | Heats | 301 | Girls All Ages (6) | 100m | Breaststroke | Heats |
| 102 | Girls All Ages (6) | 100m | Butterfly | Heats | 302 | Boys All Ages (6) | 100m | Freestyle | Heats |
| 103 | Boys All Ages (6) | 400m | Freestyle | HDW | 303 | Girls All Ages (6) | 400m | Freestyle | HDW |
| 104 | Girls 11 | 100m | Butterfly | FINAL | 304 | Boys 11 | 100m | Freestyle | FINAL |
| 105 | Girls 12 | 100m | Butterfly | FINAL | 305 | Boys 12 | 100m | Freestyle | FINAL |
| 106 | Girls 13 | 100m | Butterfly | FINAL | 306 | Boys 13 | 100m | Freestyle | FINAL |
| 107 | Girls 14 | 100m | Butterfly | FINAL | 307 | Boys 14 | 100m | Freestyle | FINAL |
| 108 | Girls 15 | 100m | Butterfly | FINAL | 308 | Boys 15 | 100m | Freestyle | FINAL |
| 109 | Girls 16+ | 100m | Butterfly | FINAL | 309 | Boys 16+ | 100m | Freestyle | FINAL |
| 110 | Boys 11 | 100m | Backstroke | FINAL | 310 | Girls 11 | 100m | Breaststroke | FINAL |
| 111 | Boys 12 | 100m | Backstroke | FINAL | 311 | Girls 12 | 100m | Breaststroke | FINAL |
| 112 | Boys 13 | 100m | Backstroke | FINAL | 312 | Girls 13 | 100m | Breaststroke | FINAL |
| 113 | Boys 14 | 100m | Backstroke | FINAL | 313 | Girls 14 | 100m | Breaststroke | FINAL |
| 114 | Boys 15 | 100m | Backstroke | FINAL | 314 | Girls 15 | 100m | Breaststroke | FINAL |
| 115 | Boys 16+ | 100m | Backstroke | FINAL | 315 | Girls 16+ | 100m | Breaststroke | FINAL |

Session 2 ~ Warm-up: 13:00 Start: 14:00 Finish: 17:00**Session 4 ~ Warm-up: 13:00 Start: 14:00 Finish: 17:00**

| | | | | | | | | | |
|-----|--------------------|------|------------|-------|-----|--------------------|------|--------------|-------|
| 201 | Girls All Ages (6) | 100m | Backstroke | Heats | 401 | Boys All Ages (6) | 100m | Breaststroke | Heats |
| 202 | Boys All Ages (6) | 100m | Butterfly | Heats | 402 | Girls All Ages (6) | 100m | Freestyle | Heats |
| 203 | Girls All Ages (6) | 200m | Butterfly | HDW | 403 | Boys All Ages (6) | 200m | Butterfly | HDW |
| 204 | Boys All Ages (5) | 400m | I.M. | HDW | 404 | Girls All Ages (5) | 400M | I.M. | HDW |
| 205 | Girls 11 | 100m | Backstroke | FINAL | 405 | Boys 11 | 100m | Breaststroke | FINAL |
| 206 | Girls 12 | 100m | Backstroke | FINAL | 406 | Boys 12 | 100m | Breaststroke | FINAL |
| 207 | Girls 13 | 100m | Backstroke | FINAL | 407 | Boys 13 | 100m | Breaststroke | FINAL |
| 208 | Girls 14 | 100m | Backstroke | FINAL | 408 | Boys 14 | 100m | Breaststroke | FINAL |
| 209 | Girls 15 | 100m | Backstroke | FINAL | 409 | Boys 15 | 100m | Breaststroke | FINAL |
| 210 | Girls 16+ | 100m | Backstroke | FINAL | 410 | Boys 16+ | 100m | Breaststroke | FINAL |
| 211 | Boys 11 | 100m | Butterfly | FINAL | 411 | Girls 11 | 100m | Freestyle | FINAL |
| 212 | Boys 12 | 100m | Butterfly | FINAL | 412 | Girls 12 | 100m | Freestyle | FINAL |
| 213 | Boys 13 | 100m | Butterfly | FINAL | 413 | Girls 13 | 100m | Freestyle | FINAL |
| 214 | Boys 14 | 100m | Butterfly | FINAL | 414 | Girls 14 | 100m | Freestyle | FINAL |
| 215 | Boys 15 | 100m | Butterfly | FINAL | 415 | Girls 15 | 100m | Freestyle | FINAL |
| 216 | Boys 16+ | 100m | Butterfly | FINAL | 416 | Girls 16+ | 100m | Freestyle | FINAL |

