



**SCOTTISH SWIMMING
WEST DISTRICT**

2017

**“BEST IN THE WEST”
Open Entry Age
Group Meet**

**Friday 12th
Saturday 13th & Sunday 14th
May 2017**

**Dollan Aqua Centre – East Kilbride
Long Course**

SCOTTISH SWIMMING – WEST DISTRICT

Would like to invite entry applications for the

2017 “BEST IN THE WEST” AG MEET

Under FINA Rules and Scottish Swimming Regulations. Licence Number L1/546/SS/MAY17

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### General Information

**Date:** Friday 12<sup>th</sup>, Saturday 13<sup>th</sup> & Sunday 14<sup>th</sup> May 2017

**Venue:** Dollan Aqua Centre – East Kilbride

**Pool:** 6 lane 50 metre; full electronic timing with 6 lane display scoreboard; anti-wave lane ropes;

| <b>Time:</b>                      | <b>Warm-up</b> | <b>Start</b> |
|-----------------------------------|----------------|--------------|
| Session 1                         | 1700hrs        | 1800hrs      |
| Session 2 & 5                     | 0800hrs        | 0900hrs      |
| Session 3 & 6                     | 1230hrs        | 1330hrs      |
| Session 4 & 7                     | 1630hrs        | 1730hrs      |
| (subject to change, if necessary) |                |              |

**Ages:** As at 31<sup>st</sup> December 2017

**Age Groups:** Girls & Boys      11-14yrs, 15/16yrs, 17+ yrs.

|                |                    |                          |                      |           |
|----------------|--------------------|--------------------------|----------------------|-----------|
| <b>Events:</b> | 11yrs Age Group    | 50/100/200Fr, Ba, Br, Fl | 400Fr                | 200IM     |
|                | 12 -17+yrs Age Grp | 50/100/200Fr, Ba, Br, Fl | 400/800(W)/1500(M)Fr | 200/400IM |

**Entry Fees:** £6.00 per Individual event

**Closing date for entries:** **Friday 21<sup>st</sup> April 2017**

*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 Swim Scotland website ([www.swimscotland.org.uk](http://www.swimscotland.org.uk)) or by contacting [entries@scotswimwest.co.uk](mailto:entries@scotswimwest.co.uk)

## Meet Rules

- All swimmers of Scottish clubs must have a current S.A.S.A. 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. There will be no diving at the shallow end of the pool.
- Only swimmers and coaches with Meet Passes will be admitted on to the poolside.
- No photographic or video equipment will be allowed in any area under the jurisdiction of the Meet Organisers without prior 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 requested by returning the appropriate form enclosed in this information or via e-mail.
- 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 report to the Stewards in the designated Marshalling Area.

## 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. MC swimmers can compete in the appropriate finals but there are no separate finals for MC competitors.

## Warm-Ups

- The Warm-Ups may only commence when advised to do so by the Warm-Up Marshalls.
- There will be no diving allowed in Warm-Ups other than those in controlled sprint lanes.
- 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, and 5 are to be swum in a clockwise direction and Lanes 2, 4, and 6 swum in an anti-clockwise direction.

## Awards

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

## 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/final.

## Withdrawals

- Withdrawals from heats at the meet should be notified on the withdrawal form issued. The sheets should be handed in to the recorders table at least 45 mins prior to the start of the appropriate session.  
A swimmer who withdraws from heats or finals out with the times as specified on Meet Information shall pay a fine except in the case of genuine illness or proven emergency.
- Swimmers who wish to withdraw from a Final must inform the recorder and complete the Withdrawal Form no later than 30 minutes after Finalists lists have been published or announced. This will ensure that a reserve can be given the opportunity to compete and the final seeded accordingly.
- Withdrawals from finals or in the case of illness should be completed on Withdrawal Forms available from the recorders.
- Any competitor withdrawing from a final in such a manner as to prevent a reserve taking part (except in the case of proven illness or emergency) shall be suspended immediately from all further events at the Meet. 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 must marshal and report to the Referee, prior to the start of each Event, unless they have withdrawn from the Event.
- Reserves for Finals must marshal and report to the Referee, prior to the start of the Final, unless they have withdrawn from the Event.

## Qualifying for Finals

- The fastest six swimmers in each Age Category shall qualify for Age Group Finals. Two reserves shall be Nominated for each Final.

