



**SCOTTISH SWIMMING
WEST DISTRICT**

**2018
“WANNABE -
BEST IN THE WEST”**

**Open Entry Age
Group Meet**

Sat 12th & Sun 13th May 2018

Tollcross ISC - Glasgow

Long Course

SCOTTISH SWIMMING – WEST DISTRICT

Would like to invite entry applications for the

2018 “Wannabe - Best in the West” Open Entry Age Group Meet

Under FINA Rules and Scottish Swimming Regulations. Licence Number L1/586/SS/MAY18

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### General Information

|                      |                                                                                                                                                                                                                                                          |                                                                    |                          |
|----------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|--------------------------|
| <i>Objective:</i>    | To provide a complementary Meet to the Glasgow International that will provide swimmers, at a slightly lower level, the opportunity to achieve Accredited Times for the District Regional Programme, National Squad Programme and National Competitions. |                                                                    |                          |
| <i>Date:</i>         | Saturday 12 <sup>th</sup> & Sunday 13 <sup>th</sup> May 2018                                                                                                                                                                                             |                                                                    |                          |
| <i>Venue:</i>        | Tollcross International Swimming Centre                                                                                                                                                                                                                  |                                                                    |                          |
| <i>Pool:</i>         | 10 lanes, 50 metre, full electronic timing with alphanumeric scoreboard; anti-wave lane ropes.                                                                                                                                                           |                                                                    |                          |
| <i>Time:</i>         | <u>Warm-up</u>                                                                                                                                                                                                                                           | <u>Session</u>                                                     |                          |
|                      | Sessions 1 & 3                                                                                                                                                                                                                                           | 0830hrs                                                            | 0930hrs                  |
|                      | Sessions 2 & 4                                                                                                                                                                                                                                           | 1300hrs                                                            | 1400hrs                  |
| <i>Ages:</i>         | As at 31 <sup>st</sup> December 2018                                                                                                                                                                                                                     |                                                                    |                          |
| <i>Age Groups:</i>   | Girls & Boys                                                                                                                                                                                                                                             | 11-14yrs, 15/16yrs, 17+yrs.                                        |                          |
| <i>Events:</i>       | 11yrs Age Group                                                                                                                                                                                                                                          | 50/100/200Fr, Ba, Br, FI                                           | 400Fr, 200IM             |
|                      | 12 -17+yrs Age Grp                                                                                                                                                                                                                                       | 50/100/200Fr, Ba, Br, FI                                           | 400/800/1500Fr 200/400IM |
| <i>Entry Fees:</i>   | £8.00 per Individual event                                                                                                                                                                                                                               |                                                                    |                          |
| <i>Awards:</i>       | <i>11-14yrs HDW:</i>                                                                                                                                                                                                                                     | Medals for 1st, 2nd and 3 <sup>rd</sup>                            |                          |
|                      | <i>15/16yrs &amp; 17+yrs HDW:</i>                                                                                                                                                                                                                        | 1 <sup>st</sup> - £15, 2 <sup>nd</sup> - £10, 3 <sup>rd</sup> - £5 |                          |
| <i>Closing date:</i> | <b><u>Friday 20<sup>th</sup> April 2018 at 6pm</u></b>                                                                                                                                                                                                   |                                                                    |                          |

*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 West District website [www.scotswimwest.co.uk](http://www.scotswimwest.co.uk) or by contacting [entries@scotswimwest.co.uk](mailto:entries@scotswimwest.co.uk)

## Meet Rules

- All swimmers of Scottish clubs must have a current Scottish Swimming 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.
- No photographic or video equipment will be allowed in any area under the jurisdiction of the Meet Organisers without 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 downloaded from [www.scotswimwest.co.uk](http://www.scotswimwest.co.uk) or via e-mail to [entries@scotswimwest.co.uk](mailto:entries@scotswimwest.co.uk).
- Withdrawals of confirmed **and reserve** swimmers 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 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 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 go to the designated Marshalling Area at least 3 x heats before their swim.

## Age Groups – Entries & Meet

- The entry file has been set up with 7 no. age groups to allow balanced selection of swimmers across ages in accordance with table listed later in Information Pack.
- The Meet will run with 3 no. age groups, 11-14yrs, 15/16yrs and 17+yrs.

## Multi-Classification (MC)

- Events are open to 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 MC conditions later in this document for more information.

## Warm-Ups

- The Warm-Ups may only commence when advised to do so by the Warm-Up Stewards.
- There will be no diving allowed in Warm-Ups other than those in controlled Sprint lanes.
- Fins, snorkels, paddles and similar training equipment must not be used during Warm-Ups.
- 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 0, 2, 4, 6 and 8 swum in an anti-clockwise direction.

