

## **WEST DISTRICT 2020 LONG COURSE CHAMPIONSHIP – WE 2**

### **Dates and Venue**

**Weekend 2**                                      **1<sup>st</sup>/2<sup>nd</sup> February**                                      **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 1<sup>st</sup> 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 31<sup>st</sup> 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 ltd.com/downloads.html](http://www.hy-tek ltd.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](mailto: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 1<sup>st</sup> 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 2***

***\*\*\*\* Wednesday 8<sup>th</sup> 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 and Appendix 1:

### **Minimum Age**

The minimum age for entries is 11 yrs on 31<sup>st</sup> December 2020.

### **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 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 3 - Saturday 1st February 2020					Day 4 - Sunday 2nd February 2020				
<b>Session 1 ~ Warm-up: 08:30 Start: 09:30 Finish: 12:30</b>					<b>Session 3 ~ Warm-up: 08:30 Start: 09:30 Finish: 12:30</b>				
101	Boys All Ages (6)	200m	Freestyle	HDW	301	Girls All Ages (6)	200m	Backstroke	HDW
102	Girls All Ages (6)	50m	Breaststroke	Heats	302	Boys All Ages (6)	50m	Butterfly	Heats
103	Boys All Ages (6)	50m	Breaststroke	Heats	303	Girls All Ages (6)	50m	Butterfly	Heats
104	Girls All Ages (6)	200m	Freestyle	HDW	304	Boys All Ages (6)	200m	Backstroke	HDW
105	Boys 12 & 13 yrs	1500m	Freestyle	HDW	305	Girls 12 & 13 yrs	800m	Freestyle	HDW
106	Girls 11/12	50m	Breaststroke	FINAL	306	Boys 11/12	50m	Butterfly	FINAL
107	Girls 13	50m	Breaststroke	FINAL	307	Boys 13	50m	Butterfly	FINAL
108	Girls 14	50m	Breaststroke	FINAL	308	Boys 14	50m	Butterfly	FINAL
109	Girls 15	50m	Breaststroke	FINAL	309	Boys 15	50m	Butterfly	FINAL
110	Girls 16	50m	Breaststroke	FINAL	310	Boys 16	50m	Butterfly	FINAL
111	Girls 17+	50m	Breaststroke	FINAL	311	Boys 17+	50m	Butterfly	FINAL
112	Boys 11/12	50m	Breaststroke	FINAL	312	Girls 11/12	50m	Butterfly	FINAL
113	Boys 13	50m	Breaststroke	FINAL	313	Girls 13	50m	Butterfly	FINAL
114	Boys 14	50m	Breaststroke	FINAL	314	Girls 14	50m	Butterfly	FINAL
115	Boys 15	50m	Breaststroke	FINAL	315	Girls 15	50m	Butterfly	FINAL
116	Boys 16	50m	Breaststroke	FINAL	316	Girls 16	50m	Butterfly	FINAL
117	Boys 17+	50m	Breaststroke	FINAL	317	Girls 17+	50m	Butterfly	FINAL
<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	Girls All Ages (6)	200m	Breaststroke	HDW	401	Boys All Ages (6)	200m	I.M.	HDW
202	Boys All Ages (6)	50m	Backstroke	Heats	402	Girls All Ages (6)	200m	I.M.	HDW
203	Girls All Ages (6)	50m	Backstroke	Heats	403	Boys All Ages (6)	50m	Freestyle	Heats
204	Boys All Ages (6)	200m	Breaststroke	HDW	404	Girls All Ages (6)	50m	Freestyle	Heats
205	Girls 14, 15 & 16+ yrs	800m	Freestyle	HDW	405	Boys 14, 15 & 16+ yrs	1500m	Freestyle	HDW
206	Boys 11/12	50m	Backstroke	FINAL	406	Girls 11/12	50m	Freestyle	FINAL
207	Boys 13	50m	Backstroke	FINAL	407	Girls 13	50m	Freestyle	FINAL
208	Boys 14	50m	Backstroke	FINAL	408	Girls 14	50m	Freestyle	FINAL
209	Boys 15	50m	Backstroke	FINAL	409	Girls 15	50m	Freestyle	FINAL
210	Boys 16	50m	Backstroke	FINAL	410	Girls 16	50m	Freestyle	FINAL
211	Boys 17+	50m	Backstroke	FINAL	411	Girls 17+	50m	Freestyle	FINAL
212	Girls 11/12	50m	Backstroke	FINAL	412	Boys 11/12	50m	Freestyle	FINAL
213	Girls 13	50m	Backstroke	FINAL	413	Boys 13	50m	Freestyle	FINAL
214	Girls 14	50m	Backstroke	FINAL	414	Boys 14	50m	Freestyle	FINAL
215	Girls 15	50m	Backstroke	FINAL	415	Boys 15	50m	Freestyle	FINAL
216	Girls 16	50m	Backstroke	FINAL	416	Boys 16	50m	Freestyle	FINAL
217	Girls 17+	50m	Backstroke	FINAL	417	Boys 17+	50m	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

	<b>Age Groups (Entry Numbers planned for each age group)</b>										
	<b>11</b>	<b>12</b>	<b>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>	23		23	27	27	30	30	160	16	128 heats	HF
<b>100's</b>	23		23	27	27	30	30	160	16	128 heats	HF
<b>200's</b>	12		12	12	14	15	15	80	8	64 heats	HDW
<b>400 Free</b>	9		10	14	15	16	16	80	8	16 heats	HDW
<b>800's</b>		10	10					20	2	4 heats	HDW
<b>800's</b>				5	5	5	5	20	2	4 heats	HDW
<b>1500's</b>		5	5					10	1	1 heats	HDW
<b>1500's</b>				5	5	5	5	20	2	2 heats	HDW
<b>200 IM</b>	12		12	12	14	15	15	80	8	16 heats	HDW
<b>400 IM</b>		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 1<sup>st</sup> December 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 table below:

<b>50m FREE</b>	<b>Girls</b>	<b>Boys</b>	<b>100m FREE</b>	<b>Girls</b>	<b>Boys</b>	<b>200m FREE</b>	<b>Girls</b>	<b>Boys</b>	<b>400m FREE</b>	<b>Girls</b>	<b>Boys</b>
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						
<b>50m BACK</b>	<b>Girls</b>	<b>Boys</b>	<b>100m BACK</b>	<b>Girls</b>	<b>Boys</b>	<b>50m BREAST</b>	<b>Girls</b>	<b>Boys</b>	<b>100m BREAST</b>	<b>Girls</b>	<b>Boys</b>
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						
<b>50m FLY</b>	<b>Girls</b>	<b>Boys</b>	<b>100m FLY</b>	<b>Girls</b>	<b>Boys</b>	<b>200m IM</b>	<b>Girls</b>	<b>Boys</b>			
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 – Weekend 2

Tollcross ISC – Glasgow

1<sup>st</sup>/2<sup>nd</sup> February 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 Code20LCWE2 e.g. WAMX20LCWE2**

\*\*\*Submit proof of transfer with this form\*\*\*

Return this form along with entries **no later than Wed 8<sup>th</sup> Jan 2020** to:

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

Email: [entries@scotswimwest.co.uk](mailto: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 <a href="mailto:stoconvenor@scotswimwest.co.uk">stoconvenor@scotswimwest.co.uk</a>	