Consideration Times 2018 - Rounds 1 & 2
To be LC times, can be converted from SC

| Girls | | | | | | Events | Boys | | | | | |
|----------|----------|----------|----------|----------|---------|------------------|---------|----------|----------|----------|----------|----------|
| 16+ | 15 | 14 | 13 | 12 | 11 | | 11 | 12 | 13 | 14 | 15 | 16+ |
| 31.10 | 32.10 | 32.90 | 34.30 | 36.10 | 38.20 | 50 Freestyle | 39.20 | 35.50 | 32.90 | 31.90 | 30.50 | 29.30 |
| 1.06.90 | 1.08.10 | 1.10.20 | 1.15.10 | 1.17.80 | 1.24.60 | 100 Freestyle | 1.30.50 | 1.22.40 | 1.17.50 | 1.09.50 | 1.06.40 | 1.04.50 |
| 2.28.60 | 2.31.20 | 2.35.00 | 2.43.00 | 2.48.40 | 3.02.50 | 200 Freestyle | 3.24.50 | 3.07.10 | 2.46.50 | 2.34.80 | 2.27.50 | 2.16.00 |
| 5.15.60 | 5.20.10 | 5.40.30 | 5.56.10 | 6.30.00 | 7.15.00 | 400 Freestyle | 7.20.00 | 6.45.50 | 5.55.00 | 5.45.60 | 5.23.70 | 5.08.30 |
| 10.30.00 | 10.45.00 | 11.30.00 | 12.00.00 | 12.30.00 | | 800 Freestyle | | | | | | |
| | | | | | | 1500 Freestyle | | 22.30.00 | 21.45.00 | 21.00.00 | 20.15.00 | 20.00.00 |
| 35.80 | 37.50 | 38.20 | 39.20 | 40.70 | 44.50 | 50 Backstroke | 45.60 | 43.90 | 40.10 | 39.10 | 36.70 | 35.40 |
| 1.16.90 | 1.18.80 | 1.21.60 | 1.25.30 | 1.30.10 | 1.38.50 | 100 Backstroke | 1.44.90 | 1.36.40 | 1.29.30 | 1.21.30 | 1.17.10 | 1.16.00 |
| 2.53.20 | 2.57.30 | 3.03.70 | 3.06.50 | 3.11.20 | 3.36.40 | 200 Backstroke | 3.48.10 | 3.23.40 | 3.05.70 | 3.02.50 | 2.57.40 | 2.40.00 |
| 40.10 | 41.80 | 43.90 | 44.50 | 45.50 | 50.90 | 50 Breaststroke | 53.50 | 48.50 | 45.20 | 44.60 | 42.80 | 40.90 |
| 1.28.00 | 1.30.20 | 1.34.60 | 1.39.50 | 1.42.70 | 1.52.50 | 100 Breaststroke | 2.04.80 | 1.48.20 | 1.47.60 | 1.34.20 | 1.29.50 | 1.26.80 |
| 3.11.30 | 3.19.10 | 3.23.70 | 3.28.80 | 3.44.70 | 4.02.60 | 200 Breaststroke | 4.20.00 | 4.00.00 | 3.41.30 | 3.30.50 | 3.10.20 | 3.05.60 |
| 35.90 | 36.40 | 37.00 | 37.60 | 40.10 | 44.90 | 50 Butterfly | 46.90 | 42.50 | 39.50 | 39.20 | 37.10 | 33.00 |
| 1.17.00 | 1.19.30 | 1.22.50 | 1.29.30 | 1.37.60 | 1.58.00 | 100 Butterfly | 2.15.00 | 1.55.40 | 1.48.20 | 1.24.50 | 1.19.30 | 1.16.70 |
| 3.05.00 | 3.15.00 | 3.30.00 | 3.45.00 | 4.00.00 | 4.05.00 | 200 Butterfly | 4.15.00 | 4.00.00 | 3.45.00 | 3.40.00 | 3.10.00 | 3.00.00 |
| 2.50.90 | 2.55.10 | 3.02.50 | 3.05.00 | 3.13.60 | 3.38.70 | 200 IM | 4.02.50 | 3.25.60 | 3.15.60 | 3.05.70 | 2.55.70 | 2.35.00 |
| 5.55.00 | 6.10.00 | 6.40.00 | 7.00.00 | 7.20.00 | | 400 IM | | 7.30.00 | 7.00.00 | 6.30.00 | 6.00.00 | 5.45.00 |