## Awards

- *11-14yrs HDW:* Medals presented to swimmers placed 1st, 2nd and 3<sup>rd</sup>
- *15/16yrs & 17+yrs HDW:* 1<sup>st</sup> - £15, 2<sup>nd</sup> - £10, 3<sup>rd</sup> - £5

## Marshalling

- There will be a Marshalling Area provided.
- There will not be a Marshalling Schedule, swimmers are expected to be in the area three heats, or as appropriate for longer distance events, before their swim.
- The Area will **not be supervised/managed** and it is the **swimmers/coach responsibility** to ensure that the swimmer has marshalled in adequate time and is in the correct lane/heat.

## Withdrawals

- Withdrawals from heats at the meet should be notified on the Withdrawal Form issued. The Form should be handed in to the recorders table at least 45 mins prior to the start of the appropriate session.
- Withdrawals in the case of illness should be completed on Withdrawal Form available from the recorders.
- Where a Reserve is brought in at short notice, the Reserve shall occupy the vacant lane; there will be no re-seeding.

## Reserves

- Two Reserves will be listed for each of the 3 x Meet Age Groups in each Event.
- Reserves for Heats, who have not been included in the Heats during the Withdrawal Period, must marshal and report to the Referee, prior to the start of each Event, unless they have withdrawn from the Event.

## Technical Officials

- All Clubs/Teams attending are requested to supply as many officials as possible.
- Expenses will be awarded to Technical Officials in accordance with West District 2018 "Wannabe - 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 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 outwith 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.

## "Slower Than" Times

- Accredited times are not required.  
Times must have been achieved **since 01 May 2017**.
- Submitted times to be Long Course, conversions are allowed.
- Times are detailed in the following table:

## Wannabe – Best in the West "Slower Than" Times - 2018

LC Times can be converted from SC

| Girls    | Events           | Boys     |
|----------|------------------|----------|
| 30.13    | 50 Freestyle     | 27.23    |
| 01.03.65 | 100 Freestyle    | 58.44    |
| 02.20.49 | 200 Freestyle    | 02.09.66 |
| 04.51.02 | 400 Freestyle    | 04.36.01 |
| 09.57.27 | 800 Freestyle    | 08.54.21 |
| 18.34.94 | 1500 Freestyle   | 18.26.59 |
| 34.69    | 50 Backstroke    | 32.46    |
| 01.12.49 | 100 Backstroke   | 01.08.36 |
| 02.36.98 | 200 Backstroke   | 02.31.44 |
| 39.71    | 50 Breaststroke  | 35.39    |
| 01.25.65 | 100 Breaststroke | 01.18.24 |
| 03.04.84 | 200 Breaststroke | 02.49.81 |
| 32.55    | 50 Butterfly     | 29.39    |
| 01.14.11 | 100 Butterfly    | 01.05.72 |
| 02.49.74 | 200 Butterfly    | 02.34.95 |
| 02.35.89 | 200 IM           | 02.28.51 |
| 05.31.98 | 400 IM           | 05.12.80 |

# West District “Wannabe - Best in the West” AG Meet

Tollcross ISC Glasgow: 12<sup>th</sup>/13<sup>th</sup> May 2018

## SATURDAY 12<sup>th</sup> MAY 2018

| <b>Session 1 Warm-Up: 08:30 Start: 09:30</b> |             |      |              |     |
|----------------------------------------------|-------------|------|--------------|-----|
| 101                                          | Girls 11&O  | 400m | Freestyle    | HDW |
| 102                                          | Boys 11&O   | 100m | Backstroke   | HDW |
| 103                                          | Girls 11&O  | 100m | Backstroke   | HDW |
| 104                                          | Boys 11&O   | 50m  | Butterfly    | HDW |
| 105                                          | Girls 11&O  | 50m  | Butterfly    | HDW |
| 106                                          | Boys 11&O   | 200m | Breaststroke | HDW |
| 107                                          | Girls 11&O  | 200m | Breaststroke | HDW |
| 108                                          | Boys 12&O   | 800m | Freestyle    | HDW |
| 109                                          | Girls 11-14 | 200m | IM           | HDW |

| <b>Session 2 Warm-Up: 13:00 Start: 14:00</b> |            |      |              |     |
|----------------------------------------------|------------|------|--------------|-----|
| 201                                          | Boys 11-14 | 200m | IM           | HDW |
| 202                                          | Girls 12&O | 800m | Freestyle    | HDW |
| 203                                          | Boys 11&O  | 100m | Breaststroke | HDW |
| 204                                          | Girls 11&O | 100m | Breaststroke | HDW |
| 205                                          | Boys 11&O  | 50m  | Freestyle    | HDW |
| 206                                          | Girls 11&O | 50m  | Freestyle    | HDW |
| 207                                          | Boys 11&O  | 200m | Backstroke   | HDW |
| 208                                          | Girls 11&O | 200m | Backstroke   | HDW |
| 209                                          | Boys 11&O  | 400m | Freestyle    | HDW |

