

WEST DISTRICT 2020 LONG COURSE CHAMPIONSHIP – WE1

Dates and Venue

Weekend 1 **11th/12th January** **Tollcross ISC - Glasgow**

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

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

Age Groups

11/12yrs, 13yrs, 14yrs, 15yrs, 16yrs, 17+yrs

Eligibility

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

There is a Consideration Time for each individual event.

Entry to the Championship will be in accordance with the District Rules.

Competitors age will be their age on 31st December 2020

Entries

Entries for this Meet require to be generated on the Hy-Tek Swim Manager, Team Manager 4/5/6/7/8 or Lite programme. Hy-Tek Team Manager Lite is available via the internet at

www.hy-tek.com/downloads.html

For administration purposes, an **Information Form** must be submitted.

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 (07913 059666) & entries@scotswimwest.co.uk

All entries must be addressed to:

John Deans
Entries Coordinator
9 Tynron Court
Hamilton
ML3 8XD

DO NOT SEND ENTRIES BY “Recorded”/”Registered”/”Signed For” DELIVERY

Entries

The Meet Entries will be processed using the 6 age bands (11/12,13,14,15,16, 17+) as detailed, where possible, on page 6 of this document, but swum all ages combined.

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.

Submitted times must have been swum on or after 1st December 2018.

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.

Reserves will be allocated to the Event on withdrawal of confirmed swimmers on an Age Group basis, followed by remaining Reserves in fastest order.

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

£8.00 each event

Cheques payable to **SASA Western District**
BACS available as per Entry Form

Closing Date

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

Weekend 1

******* Friday 20th 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 must provide Swimming Technical Officials for each session of the Championships in accordance with the following and Appendix 1:

Minimum Age

The minimum age for entries is 11 yrs on 31st December 2020.

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 Deans
District Swimming Committee**

6 Day Programme:
2020 West District LC Age Group Championships (Days 1/2 & 3/4) and Meet (Day 5/6)

Day 1 - Saturday 11th January 2020					Day 2 - Sunday 12th January 2020				
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 11/12	100m	Butterfly	FINAL	304	Boys 11/12	100m	Freestyle	FINAL
105	Girls 13	100m	Butterfly	FINAL	305	Boys 13	100m	Freestyle	FINAL
106	Girls 14	100m	Butterfly	FINAL	306	Boys 14	100m	Freestyle	FINAL
107	Girls 15	100m	Butterfly	FINAL	307	Boys 15	100m	Freestyle	FINAL
108	Girls 16	100m	Butterfly	FINAL	308	Boys 16	100m	Freestyle	FINAL
109	Girls 17+	100m	Butterfly	FINAL	309	Boys 17+	100m	Freestyle	FINAL
110	Boys 11/12	100m	Backstroke	FINAL	310	Girls 11/12	100m	Breaststroke	FINAL
111	Boys 13	100m	Backstroke	FINAL	311	Girls 13	100m	Breaststroke	FINAL
112	Boys 14	100m	Backstroke	FINAL	312	Girls 14	100m	Breaststroke	FINAL
113	Boys 15	100m	Backstroke	FINAL	313	Girls 15	100m	Breaststroke	FINAL
114	Boys 16	100m	Backstroke	FINAL	314	Girls 16	100m	Breaststroke	FINAL
115	Boys 17+	100m	Backstroke	FINAL	315	Girls 17+	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 11/12	100m	Backstroke	FINAL	405	Boys 11/12	100m	Breaststroke	FINAL
206	Girls 13	100m	Backstroke	FINAL	406	Boys 13	100m	Breaststroke	FINAL
207	Girls 14	100m	Backstroke	FINAL	407	Boys 14	100m	Breaststroke	FINAL
208	Girls 15	100m	Backstroke	FINAL	408	Boys 15	100m	Breaststroke	FINAL
209	Girls 16	100m	Backstroke	FINAL	409	Boys 16	100m	Breaststroke	FINAL
210	Girls 17+	100m	Backstroke	FINAL	410	Boys 17+	100m	Breaststroke	FINAL
211	Boys 11/12	100m	Butterfly	FINAL	411	Girls 11/12	100m	Freestyle	FINAL
212	Boys 13	100m	Butterfly	FINAL	412	Girls 13	100m	Freestyle	FINAL
213	Boys 14	100m	Butterfly	FINAL	413	Girls 14	100m	Freestyle	FINAL
214	Boys 15	100m	Butterfly	FINAL	414	Girls 15	100m	Freestyle	FINAL
215	Boys 16	100m	Butterfly	FINAL	415	Girls 16	100m	Freestyle	FINAL
216	Boys 17+	100m	Butterfly	FINAL	416	Girls 17+	100m	Freestyle	FINAL