## Technical Officials

- All clubs/teams attending are requested to supply as many officials as possible.
- Expenses may be awarded to visiting Technical Officials in accordance with West District 2017 "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 SASA West District nor South Lanarkshire Leisure 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 out with 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.

## Consideration Times

- Please note **that times from Accredited Meets are required.** Please submit a proof of time report with your entry file. Failure to do so may result in a request to provide evidence of times. Should you receive such a request you will be advised of the deadline for verification. Where no satisfactory proof can be provided, the competitor shall withdraw, forfeit their entry fee and will be excluded from the Meet.
- Times must have been achieved **since 01 May 2016.**
- Submitted times to be Long Course, conversions are allowed.

## Consideration Times 2017 - Best in the West AG Meet - To be LC times, can be converted from SC

| Girls    |          |          |          |          |          |         | Boys             |         |          |          |          |          |          |          |
|----------|----------|----------|----------|----------|----------|---------|------------------|---------|----------|----------|----------|----------|----------|----------|
| 17+      | 16       | 15       | 14       | 13       | 12       | 11      | Events           | 11      | 12       | 13       | 14       | 15       | 16       | 17+      |
| 30.70    | 31.20    | 30.80    | 31.90    | 32.00    | 34.00    | 37.00   | 50 Freestyle     | 37.30   | 33.50    | 30.90    | 31.30    | 29.70    | 29.20    | 28.20    |
| 1.07.00  | 1.10.00  | 1.08.00  | 1.08.50  | 1.10.00  | 1.15.50  | 1.24.00 | 100 Freestyle    | 1.25.00 | 1.15.00  | 1.10.00  | 1.08.00  | 1.05.00  | 1.04.00  | 01.02.00 |
| 2.25.00  | 2.28.00  | 2.24.00  | 2.23.50  | 2.26.00  | 2.43.00  | 3.00.00 | 200 Freestyle    | 3.10.00 | 2.45.00  | 2.30.00  | 2.21.50  | 2.15.00  | 2.14.00  | 2.12.00  |
| 4.55.00  | 5.12.00  | 5.00.00  | 5.05.00  | 5.10.00  | 5.30.00  | 7.12.00 | 400 Freestyle    | 7.05.00 | 5.35.00  | 5.05.00  | 5.05.00  | 4.45.00  | 4.50.00  | 4.45.00  |
| 11.00.00 | 11.00.00 | 10.30.00 | 10.30.00 | 10.50.00 | 12.30.00 |         | 800 Freestyle    |         |          |          |          |          |          |          |
|          |          |          |          |          |          |         | 1500 Freestyle   |         | 22.30.00 | 22.00.00 | 21.00.00 | 21.00.00 | 19.50.00 | 19.50.00 |
| 36.60    | 36.60    | 37.00    | 38.20    | 37.80    | 39.80    | 43.50   | 50 Backstroke    | 45.00   | 40.00    | 38.50    | 40.00    | 35.00    | 35.50    | 34.00    |
| 1.19.00  | 01.19.00 | 1.19.00  | 1.20.00  | 1.19.00  | 1.26.00  | 1.36.00 | 100 Backstroke   | 1.37.00 | 1.26.00  | 1.21.00  | 1.21.00  | 1.18.00  | 1.15.00  | 1.15.00  |
| 2.48.00  | 2.52.00  | 2.42.00  | 2.44.00  | 2.44.00  | 3.01.00  | 3.30.00 | 200 Backstroke   | 3.40.00 | 3.00.00  | 2.50.00  | 2.43.00  | 2.35.00  | 2.31.00  | 2.30.00  |
| 41.30    | 41.30    | 41.00    | 43.00    | 42.00    | 45.50    | 50.90   | 50 Breaststroke  | 51.00   | 48.00    | 42.50    | 42.50    | 39.00    | 39.00    | 39.00    |
| 1.30.00  | 1.30.00  | 1.30.00  | 1.34.00  | 1.30.00  | 1.40.00  | 1.50.00 | 100 Breaststroke | 1.55.00 | 1.39.00  | 1.30.00  | 1.30.00  | 1.29.00  | 1.27.00  | 1.27.00  |
| 3.12.00  | 3.10.00  | 3.12.00  | 3.12.00  | 3.12.00  | 3.37.00  | 3.49.00 | 200 Breaststroke | 4.10.00 | 3.45.00  | 3.16.00  | 3.11.00  | 3.11.00  | 3.05.00  | 3.00.00  |
| 35.50    | 35.50    | 34.20    | 36.40    | 35.20    | 39.75    | 44.00   | 50 Butterfly     | 46.00   | 39.00    | 36.00    | 37.00    | 33.50    | 32.60    | 31.00    |
| 1.21.00  | 1.20.00  | 1.21.00  | 1.20.00  | 1.20.00  | 1.29.00  | 1.48.00 | 100 Butterfly    | 1.51.00 | 1.30.00  | 1.25.00  | 1.30.00  | 1.16.00  | 1.17.00  | 1.10.00  |
| 3.10.00  | 3.10.00  | 3.15.00  | 3.15.00  | 3.20.00  | 4.00.00  | 4.10.00 | 200 Butterfly    | 4.15.00 | 4.00.00  | 3.45.00  | 3.40.00  | 3.10.00  | 2.40.00  | 3.00.00  |
| 2.46.00  | 2.46.00  | 2.42.00  | 2.43.00  | 2.44.00  | 3.04.00  | 3.20.00 | 200 IM           | 3.40.00 | 3.00.00  | 2.50.00  | 2.50.00  | 2.36.50  | 2.34.00  | 2.32.00  |
| 6.00.00  | 6.05.00  | 6.05.00  | 5.45.00  | 5.52.00  | 6.57.00  |         | 400 IM           |         | 7.05.00  | 7.05.00  | 6.30.00  | 5.30.00  | 5.35.00  | 5.25.00  |