## SUNDAY 13<sup>th</sup> MAY 2018

| <b>Session 3 Warm-Up: 08:30 Start: 09:30</b> |            |       |            |     |
|----------------------------------------------|------------|-------|------------|-----|
| 301                                          | Girls 12&O | 400m  | IM         | HDW |
| 302                                          | Boys 11&O  | 100m  | Freestyle  | HDW |
| 303                                          | Girls 11&O | 100m  | Freestyle  | HDW |
| 304                                          | Boys 11&O  | 200m  | Butterfly  | HDW |
| 305                                          | Girls 11&O | 200m  | Butterfly  | HDW |
| 306                                          | Boys 11&O  | 50m   | Backstroke | HDW |
| 307                                          | Girls 11&O | 50m   | Backstroke | HDW |
| 308                                          | Boys 12&O  | 1500m | Freestyle  | HDW |
| 309                                          | Girls 15&O | 200m  | IM         | HDW |

| <b>Session 4 Warm-Up: 13:00 Start: 14:00</b> |            |       |              |     |
|----------------------------------------------|------------|-------|--------------|-----|
| 401                                          | Boys 12&O  | 400m  | IM           | HDW |
| 402                                          | Girls 11&O | 100m  | Butterfly    | HDW |
| 403                                          | Boys 11&O  | 100m  | Butterfly    | HDW |
| 404                                          | Girls 11&O | 200m  | Freestyle    | HDW |
| 405                                          | Boys 11&O  | 200m  | Freestyle    | HDW |
| 406                                          | Girls 11&O | 50m   | Breaststroke | HDW |
| 407                                          | Boys 11&O  | 50m   | Breaststroke | HDW |
| 408                                          | Girls 12&O | 1500m | Freestyle    | HDW |
| 409                                          | Boys 15&O  | 200m  | IM           | HDW |

## Planned Heats per Event (subject to Entries)

| Saturday Morning Events |            |        |      |       |          | Sunday Morning Events |           |        |      |       |          |
|-------------------------|------------|--------|------|-------|----------|-----------------------|-----------|--------|------|-------|----------|
|                         | Event      | Gender | Type | Heats | Swimmers |                       | Event     | Gender | Type | Heats | Swimmers |
| 101                     | 400 Free   | Girls  | HDW  | 4     | 40       | 301                   | 400 IM    | Girls  | HDW  | 4     | 40       |
| 102                     | 100 Back   | Boys   | HDW  | 10    | 100      | 302                   | 100 Free  | Boys   | HDW  | 9     | 90       |
| 103                     | 100 Back   | Girls  | HDW  | 10    | 100      | 303                   | 100 Free  | Girls  | HDW  | 9     | 90       |
| 104                     | 50 Fly     | Boys   | HDW  | 8     | 80       | 304                   | 200 Fly   | Boys   | HDW  | 5     | 50       |
| 105                     | 50 Fly     | Girls  | HDW  | 8     | 80       | 305                   | 200 Fly   | Girls  | HDW  | 4     | 40       |
| 106                     | 200 Breast | Boys   | HDW  | 5     | 50       | 306                   | 50 Back   | Boys   | HDW  | 8     | 80       |
| 107                     | 200 Breast | Girls  | HDW  | 5     | 50       | 307                   | 50 Back   | Girls  | HDW  | 8     | 80       |
| 108                     | 800 Free   | Boys   | HDW  | 3     | 30       | 308                   | 1500 Free | Boys   | HDW  | 2     | 20       |
| 109                     | 200 IM     | Girls  | HDW  | 2     | 20       | 309                   | 200IM     | Girls  | HDW  | 3     | 30       |

| Saturday Afternoon Events |            |        |      |       |          | Sunday Afternoon Events |           |        |      |       |          |
|---------------------------|------------|--------|------|-------|----------|-------------------------|-----------|--------|------|-------|----------|
|                           | Event      | Gender | Type | Heats | Swimmers |                         | Event     | Gender | Type | Heats | Swimmers |
| 201                       | 200 IM     | Boys   | HDW  | 2     | 20       | 401                     | 400 IM    | Boys   | HDW  | 4     | 40       |
| 202                       | 800 Free   | Girls  | HDW  | 3     | 30       | 402                     | 100 Fly   | Girls  | HDW  | 9     | 90       |
| 203                       | 100 Breast | Boys   | HDW  | 10    | 100      | 403                     | 100 Fly   | Boys   | HDW  | 9     | 90       |
| 204                       | 100 Breast | Girls  | HDW  | 10    | 100      | 404                     | 200 Free  | Girls  | HDW  | 5     | 50       |
| 205                       | 50 Free    | Boys   | HDW  | 8     | 80       | 405                     | 200 Free  | Boys   | HDW  | 5     | 50       |
| 206                       | 50 Free    | Girls  | HDW  | 8     | 80       | 406                     | 50 Breast | Girls  | HDW  | 8     | 80       |
| 207                       | 200 Back   | Boys   | HDW  | 5     | 50       | 407                     | 50 Breast | Boys   | HDW  | 8     | 80       |
| 208                       | 200 Back   | Girls  | HDW  | 5     | 50       | 408                     | 1500 Free | Girls  | HDW  | 2     | 20       |
| 209                       | 400 Free   | Boys   | HDW  | 4     | 40       | 409                     | 200 IM    | Boys   | HDW  | 3     | 30       |

