

## **WEST DISTRICT 2017 LONG COURSE CHAMPIONSHIP – ROUNDS 1 & 2**

### **Dates and Venue**

**Round 1      14<sup>th</sup> / 15<sup>th</sup> January      Dollan Aqua Centre – East Kilbride**

**Round 2      4<sup>th</sup> / 5<sup>th</sup> February      Dollan Aqua Centre – East Kilbride**

Sessions:                      09:30am and 2:00pm each day.  
Warm Ups:                    08:30am and 01:00pm each day.

### **Age Groups**

**11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16+yrs**

### **Competitors age will be their age on 31<sup>st</sup> December 2017**

This Championship is open to registered swimmers whose 1<sup>st</sup> Claim Club is affiliated to the West District of the S.A.S.A..

There is a Consideration Time for each individual event.  
Entry to the Championship will be in accordance with the District Rules.

### **Entries**

Entries for this Meet require to be generated on the Hy-Tek Team Manager 4/5/6/7 or Lite programme. Hy-Tek Team Manager Lite is available via the internet at [www.hy-tek ltd.com/downloads.html](http://www.hy-tek ltd.com/downloads.html)

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

**Seeded Start Lists for ALL Sessions will be prepared prior to the Meet and Withdrawals will be accepted up to 8pm on Wednesday prior to Championships for exclusion from the Start Lists.**

**Withdrawals on “Withdrawal Forms” will be accepted, at the Recorder’s Desk, up to 45 minutes before the start of each Session for the purposes of allocating Reserves.**

**Start Lists will be updated and may be re-seeded based on the Withdrawals on the day.**

**Start Lists will not be issued to Clubs, prior to the start of a Session, until all Withdrawals have been processed. The issue of Start Lists may extend into the early Events of the Session.**

**Unplaced Reserves will be allocated to available lanes during an Event after reporting to the Referee at the beginning of that Event.**

Further assistance available from John Deans (01698 825507) & [john.deans@blueyonder.co.uk](mailto:john.deans@blueyonder.co.uk)

All entries must be addressed to:

John Deans  
Entries Coordinator  
9 Tynron Court  
Hamilton  
ML3 8XD

**DO NOT SEND ENTRIES BY RECORDED DELIVERY**

### **Entries**

Entries equal to or faster than the Consideration Times for each Age Group will be accepted, subject to available lanes, on the basis of providing a balance across the available Heats/Lanes per Event, dependant on the number of Heats.

An Entry Time equal to or faster than the Event Consideration Time does not guarantee acceptance into the Event.

### **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.

### **Reserves**

Reserves, comprising of maximum of 2 x from each Age Group where available, will be allocated to each Event. These Reserves will be allocated artificial times to accommodate placing in the Meet programme.

Reserves will be allocated to the Event on withdrawal of confirmed swimmers on an Age Group basis.

### **Entry Fees**

Individual Events      £8.00 each event      **(Cheques payable to SASA West District)**  
(Subject to confirmation at the District AGM – 3<sup>rd</sup> Dec)

### **Closing Dates**

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

**Round 1**                      \*\*\*\* **Tuesday 20<sup>th</sup> December** \*\*\*\*

**Round 2**                      \*\*\*\* **Sunday 15<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 scale:

### **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 scale:

Total no.of Club swimmers per session	Number of STO's per session
1 to 4	None
5 to 9	<b>1 x Judge</b>
10+	2 of which at least 1 must be a Judge, Starter or Referee

A District Club failing to provide STO in accordance with this scale shall be subject to a fine of **£50.00 per person**, for each session in which the required STO is not present. Members of the organising committee shall be counted for the purpose of meeting this requirement.

**Important Note: Revised Numbers of STOs may be proposed/agreed at the District AGM on 3<sup>rd</sup> Dec.**

### **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 /medallions will be available for collection during each Session.**

### **Heats and Finals**

**Heats and Finals** for 50m & 100m events

All other Events will be **Heat Declared**.