## Planned Heats per Event (subject to Entries)

| Friday |                 |        |       |       |          |
|--------|-----------------|--------|-------|-------|----------|
|        | Event           | Gender | Type  | Heats | Swimmers |
| 101    | 50 Butterfly    | Girls  | Heats | 15    | 90       |
| 102    | 50 Butterfly    | Boys   | Heats | 15    | 90       |
| 103    | 50 Backstroke   | Girls  | Heats | 15    | 90       |
| 104    | 50 Backstroke   | Boys   | Heats | 15    | 90       |
| 105    | 50 Breaststroke | Girls  | Heats | 15    | 90       |
| 106    | 50 Breaststroke | Boys   | Heats | 15    | 90       |
| 107    | 50 Freestyle    | Girls  | Heats | 15    | 90       |
| 108    | 50 Freestyle    | Boys   | Heats | 15    | 90       |
|        |                 |        |       |       |          |
| 101    | 50 Butterfly    | Girls  | Final | 3     | 18       |
| 102    | 50 Butterfly    | Boys   | Final | 3     | 18       |
| 103    | 50 Backstroke   | Girls  | Final | 3     | 18       |
| 104    | 50 Backstroke   | Boys   | Final | 3     | 18       |
| 105    | 50 Breaststroke | Girls  | Final | 3     | 18       |
| 106    | 50 Breaststroke | Boys   | Final | 3     | 18       |
| 107    | 50 Freestyle    | Girls  | Final | 3     | 18       |
| 108    | 50 Freestyle    | Boys   | Final | 3     | 18       |
|        |                 |        |       |       |          |