Multi-Classification (MC)

These supplementary conditions apply in conjunction with the general conditions for the West District Age Group Championships.

The following events will be included in the heats where a swimmer meets the eligibility criteria and consideration standards for their classification:

- 50m Freestyle – S1-S14
- 100m Freestyle – S1-S14
- 200m Freestyle – S1-S5 & S14
- 400m Freestyle – S6-S14
- 50m Backstroke – S1-S5
- 100m Backstroke – S1-S14
- 50m Butterfly – S1-S7
- 100m Butterfly – S8-S14
- 50m Breaststroke – SB1-SB3
- 100m Breaststroke – SB4-SB14
- 200m IM – SM5-SM14

Eligibility

Functional (S1-S10, SB1-SB9, SM1-SM10)

• All competitors must have an authorised British Swimming or IPC Swimming classification, which is held on the British Swimming or IPC Swimming classification database at the time of entry.

Visual (S11-S13, SB11-SB13, SM11-SM13)

• All competitors must have an authorised British Blind Sport, IBSA or IPC Swimming classification, which is held on the British Swimming or IPC Swimming classification database at the time of entry.

Learning (S14, SB14, SM14)

• All competitors must have an authorised UKSA, INAS-FID or IPC classification which is held on the British Swimming or IPC Swimming database at the time of entry.

General

Consideration times must have been achieved since 1st December 2016 and may be achieved in either long or short course events. All swimmers qualifying will be integrated into the heats seeded by absolute time. The competition shall take place under the relevant IPC Swimming Rules.

Consideration times are detailed in the table below:

2018 MC CONSIDERATION TIMES

| <u>50m FREE</u> | <u>Girls</u> | <u>Boys</u> | <u>100m FREE</u> | <u>Girls</u> | <u>Boys</u> | <u>200m FREE</u> | <u>Girls</u> | <u>Boys</u> | <u>400m FREE</u> | <u>Girls</u> | <u>Boys</u> |
|---------------------|--------------|-------------|----------------------|--------------|-------------|-----------------------|--------------|-------------|------------------------|--------------|-------------|
| S1 | 02:22.99 | 02:28.24 | S1 | 07:04.37 | 05:39.81 | S1 | 11:15.63 | 08:43.43 | S6 | 09:46.57 | 09:18.08 |
| S2 | 02:01.41 | 01:50.55 | S2 | 05:48.69 | 04:26.71 | S2 | 11:49.48 | 08:49.06 | S7 | 09:37.88 | 08:18.95 |
| S3 | 01:21.01 | 01:23.88 | S3 | 03:19.80 | 03:23.44 | S3 | 06:04.55 | 06:14.09 | S8 | 08:27.06 | 07:55.56 |
| S4 | 01:10.09 | 01:10.67 | S4 | 02:30.45 | 02:32.83 | S4 | 05:51.07 | 05:29.32 | S9 | 08:14.80 | 07:26.73 |
| S5 | 01:06.28 | 00:59.86 | S5 | 02:52.14 | 02:15.41 | S5 | 06:09.07 | 04:54.17 | S10 | 08:00.39 | 07:09.76 |
| S6 | 01:01.51 | 00:54.18 | S6 | 02:11.09 | 01:58.22 | S14 | 03:44.88 | 03:22.72 | S11 | 09:42.51 | 08:30.29 |
| S7 | 00:57.70 | 00:49.39 | S7 | 02:07.84 | 01:50.64 | | | | S12 | 09:03.69 | 08:11.06 |
| S8 | 00:53.09 | 00:47.53 | S8 | 01:54.22 | 01:44.02 | | | | S13 | 08:05.04 | 07:17.31 |
| S9 | 00:50.12 | 00:44.22 | S9 | 01:48.32 | 01:37.33 | | | | S14 | 08:14.22 | 07:15.95 |
| S10 | 00:48.48 | 00:41.19 | S10 | 01:44.97 | 01:29.40 | | | | | | |
| S11 | 00:53.16 | 00:46.38 | S11 | 02:01.24 | 01:44.33 | | | | | | |
| S12 | 00:49.44 | 00:42.41 | S12 | 01:47.24 | 01:34.49 | | | | | | |
| S13 | 00:48.01 | 00:42.06 | S13 | 01:45.03 | 01:31.32 | | | | | | |
| S14 | 00:48.52 | 00:43.18 | S14 | 01:45.76 | 01:32.33 | | | | | | |
| <u>50m BACK</u> | <u>Girls</u> | <u>Boys</u> | <u>100m BACK</u> | <u>Girls</u> | <u>Boys</u> | <u>50m BREAST</u> | <u>Girls</u> | <u>Boys</u> | <u>100m BREAST</u> | <u>Girls</u> | <u>Boys</u> |
| S1 | 03:51.05 | 02:30.94 | S1 | 07:37.83 | 05:16.73 | SB1 | 03:50.89 | 03:02.63 | SB4 | 03:30.95 | 03:07.02 |
| S2 | 02:33.34 | 01:45.66 | S2 | 06:04.80 | 03:49.60 | SB2 | 04:44.63 | 01:45.03 | SB5 | 03:13.49 | 02:45.51 |
| S3 | 01:37.21 | 01:26.29 | S6 | 02:41.92 | 02:18.24 | SB3 | 01:46.59 | 01:22.31 | SB6 | 03:00.35 | 02:27.25 |
| S4 | 01:43.94 | 01:20.99 | S7 | 02:31.84 | 02:06.56 | | | | SB7 | 02:43.59 | 02:20.59 |
| S5 | 01:21.28 | 01:09.26 | S8 | 02:14.72 | 01:57.10 | | | | SB8 | 02:23.26 | 02:05.95 |
| | | | S9 | 02:00.63 | 01:52.54 | | | | SB9 | 02:13.62 | 02:00.70 |
| | | | S10 | 02:01.19 | 01:45.47 | | | | SB11 | 02:43.78 | 02:24.52 |
| | | | S11 | 02:23.75 | 02:13.35 | | | | SB12 | 02:19.32 | 02:04.03 |
| | | | S12 | 02:07.33 | 01:46.85 | | | | SB13 | 02:14.42 | 01:58.54 |
| | | | S13 | 01:57.27 | 01:47.34 | | | | SB14 | 02:12.09 | 01:56.11 |
| | | | S14 | 01:57.38 | 01:48.39 | | | | | | |
| <u>50m FLY</u> | <u>Girls</u> | <u>Boys</u> | <u>100m FLY</u> | <u>Girls</u> | <u>Boys</u> | <u>200m IM</u> | <u>Girls</u> | <u>Boys</u> | | | |
| S1 | 05:00.00 | 05:00.00 | S8 | 02:15.74 | 01:51.08 | SM5 | 06:39.21 | 07:00.27 | | | |
| S2 | 03:57.64 | 04:05.11 | S9 | 01:58.32 | 01:45.91 | SM6 | 05:28.22 | 05:06.36 | | | |
| S3 | 02:35.87 | 02:23.11 | S10 | 01:58.76 | 01:40.15 | SM7 | 05:17.83 | 04:41.50 | | | |
| S4 | 01:29.66 | 01:32.05 | S11 | 02:47.59 | 01:56.60 | SM8 | 04:39.02 | 04:19.56 | | | |
| S5 | 01:24.37 | 01:06.64 | S12 | 02:22.85 | 01:40.66 | SM9 | 04:32.46 | 03:59.70 | | | |
| S6 | 01:10.24 | 00:57.51 | S13 | 01:51.37 | 01:39.76 | SM10 | 04:24.18 | 03:48.80 | | | |
| S7 | 01:03.09 | 00:53.81 | S14 | 01:55.70 | 01:40.27 | SM11 | 05:19.04 | 04:26.44 | | | |
| | | | | | | SM12 | 04:59.64 | 04:06.75 | | | |
| | | | | | | SM13 | 04:09.25 | 03:57.66 | | | |
| | | | | | | SM14 | 04:12.57 | 03:50.23 | | | |