## Planned Swimmers per Age Group per Event Distance (subject to Entries)

| <b>Age Groups (Entry Numbers planned for each age group)</b> |              |           |           |           |            |                 |              |                                |                   |
|--------------------------------------------------------------|--------------|-----------|-----------|-----------|------------|-----------------|--------------|--------------------------------|-------------------|
|                                                              | <b>11-13</b> | <b>14</b> | <b>15</b> | <b>16</b> | <b>17+</b> | <b>Swimmers</b> | <b>Heats</b> | <b>Across Strokes + Gender</b> | <b>HDW/Finals</b> |
| <b>50's</b>                                                  | 16           | 16        | 16        | 16        | 16         | 80              | 8 heats      | 64 heats                       | HDW               |
| <b>100's (Ba/Br)</b>                                         | 15           | 15        | 22        | 22        | 26         | 100             | 10 heats     | 40 heats                       | HDW               |
| <b>100's (Fr/FI)</b>                                         | 12           | 12        | 21        | 21        | 26         | 90              | 9 Heats      | 36 Heats                       | HDW               |
| <b>200's</b>                                                 | 9            | 9         | 10        | 10        | 12         | 50              | 5 heats      | 40 heats                       | HDW               |
| <b>200 IM</b>                                                | 10           | 10        |           |           |            | 20              | 2 Heats      | 4 Heats                        | HDW               |
| <b>200 IM</b>                                                |              |           | 10        | 10        | 10         | 30              | 3 heats      | 6 Heats                        | HDW               |
| <b>400 Free</b>                                              | 8            | 8         | 8         | 8         | 8          | 40              | 4 heats      | 8 heats                        | HDW               |
| <b>400 IM</b>                                                | 8            | 8         | 8         | 8         | 8          | 40              | 4 heats      | 8 heats                        | HDW               |
| <b>800's</b>                                                 | 6            | 6         | 6         | 6         | 6          | 30              | 3 heats      | 6 heats                        | HDW               |
| <b>1500's</b>                                                | 4            | 4         | 4         | 4         | 4          | 20              | 2 heats      | 4 heats                        | HDW               |



## **Multi-Classification (MC)**

These supplementary conditions apply in conjunction with the general conditions for the West District “Wannabe - Best in the West” Age Group Meet.

**Please Note – The MC Events have Consideration Times, i.e. “Faster Than”.**

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 – S6-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> May 2017** 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 following table:

## 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 “Wannabe - Best in the West” AG Meet

Tollcross ISC Glasgow: 12<sup>th</sup>/13<sup>th</sup> May 2018

## Health and Safety Announcement

### Controlling the Use of Photographic Equipment

In the interests of Child Protection, 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 equipment capable of taking photographs (e.g., camera, camcorder, mobile phone/tablet with camera, etc,) is to be used for that purpose in on poolside, on competitor gallery, on spectator gallery or any other area under the jurisdiction of the Meet Organisers without approval of the Meet Director.

Mobile phones **MUST NOT** be used in the Changing Areas for incoming/outgoing calls or photos.

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 at Entry/Reception Desk or Meet Office.

Applicants must provide proof of identity when applying and carry such proof when intending to use their photographic equipment.

Applicant’s must display the issued identification band on their equipment or wrist when carrying/using equipment.

# West District “Wannabe - Best in the West” AG Meet

Tollcross ISC Glasgow: 12<sup>th</sup>/13<sup>th</sup> May 2018

*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 Scottish Swimming 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 **20<sup>th</sup> April 2018 at 6pm** to:

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

[entries@scotswimwest.co.uk](mailto:entries@scotswimwest.co.uk)

# West District "Wannabe - Best in the West" AG Meet

Tollcross ISC Glasgow: 12<sup>th</sup>/13<sup>th</sup> May 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: ..... @ £8.00 each: = £.....

Total Male Entries: ..... @ £8.00 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**

Indicate Method of Payment

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

Include proof of transfer with this form.

Return this form along with entries no later than **20<sup>th</sup> April 2018** to:

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

[entries@scotswimwest.co.uk](mailto:entries@scotswimwest.co.uk)