| Saturday Heats - Faster in morning, slower in afternoon |                  |        |           |       |          |
|---------------------------------------------------------|------------------|--------|-----------|-------|----------|
|                                                         | Event            | Gender | Type      | Heats | Swimmers |
| 201                                                     | 800 Freestyle    | Girls  | HDW       | 4     | 24       |
| 202                                                     | 200 Butterfly    | Boys   | Heats     | 8     | 48       |
| 203                                                     | 200 Backstroke   | Girls  | Heats     | 8     | 48       |
| 204                                                     | 100 Backstroke   | Boys   | Heats     | 12    | 72       |
| 205                                                     | 100 Butterfly    | Girls  | Heats     | 12    | 72       |
| 206                                                     | 200 Breaststroke | Boys   | Heats     | 8     | 48       |
| 207                                                     | 200 Freestyle    | Girls  | Heats     | 8     | 48       |
| 208                                                     | 100 Freestyle    | Boys   | Heats     | 12    | 72       |
| 209                                                     | 100 Breaststroke | Girls  | Heats     | 12    | 72       |
| 210                                                     | 200 IM           | Boys   | Heats     | 8     | 48       |
| 211                                                     | 400 IM           | Girls  | HDW       | 5     | 30       |
| 212                                                     | 400 Free         | Boys   | HDW       | 5     | 30       |
|                                                         |                  |        |           |       |          |
| Saturday Finals                                         |                  |        |           |       |          |
|                                                         | Event            | Gender | Type      | Heats | Swimmers |
| 201                                                     | 800 Freestyle    | Girls  | Fast Heat | 1     | 6        |
| 202                                                     | 200 Butterfly    | Boys   | Final     | 3     | 18       |
| 203                                                     | 200 Backstroke   | Girls  | Final     | 3     | 18       |
| 204                                                     | 100 Backstroke   | Boys   | Final     | 3     | 18       |
| 205                                                     | 100 Butterfly    | Girls  | Final     | 3     | 18       |
| 206                                                     | 200 Breaststroke | Boys   | Final     | 3     | 18       |
| 207                                                     | 200 Freestyle    | Girls  | Final     | 3     | 18       |
| 208                                                     | 100 Freestyle    | Boys   | Final     | 3     | 18       |
| 209                                                     | 100 Breaststroke | Girls  | Final     | 3     | 18       |
| 210                                                     | 200 IM           | Boys   | Final     | 3     | 18       |
|                                                         |                  |        |           |       |          |

| Sunday Heats - Faster in morning, slower in afternoon |                  |        |           |       |          |
|-------------------------------------------------------|------------------|--------|-----------|-------|----------|
|                                                       | Event            | Gender | Type      | Heats | Swimmers |
| 301                                                   | 1500 Freestyle   | Boys   | HDW       | 3     | 18       |
| 302                                                   | 200 Butterfly    | Girls  | Heats     | 8     | 48       |
| 303                                                   | 200 Backstroke   | Boys   | Heats     | 8     | 48       |
| 304                                                   | 100 Backstroke   | Girls  | Heats     | 12    | 72       |
| 305                                                   | 100 Butterfly    | Boys   | Heats     | 12    | 72       |
| 306                                                   | 200 Breaststroke | Girls  | Heats     | 8     | 48       |
| 307                                                   | 200 Freestyle    | Boys   | Heats     | 8     | 48       |
| 308                                                   | 100 Freestyle    | Girls  | Heats     | 12    | 72       |
| 309                                                   | 100 Breaststroke | Boys   | Heats     | 12    | 72       |
| 310                                                   | 200 IM           | Girls  | Heats     | 8     | 48       |
| 311                                                   | 400 IM           | Boys   | HDW       | 5     | 30       |
| 312                                                   | 400 Free         | Girls  | HDW       | 5     | 30       |
|                                                       |                  |        |           |       |          |
| Sunday Finals                                         |                  |        |           |       |          |
|                                                       | Event            | Gender | Type      | Heats | Swimmers |
| 301                                                   | 1500 Freestyle   | Boys   | Fast Heat | 1     | 6        |
| 302                                                   | 200 Butterfly    | Girls  | Final     | 3     | 18       |
| 303                                                   | 200 Backstroke   | Boys   | Final     | 3     | 18       |
| 306                                                   | 100 Backstroke   | Girls  | Final     | 3     | 18       |
| 307                                                   | 100 Butterfly    | Boys   | Final     | 3     | 18       |
| 304                                                   | 200 Breaststroke | Girls  | Final     | 3     | 18       |
| 305                                                   | 200 Freestyle    | Boys   | Final     | 3     | 18       |
| 308                                                   | 100 Freestyle    | Girls  | Final     | 3     | 18       |
| 309                                                   | 100 Breaststroke | Boys   | Final     | 3     | 18       |
| 310                                                   | 200 IM           | Girls  | Final     | 3     | 18       |
|                                                       |                  |        |           |       |          |

