

## **2018 WEST DISTRICT LONG COURSE JANUARY AGE GROUP MEET**

### **Dates and Venue**

**13<sup>th</sup> / 14<sup>th</sup> January**

**Dollan Aqua Centre – East Kilbride**

Warm Ups: 08:30am and 1:00pm each day.

Sessions: 09:30am and 2:00pm each day.

### **Age Groups**

**11-13yrs, 14+yrs**

### **Competitors age will be their age on 31<sup>st</sup> December 2018**

The objective of Meet is to provide swimmers in the West District with an opportunity to target the Consideration Times for the Edinburgh International/British Championships and the Scottish National Age Group Championships.

This Meet is open to registered swimmers whose 1<sup>st</sup> Claim Club is affiliated to the West District of the Scottish Swimming.

There is a Consideration Time for each individual event.  
Entry to the Meet 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-tekltd.com/downloads.html](http://www.hy-tekltd.com/downloads.html)

For administration purposes, an **Information Form** must be submitted with the cheque or confirmation of BACS transfer.

**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, providing a balance across the available Heats/Lanes per Event, dependant on the number of Heats.

Th 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 (11-13 & 14+) 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:

\*\*\*\* **Wednesday 20<sup>th</sup> December** \*\*\*\*

### **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/Meet must provide Swimming Technical Officials for each session of the Championships/Meet in accordance with the following:

### **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 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in Junior (13&U) and Open Age Group, in each event.

Swimmers will only qualify for one medal per 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**

All Events will be **Heat Declared**.

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.

### **Heats will be Mixed Ages.**

**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)

<b>Day 1 - Saturday 13th January 2018</b>					<b>Day 2 - Sunday 14th January 2018</b>				
<b>Session 1 ~ Warm-up: 08:30 Start: 9:30 Finish: 12:30</b>					<b>Session 3 ~ Warm-up: 08:30 Start: 9:30 Finish: 12:30</b>				
101	Girls (All Ages)	400m	Freestyle	HDW	301	Girls (All Ages)	400m	I.M.	HDW
102	Boys (All Ages)	100m	Backstroke	HDW	302	Boys (All Ages)	100m	Freestyle	HDW
103	Girls (All Ages)	100m	Backstroke	HDW	303	Girls (All Ages)	100m	Freestyle	HDW
104	Boys (All Ages)	50m	Butterfly	HDW	304	Boys (All Ages)	200m	Butterfly	HDW
105	Girls (All Ages)	50m	Butterfly	HDW	305	Girls (All Ages)	200m	Butterfly	HDW
106	Boys (All Ages)	200m	Breaststroke	HDW	306	Boys (All Ages)	50m	Backstroke	HDW
107	Girls (All Ages)	200m	Breaststroke	HDW	307	Girls (All Ages)	50m	Backstroke	HDW
108	Boys (All Ages)	800m	Freestyle	HDW	308	Boys (All Ages)	1500m	Freestyle	HDW
109	Girls 11, 12, 13	200m	I.M.	HDW	309	Girls 14, 15, 16+	200m	I.M.	HDW
<b>Session 2 ~ Warm-up: 13:00 Start: 14:00 Finish: 17:00</b>					<b>Session 4 ~ Warm-up: 13:00 Start: 14:00 Finish: 17:00</b>				
201	Boys 11, 12, 13	200m	I.M.	HDW	401	Boys (All Ages)	400m	I.M.	HDW
202	Girls (All Ages)	800m	Freestyle	HDW	402	Girls (All Ages)	100m	Butterfly	HDW
203	Boys (All Ages)	100m	Breaststroke	HDW	403	Boys (All Ages)	100m	Butterfly	HDW
204	Girls (All Ages)	100m	Breaststroke	HDW	404	Girls (All Ages)	200m	Freestyle	HDW
205	Boys (All Ages)	50m	Freestyle	HDW	405	Boys (All Ages)	200m	Freestyle	HDW
206	Girls (All Ages)	50m	Freestyle	HDW	406	Girls (All Ages)	50m	Breaststroke	HDW
207	Boys (All Ages)	200m	Backstroke	HDW	407	Boys (All Ages)	50m	Breaststroke	HDW
208	Girls (All Ages)	200m	Backstroke	HDW	408	Girls (All Ages)	1500m	Freestyle	HDW
209	Boys (All Ages)	400m	Freestyle	HDW	409	Boys 14, 15, 16+	200m	I.M.	HDW
Entries to be done by all 6 bands. Heats to be seeded by time only not age band. Medals to be awarded for top 3 OPEN and JUNIOR only.					Entries to be done by all 6 bands. Heats to be seeded by time only not age band. Medals to be awarded for top 3 OPEN and JUNIOR only.				

**Consideration Times 2018 – January Age Group Meet**  
**To be LC times, can be converted from SC**

Girls		Events	Boys	
Senior (14+)	Junior (11-13)		Junior (11-13)	Senior (14+)
32.00	35.00	50 Freestyle	34.00	31.00
1.10.00	1.16.00	100 Freestyle	1.18.00	1.08.00
2.32.00	2.45.00	200 Freestyle	2.48.00	2.30.00
5.20.00	6.00.00	400 Freestyle	6.00.00	5.20.00
10.45.00	12.00.00	800 Freestyle	12.00.00	10.45.00
20.30.00	22.00.00	1500 Freestyle	22.00.00	20.30.00
37.00	40.00	50 Backstroke	41.00	37.00
1.19.00	1.27.00	100 Backstroke	1.31.00	1.17.00
2.56.00	3.09.00	200 Backstroke	3.08.00	2.55.00
42.00	46.00	50 Breaststroke	46.00	42.00
1.30.00	1.40.00	100 Breaststroke	1.50.00	1.30.00
3.10.00	3.30.00	200 Breaststroke	3.25.00	3.10.00
36.00	39.00	50 Butterfly	40.00	37.00
1.18.00	1.30.00	100 Butterfly	1.45.00	1.20.00
3.10.00	3.25.00	200 Butterfly	3.25.00	3.10.00
2.55.00	3.10.00	200 IM	3.20.00	2.57.00
6.15.00	6.40.00	400 IM	6.50.00	6.20.00

## **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 1<sup>st</sup> December 2015 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:

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## 2018 MC CONSIDERATION TIMES

<u>50m</u> <u>FREE</u>	<u>Girls</u>	<u>Boys</u>	<u>100m</u> <u>FREE</u>	<u>Girls</u>	<u>Boys</u>	<u>200m</u> <u>FREE</u>	<u>Girls</u>	<u>Boys</u>	<u>400m</u> <u>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</u> <u>BACK</u>	<u>Girls</u>	<u>Boys</u>	<u>100m</u> <u>BACK</u>	<u>Girls</u>	<u>Boys</u>	<u>50m</u> <u>BREAST</u>	<u>Girls</u>	<u>Boys</u>	<u>100m</u> <u>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</u> <u>FLY</u>	<u>Girls</u>	<u>Boys</u>	<u>100m</u> <u>FLY</u>	<u>Girls</u>	<u>Boys</u>	<u>200m</u> <u>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 Meet

Dollan Aqua Centre – East Kilbride: 13<sup>th</sup> / 14<sup>th</sup> Jan 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 20<sup>th</sup> Dec 2017** to:

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

Email: [john.deans@blueyonder.co.uk](mailto: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><b>Fines:</b> A District Club failing to provide STOs in accordance with this scale shall be subject to a fine of <b>£50.00 per STO, for each session</b> 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 <a href="mailto:stoconvenor@scotswimwest.co.uk">stoconvenor@scotswimwest.co.uk</a></p>	