Consideration Times 2020 – Weekends 1 & 2

To be LC times, can be converted from SC

Girls						Events	Boys					
17+	16	15	14	13	11/12		11/12	13	14	15	16	17+
40.00	40.00	31.60	32.80	33.90	34.75	50 Freestyle	36.30	34.50	33.30	31.90	40.00	40.00
1.25.00	1.25.00	1.09.00	1.10.00	1.14.00	1.18.00	100 Freestyle	1.18.00	1.17.00	1.12.00	1.08.50	1.25.00	1.05.00
2.35.00	2.40.00	2.24.00	2.26.00	2.36.00	2.44.00	200 Freestyle	2.52.50	2.46.00	2.27.00	2.18.00	2.30.00	2.30.00
5.30.00	5.40.00	5.15.00	5.11.00	5.35.00	5.58.00	400 Freestyle	6.08.00	5.50.00	5.23.00	4.55.00	5.10.00	4.50.00
10.20.00	10.40.00	10.35.00	10.24.00	14.00.00	14.00.00 (12)	800 Freestyle						
						1500 Freestyle	26.00.00(12)	26.00.00	22.00.00	20.00.00	20.00.00	19.40.00
50.00	50.00	38.50	40.00	39.70	41.30	50 Backstroke	43.60	44.00	40.00	38.00	47.00	43.00
1.40.00	1.40.00	1.21.00	1.22.50	1.25.00	1.29.00	100 Backstroke	1.32.00	1.35.00	1.28.00	1.24.00	1.30.00	1.14.00
2.55.00	2.55.00	2.42.00	2.42.00	3.00.00	3.09.00	200 Backstroke	3.15.00	3.10.00	2.50.00	2.40.00	2.45.00	2.45.00
58.00	58.00	44.00	44.00	45.80	46.30	50 Breaststroke	50.00	46.40	45.00	39.40	50.00	50.00
2.15.00	2.15.00	1.35.00	1.35.00	1.39.00	1.41.00	100 Breaststroke	1.44.00	1.44.00	1.36.00	1.37.00	1.55.00	1.30.00
3.35.00	3.35.00	3.19.50	3.17.00	3.29.00	3.31.00	200 Breaststroke	3.50.00	3.30.00	3.20.00	3.00.00	3.07.00	3.07.00
40.00	40.00	36.40	36.80	40.00	39.80	50 Butterfly	42.40	40.80	38.10	35.00	40.00	40.00
1.45.00	1.45.00	1.24.00	1.23.00	1.30.50	1.36.00	100 Butterfly	1.50.00	1.45.00	1.30.00	1.30.00	1.45.00	1.10.00
4.00.00	4.10.00	3.30.00	3.25.00	3.50.00	4.30.00	200 Butterfly	4.15.00	4.15.00	3.40.00	4.00.00	4.10.00	4.00.00
3.00.00	3.10.00	2.45.00	2.46.00	2.58.00	3.05.00	200 IM	3.15.00	3.06.00	2.50.00	2.37.00	3.10.00	3.00.00
6.45.00	6.45.00	6.20.00	5.56.00	6.30.00	6.50.00 (12)	400 IM	7.00.00 (12)	7.00.00	6.40.00	6.20.00	6.10.00	6.10.00

	Age Groups (Entry Numbers planned for each age group)										
	11	12	13	14	15	16	17+	Swimmers	Heats	Across Strokes + Gender	HDW/Finals
50's	23		23	27	27	30	30	160	16	128 heats	HF
100's	23		23	27	27	30	30	160	16	128 heats	HF
200's	12		12	12	14	15	15	80	8	64 heats	HDW
400 Free	9		10	14	15	16	16	80	8	16 heats	HDW
800's		10	10					20	2	4 heats	HDW
800's				5	5	5	5	20	2	4 heats	HDW
1500's		5	5					10	1	1 heats	HDW
1500's				5	5	5	5	20	2	2 heats	HDW
200 IM	12		12	12	14	15	15	80	8	16 heats	HDW
400 IM		6	9	10	11	12	12	60	6	12 heats	HDW

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 2018 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:

2020 MC CONSIDERATION TIMES

50m FREE	Girls	Boys	100m FREE	Girls	Boys	200m FREE	Girls	Boys	400m FREE	Girls	Boys
S1	02:22.99	02:33.08	S1	07:04.37	05:28.18	S1	11:15.63	08:43.43	S6	09:02.76	08:48.65
S2	02:38.60	01:46.20	S2	06:33.58	03:45.35	S2	11:49.48	07:22.46	S7	09:02.20	08:01.61
S3	01:34.86	01:17.18	S3	03:29.41	02:48.32	S3	07:30.45	05:53.14	S8	08:15.06	07:46.28
S4	01:11.60	01:06.54	S4	02:35.74	02:23.09	S4	05:54.48	05:01.61	S9	08:05.45	07:17.80
S5	01:04.38	00:55.64	S5	02:19.81	02:02.67	S5	04:52.31	04:36.01	S10	07:47.35	07:01.07
S6	00:57.00	00:50.93	S6	02:05.58	01:53.07	S14	03:34.66	03:15.82	S11	09:22.53	07:48.03
S7	00:55.98	00:47.28	S7	02:02.96	01:44.99				S12	08:14.70	07:25.40
S8	00:51.92	00:45.58	S8	01:52.39	01:41.69				S13	07:46.43	06:58.28
S9	00:49.61	00:43.54	S9	01:47.10	01:35.85				S14	08:07.75	07:19.25
S10	00:47.97	00:40.17	S10	01:43.29	01:27.50						
S11	00:52.19	00:44.63	S11	01:56.11	01:40.45						
S12	00:47.18	00:40.65	S12	01:43.22	01:30.08						
S13	00:47.04	00:40.82	S13	01:41.66	01:29.08						
S14	00:48.52	00:43.18	S14	01:43.87	01:30.90						
50m BACK	Girls	Boys	100m BACK	Girls	Boys	50m BREAST	Girls	Boys	100m BREAST	Girls	Boys
S1	03:51.05	02:31.25	S1	07:37.83	05:29.43	SB1	03:50.89	02:44.27	SB4	03:13.53	02:59.28
S2	02:05.77	01:39.99	S2	04:30.76	03:29.92	SB2	03:01.19	01:46.98	SB5	02:55.76	02:32.07
S3	01:40.15	01:19.03	S6	02:23.84	02:08.35	SB3	01:46.00	01:23.88	SB6	02:46.97	02:19.21
S4	01:33.57	01:17.28	S7	02:17.02	01:58.47				SB7	02:38.68	02:12.70
S5	01:17.01	01:01.39	S8	02:10.93	01:57.69				SB8	02:19.76	01:59.20
			S9	01:59.34	01:45.69				SB9	02:13.77	01:56.55
			S10	01:59.61	01:43.33				SB11	02:25.50	02:02.25
			S11	02:16.12	01:59.73				SB12	02:09.00	01:52.22
			S12	02:01.63	01:44.21				SB13	02:09.22	01:51.35
			S13	01:53.24	01:43.41				SB14	02:09.76	01:53.36
			S14	01:55.96	01:43.19						
50m FLY	Girls	Boys	100m FLY	Girls	Boys	200m IM	Girls	Boys			
S1	05:00.00	05:00.00	S8	02:04.10	01:49.73	SM5	06:07.91	05:46.97			
S2	03:57.64	02:57.55	S9	01:55.62	01:43.72	SM6	05:11.01	04:37.11			
S3	01:58.41	01:33.07	S10	01:55.07	01:39.62	SM7	05:02.70	04:21.51			
S4	03:53.05	01:14.54	S11	03:01.99	01:49.31	SM8	04:36.06	04:10.66			
S5	01:17.86	00:58.55	S12	01:54.09	01:38.09	SM9	04:25.13	03:54.02			
S6	01:01.91	00:53.40	S13	01:49.57	01:37.55	SM10	04:13.81	03:44.52			
S7	01:00.88	00:50.51	S14	01:52.96	01:36.83	SM11	04:47.37	04:13.86			
						SM12	04:19.78	03:56.79			
						SM13	04:13.50	03:44.81			
						SM14	04:08.29	03:41.71			

West District LC Age Group Championships – WE1

Tollcross ISC – Glasgow

11/12th January 2020

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. Western District**

BACS Transfer: **Bank of Scotland**
Account No: 00827834
Sort Code: 80-06-64
Reference: Club Code20LCWE1 e.g. WAMX20LCWE1

Submit proof of transfer with this form

Return this form along with entries **no later than Friday 20th Dec 2019** to:

John Deans
9 Tynron Court
Hamilton
ML3 8XD

Email: entries@scotswimwest.co.uk

Appendix 1

No of Swimmers per Session	STOs Required by Club at District Championship/Meet
1 to 4	1 x Timekeeper or above
5 to 9	2 x TOs as follows: 1 x J1 or above Balance can be TKs
10 to 14	3 x TOs as follows: 1 x J1 or above 1 x J2 or above Balance can be TKs
15 to 19	4 x TOs as follows: 1 x J1 or above 1 x J2 or above Balance can be TKs
20+	5 x TOs as follows: 1 x J1 or above 1 x J2 or above 1 x J2S or above Balance can be TKs
For further information, please contact STO Convenor, Jean King stoconvenor@scotswimwest.co.uk	