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

| <b>Age Groups (Entry Numbers accepted 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>Finals</b> |
| <b>50's</b>                                                   | 18           | 18        | 18        | 18        | 18         | 90              | 15 heats     | 120 heats                      | 24 finals     |
| <b>100's</b>                                                  | 12           | 12        | 15        | 15        | 18         | 72              | 12 heats     | 96 heats                       | 24 finals     |
| <b>200's</b>                                                  | 9            | 9         | 9         | 9         | 12         | 48              | 8 heats      | 80 heats                       | 24 finals     |
| <b>400 Free</b>                                               | 6            | 6         | 6         | 6         | 6          | 30              | 5 heats      | 10 heats                       | HDW           |
| <b>400 IM</b>                                                 | 6            | 6         | 6         | 6         | 6          | 30              | 5 heats      | 10 heats                       | HDW           |
| <b>800 Girls</b>                                              | 6            | 6         | 6         | 6         | 6          | 30              | 5 heats      | 5 heats                        | HDW           |
| <b>1500 Boys</b>                                              | 4            | 5         | 5         | 5         | 5          | 24              | 4 heats      | 4 heats                        | HDW           |

| <b>Heats to Finals breakdown</b> |             |              |              |
|----------------------------------|-------------|--------------|--------------|
|                                  | <b>50's</b> | <b>100's</b> | <b>200's</b> |
| <b>14 &amp; U</b>                | 6 from 36   | 6 from 24    | 6 from 18    |
| <b>15-16</b>                     | 6 from 36   | 6 from 30    | 6 from 18    |
| <b>17+</b>                       | 6 from 18   | 6 from 18    | 6 from 12    |

### Running of Heats - Saturday and Sunday

Although selected entries from each age group, all swimmers compete together with faster heats in morning and slower heats in the afternoon session

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

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

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-S13
- 100m Freestyle – S1-S13
- 200m Freestyle – S1-S5 & S14
- 400m Freestyle – S6-S13
- 50m Backstroke – S1-S5
- 100m Backstroke – S6-S14
- 50m Butterfly – S1-S7
- 100m Butterfly – S8-S13
- 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 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:-