West District LC Age Group Championships – Round 1

Dollan Aqua Centre – East Kilbride: 3rd / 4th Feb 2018

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: @ £6.00 each: = £.....

Total Male Entries: @ £6.00 each: = £.....

~~Total Relay Entries: @ £0.00 each: = £.....~~

Coaches Meals: @ £10.00 each/Sat: = £.....

Coaches Meals: @ £10.00 each/Sun: = £.....

Total Amount Enclosed: = £.....

Signed:

Position in club:

Cheques payable to: **S.A.S.A. West District**

BACS Transfer: **Bank of Scotland**
Account No: 00827834
Sort Code: 80-06-64

Submit proof of transfer with this form

Return this form along with entries **no later than Wed 10th Jan 2018** to:

John Deans
9 Tynron Court
Hamilton
ML3 8XD

Email: john.deans@blueyonder.co.uk

Appendix 1

| No of Swimmers per Session | STOs Required by Club at District Championship/Meet |
|---|---|
| 2 to 4 | 1 x Timekeeper or above |
| 5 to 8 | 2 x TOs as follows: 1 x J1 or above Balance can be TKs |
| 9 to 12 | 3 x TOs as follows: 1 x J1 or above 1 x J2 or above Balance can be TKs |
| 13 to 16 | 4 x TOs as follows: 1 x J1 or above 1 x J2 or above Balance can be TKs |
| 17 to 20 | 5 x TOs as follows: 2 x J1 or above 1 x J2 or above Balance can be TKs |
| 21 - 24 | 6 x TOs as follows: 3 x J1 or above 1 x J2 or above 1 x J2S or above Balance can be TKs |
| 25+ | 7 x TOs as follows: 3 x J1 or above 1 x J2 or above 1 x J2S or above Balance can be TKs |
| <p>Fines: A District Club failing to provide STOs in accordance with this scale shall be subject to a fine of £50.00 per STO, for each session in which the required STO is not present.</p> | |
| <p>Currently there is a "grace period" of no fines to allow Clubs to get people trained. While people are being trained, PROVIDED they go on poolside, they will count for the position for which they are being trained. This will be reviewed on a regular basis.</p> | |
| <p>For further information, please contact STO Convenor, Jean King stoconvenor@scotswimwest.co.uk</p> | |