## 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     | 02:38.56    | S1               | 07:04.37     | 04:35.33    | S1                | 11:15.63     | 08:43.43    | S6                 | 09:06.33     | 08:45.15    |
| S2              | 02:01.41     | 01:42.29    | S2               | 05:48.69     | 04:12.18    | S2                | 11:49.48     | 06:20.27    | S7                 | 09:09.39     | 08:17.28    |
| S3              | 01:19.29     | 01:11.71    | S3               | 02:41.26     | 03:06.05    | S3                | 06:00.37     | 05:45.27    | S8                 | 08:11.90     | 07:43.73    |
| S4              | 01:08.87     | 01:07.27    | S4               | 02:47.57     | 02:26.28    | S4                | 05:45.20     | 05:12.48    | S9                 | 08:02.22     | 07:24.35    |
| S5              | 01:03.22     | 00:58.17    | S5               | 02:19.35     | 02:09.08    | S5                | 04:51.33     | 04:33.11    | S10                | 07:46.28     | 06:55.87    |
| S6              | 00:58.50     | 00:50.42    | S6               | 02:06.53     | 01:52.56    | S14               | 03:33.57     | 03:18.19    | S11                | 09:10.39     | 07:57.79    |
| S7              | 00:56.54     | 00:48.48    | S7               | 02:03.78     | 01:45.28    |                   |              |             | S12                | 08:42.99     | 07:10.32    |
| S8              | 00:51.90     | 00:45.34    | S8               | 01:50.77     | 01:38.82    |                   |              |             | S13                | 07:59.23     | 07:05.85    |
| S9              | 00:49.11     | 00:44.20    | S9               | 01:46.78     | 01:36.88    |                   |              |             |                    |              |             |
| S10             | 00:47.12     | 00:40.05    | S10              | 01:43.58     | 01:27.52    |                   |              |             |                    |              |             |
| S11             | 00:52.41     | 00:45.08    | S11              | 01:56.13     | 01:41.12    |                   |              |             |                    |              |             |
| S12             | 00:48.25     | 00:41.04    | S12              | 01:43.85     | 01:31.19    |                   |              |             |                    |              |             |
| S13             | 00:47.60     | 00:41.16    | S13              | 01:42.70     | 01:31.03    |                   |              |             |                    |              |             |
| <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     | 02:04.42    | S1               | 07:37.83     | 04:10.66    | SB1               | 03:50.89     | 05:57.41    | SB4                | 03:14.65     | 02:43.83    |
| S2              | 01:53.47     | 01:25.39    | S2               | 03:55.70     | 03:06.59    | SB2               | 02:26.01     | 01:32.29    | SB5                | 02:58.86     | 02:38.80    |
| S3              | 01:27.41     | 01:18.39    | S6               | 02:26.32     | 02:07.13    | SB3               | 01:43.05     | 01:24.01    | SB6                | 02:45.10     | 02:20.64    |
| S4              | 01:27.75     | 01:15.51    | S7               | 02:22.15     | 02:01.47    |                   |              |             | SB7                | 02:38.47     | 02:16.36    |
| S5              | 01:17.04     | 01:06.16    | S8               | 02:12.80     | 01:49.96    |                   |              |             | SB8                | 02:17.02     | 02:05.05    |
|                 |              |             | S9               | 02:00.14     | 01:49.58    |                   |              |             | SB9                | 02:10.68     | 01:51.88    |
|                 |              |             | S10              | 01:57.18     | 01:40.93    |                   |              |             | SB11               | 02:25.30     | 02:03.90    |
|                 |              |             | S11              | 02:16.49     | 01:56.08    |                   |              |             | SB12               | 02:18.12     | 01:56.13    |
|                 |              |             | S12              | 02:02.35     | 01:43.55    |                   |              |             | SB13               | 02:09.59     | 01:53.41    |
|                 |              |             | S13              | 01:56.45     | 01:41.23    |                   |              |             | SB14               | 02:11.49     | 01:54.97    |
|                 |              |             | S14              | 01:52.76     | 01:45.72    |                   |              |             |                    |              |             |
| <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    | S8               | 01:59.90     | 01:43.73    | SM5               | 06:09.95     | 06:04.72    |                    |              |             |
| S2              | 03:57.64     | 04:05.11    | S9               | 01:57.66     | 01:41.75    | SM6               | 05:12.34     | 04:34.36    |                    |              |             |
| S3              | 02:35.87     | 02:24.35    | S10              | 01:54.72     | 01:36.05    | SM7               | 05:11.09     | 04:26.34    |                    |              |             |
| S4              | 02:32.47     | 01:20.61    | S11              | 02:20.74     | 01:47.75    | SM8               | 04:39.26     | 04:00.02    |                    |              |             |
| S5              | 01:17.76     | 01:00.55    | S12              | 01:58.93     | 01:38.68    | SM9               | 04:25.64     | 03:54.12    |                    |              |             |
| S6              | 01:02.58     | 00:52.51    | S13              | 01:50.36     | 01:37.34    | SM10              | 04:16.60     | 03:41.82    |                    |              |             |
| S7              | 01:00.28     | 00:51.12    |                  |              |             | SM11              | 04:52.37     | 04:11.29    |                    |              |             |
|                 |              |             |                  |              |             | SM12              | 04:40.74     | 03:49.69    |                    |              |             |
|                 |              |             |                  |              |             | SM13              | 04:09.20     | 03:51.69    |                    |              |             |
|                 |              |             |                  |              |             | SM14              | 04:09.03     | 03:45.90    |                    |              |             |

# Best in the West

## Dollan Aqua Centre – East Kilbride: 12<sup>th</sup> – 14<sup>th</sup> May 2017

**FRIDAY 12<sup>th</sup> MAY 2017**

| Session 1 ~ Warm-Up: ~ 17:00    Start: 18:00 |       |     |              |               |
|----------------------------------------------|-------|-----|--------------|---------------|
| 101                                          | Girls | 50m | Butterfly    | Heats         |
| 102                                          | Boys  | 50m | Butterfly    | Heats         |
| 103                                          | Girls | 50m | Backstroke   | Heats         |
| 104                                          | Boys  | 50m | Backstroke   | Heats         |
| 105                                          | Girls | 50m | Breaststroke | Heats         |
| 106                                          | Boys  | 50m | Breaststroke | Heats         |
| 107                                          | Girls | 50m | Freestyle    | Heats         |
| 108                                          | Boys  | 50m | Freestyle    | Heats         |
| Session 1a – Finals                          |       |     |              |               |
| 101F                                         | Girls | 50m | Butterfly    | 3 x AG Finals |
| 102F                                         | Boys  | 50m | Butterfly    | 3 x AG Finals |
| 103F                                         | Girls | 50m | Backstroke   | 3 x AG Finals |
| 104F                                         | Boys  | 50m | Backstroke   | 3 x AG Finals |
| 105F                                         | Girls | 50m | Breaststroke | 3 x AG Finals |
| 106F                                         | Boys  | 50m | Breaststroke | 3 x AG Finals |
| 107F                                         | Girls | 50m | Freestyle    | 3 x AG Finals |
| 108F                                         | Boys  | 50m | Freestyle    | 3 x AG Finals |

## SATURDAY 13<sup>th</sup> MAY 2017

| Session 2 ~ Warm-Up: ~ 08:00 Start: 09:00 |       |      |              |              |
|-------------------------------------------|-------|------|--------------|--------------|
| 201                                       | Girls | 800m | Freestyle    | Slower Heats |
| 202                                       | Boys  | 200m | Butterfly    | Faster Heats |
| 203                                       | Girls | 200m | Backstroke   | Faster Heats |
| 204                                       | Boys  | 100m | Backstroke   | Faster Heats |
| 205                                       | Girls | 100m | Butterfly    | Faster Heats |
| 206                                       | Boys  | 200m | Breaststroke | Faster Heats |
| 207                                       | Girls | 200m | Freestyle    | Faster Heats |
| 208                                       | Boys  | 100m | Freestyle    | Faster Heats |
| 209                                       | Girls | 100m | Breaststroke | Faster Heats |
| 210                                       | Boys  | 200m | I.M.         | Faster Heats |
| 211                                       | Girls | 400m | I.M.         | Heats        |
| 212                                       | Boys  | 400m | Freestyle    | Heats        |

| Session 3 ~ Warm-Up: ~ 12:30 Start: 13:30 |       |      |              |              |
|-------------------------------------------|-------|------|--------------|--------------|
| 202                                       | Boys  | 200m | Butterfly    | Slower Heats |
| 203                                       | Girls | 200m | Backstroke   | Slower Heats |
| 204                                       | Boys  | 100m | Backstroke   | Slower Heats |
| 205                                       | Girls | 100m | Butterfly    | Slower Heats |
| 206                                       | Boys  | 200m | Breaststroke | Slower Heats |
| 207                                       | Girls | 200m | Freestyle    | Slower Heats |
| 208                                       | Boys  | 100m | Freestyle    | Slower Heats |
| 209                                       | Girls | 100m | Breaststroke | Slower Heats |
| 210                                       | Boys  | 200m | I.M.         | Slower Heats |

| Session 4 ~ Finals ~ Warm-Up: ~ 16:30 Start: 17:30 |       |      |              |               |
|----------------------------------------------------|-------|------|--------------|---------------|
| 201FH                                              | Girls | 800m | Freestyle    | Fastest Heat  |
| 202F                                               | Boys  | 200m | Butterfly    | 3 x AG Finals |
| 203F                                               | Girls | 200m | Backstroke   | 3 x AG Finals |
| 204F                                               | Boys  | 100m | Backstroke   | 3 x AG Finals |
| 205F                                               | Girls | 100m | Butterfly    | 3 x AG Finals |
| 206F                                               | Boys  | 200m | Breaststroke | 3 x AG Finals |
| 207F                                               | Girls | 200m | Freestyle    | 3 x AG Finals |
| 208F                                               | Boys  | 100m | Freestyle    | 3 x AG Finals |
| 209F                                               | Girls | 100m | Breaststroke | 3 x AG Finals |
| 210F                                               | Boys  | 200m | I.M.         | 3 x AG Finals |

**SUNDAY 14<sup>th</sup> MAY 2017**

| <b>Session 5 ~ Warm-Up:~ 08:00    Start: 09:00</b> |       |       |              |              |
|----------------------------------------------------|-------|-------|--------------|--------------|
| 401                                                | Boys  | 1500m | Freestyle    | Slower Heats |
| 402                                                | Girls | 200m  | Butterfly    | Faster Heats |
| 403                                                | Boys  | 200m  | Backstroke   | Faster Heats |
| 404                                                | Girls | 100m  | Backstroke   | Faster Heats |
| 405                                                | Boys  | 100m  | Butterfly    | Faster Heats |
| 406                                                | Girls | 200m  | Breaststroke | Faster Heats |
| 407                                                | Boys  | 200m  | Freestyle    | Faster Heats |
| 408                                                | Girls | 100m  | Freestyle    | Faster Heats |
| 409                                                | Boys  | 100m  | Breaststroke | Faster Heats |
| 410                                                | Girls | 200m  | I.M.         | Faster Heats |
| 411                                                | Boys  | 400m  | I.M.         | Heats        |
| 412                                                | Girls | 400m  | Freestyle    | Heats        |

| <b>Session 6 ~ Warm-Up: ~ 12:30    Start: 13:30</b> |       |      |              |              |
|-----------------------------------------------------|-------|------|--------------|--------------|
| 402                                                 | Girls | 200m | Butterfly    | Slower Heats |
| 403                                                 | Boys  | 200m | Backstroke   | Slower Heats |
| 404                                                 | Girls | 100m | Backstroke   | Slower Heats |
| 405                                                 | Boys  | 100m | Butterfly    | Slower Heats |
| 406                                                 | Girls | 200m | Breaststroke | Slower Heats |
| 407                                                 | Boys  | 200m | Freestyle    | Slower Heats |
| 408                                                 | Girls | 100m | Freestyle    | Slower Heats |
| 409                                                 | Boy   | 100m | Breaststroke | Slower Heats |
| 410                                                 | Girls | 200m | I.M.         | Slower Heats |

| <b>Session 7 ~ Finals ~ Warm-Up: ~ 16:30    Start: 17:30</b> |       |       |              |               |
|--------------------------------------------------------------|-------|-------|--------------|---------------|
| 401FH                                                        | Boys  | 1500m | Freestyle    | Fastest Heat  |
| 402F                                                         | Girls | 200m  | Butterfly    | 3 x AG Finals |
| 403F                                                         | Boys  | 200m  | Backstroke   | 3 x AG Finals |
| 404F                                                         | Girls | 100m  | Backstroke   | 3 x AG Finals |
| 405F                                                         | Boys  | 100m  | Butterfly    | 3 x AG Finals |
| 406F                                                         | Girls | 200m  | Breaststroke | 3 x AG Finals |
| 407F                                                         | Boys  | 200m  | Freestyle    | 3 x AG Finals |
| 408F                                                         | Girls | 100m  | Freestyle    | 3 x AG Finals |
| 409F                                                         | Boys  | 100m  | Breaststroke | 3 x AG Finals |
| 410F                                                         | Girls | 200m  | I.M.         | 3 x AG Finals |

# **West District “Best in the West” AG Meet**

**Dollan Aqua Centre – East Kilbride: 12<sup>th</sup> – 14<sup>th</sup> May 2017**

## **Health and Safety Announcement**

### **Controlling the Use of Photographic Equipment**

In the interests of child protection the 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 photographic equipment (e.g., camera, camcorder, mobile phone with camera, etc,) is to be allowed on either poolside, spectator gallery or any other area under the jurisdiction of the Meet Organisers without prior approval of the Meet Director.

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 to the Meet Directors appointed official. Applicants must provide proof of identity when applying and carry such proof when intending to use their photographic equipment.

# West District “Best in the West” AG Meet

**Dollan Aqua Centre – East Kilbride: 12<sup>th</sup> – 14<sup>th</sup> May 2017**

*In order 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 S.A.S.A. 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 **21<sup>st</sup> April 2017** to:

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

# West District "Best in the West" AG Meet

Dollan Aqua Centre – East Kilbride: 12<sup>th</sup> – 14<sup>th</sup> May 2017

## 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: = £.....

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**

Include proof of transfer with this form.

Return this form along with entries no later than **21<sup>st</sup> April 2016** to:

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

# West District “Best in the West” AG Meet

Dollan Aqua Centre – East Kilbride: 12<sup>th</sup> – 14<sup>th</sup> May 2017

## Entry Files Request Form

***Please email the entry files for the above meet to:***

Club \_\_\_\_\_ Contact Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Telephone \_\_\_\_\_ E-mail \_\_\_\_\_

Return this completed form to:

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

or email the Request to: [entries@scotswimwest.co.uk](mailto:entries@scotswimwest.co.uk)