**Heats will be Mixed Ages, Finals will be Age Groups.**

**John A. Deans**  
**District Swimming Committee**

## 6 Day Programme: 2017 West District Age Group Championships

### Day 1 - Saturday 14th January 2017

### Day 2 - Sunday 15th January 2017

#### Session 1 ~ Warm-up: 08:30 Start: 09:30 Finish: 12:30

101	Boys All Ages (6)	100m	Backstroke	Heats
102	Girls All Ages (6)	100m	Butterfly	Heats
103	Boys All Ages (6)	400m	Freestyle	HDW
104	Girls 11	100m	Butterfly	FINAL
105	Girls 12	100m	Butterfly	FINAL
106	Girls 13	100m	Butterfly	FINAL
107	Girls 14	100m	Butterfly	FINAL
108	Girls 15	100m	Butterfly	FINAL
109	Girls 16+	100m	Butterfly	FINAL
110	Boys 11	100m	Backstroke	FINAL
111	Boys 12	100m	Backstroke	FINAL
112	Boys 13	100m	Backstroke	FINAL
113	Boys 14	100m	Backstroke	FINAL
114	Boys 15	100m	Backstroke	FINAL
115	Boys 16+	100m	Backstroke	FINAL

#### Session 3 ~ Warm-up: 08:30 Start: 09:30 Finish: 12:30

301	Girls All Ages (6)	100m	Breaststroke	Heats
302	Boys All Ages (6)	100m	Freestyle	Heats
303	Girls All Ages (6)	400m	Freestyle	HDW
304	Boys 11	100m	Freestyle	FINAL
305	Boys 12	100m	Freestyle	FINAL
306	Boys 13	100m	Freestyle	FINAL
307	Boys 14	100m	Freestyle	FINAL
308	Boys 15	100m	Freestyle	FINAL
309	Boys 16+	100m	Freestyle	FINAL
310	Girls 11	100m	Breaststroke	FINAL
311	Girls 12	100m	Breaststroke	FINAL
312	Girls 13	100m	Breaststroke	FINAL
313	Girls 14	100m	Breaststroke	FINAL
314	Girls 15	100m	Breaststroke	FINAL
315	Girls 16+	100m	Breaststroke	FINAL

#### Session 2 ~ Warm-up: 13:00 Start: 14:00 Finish: 17:00

201	Girls All Ages (6)	100m	Backstroke	Heats
202	Boys All Ages (6)	100m	Butterfly	Heats
203	Girls All Ages (6)	200m	Butterfly	HDW
204	Boys All Ages (5)	400m	I.M.	HDW
205	Girls 11	100m	Backstroke	FINAL
206	Girls 12	100m	Backstroke	FINAL
207	Girls 13	100m	Backstroke	FINAL
208	Girls 14	100m	Backstroke	FINAL
209	Girls 15	100m	Backstroke	FINAL
210	Girls 16+	100m	Backstroke	FINAL
211	Boys 11	100m	Butterfly	FINAL
212	Boys 12	100m	Butterfly	FINAL
213	Boys 13	100m	Butterfly	FINAL
214	Boys 14	100m	Butterfly	FINAL
215	Boys 15	100m	Butterfly	FINAL
216	Boys 16+	100m	Butterfly	FINAL

#### Session 4 ~ Warm-up: 13:00 Start: 14:00 Finish: 17:00

401	Boys All Ages (6)	100m	Breaststroke	Heats
402	Girls All Ages (6)	100m	Freestyle	Heats
403	Boys All Ages (6)	200m	Butterfly	HDW
404	Girls All Ages (5)	400M	I.M.	HDW
405	Boys 11	100m	Breaststroke	FINAL
406	Boys 12	100m	Breaststroke	FINAL
407	Boys 13	100m	Breaststroke	FINAL
408	Boys 14	100m	Breaststroke	FINAL
409	Boys 15	100m	Breaststroke	FINAL
410	Boys 16+	100m	Breaststroke	FINAL
411	Girls 11	100m	Freestyle	FINAL
412	Girls 12	100m	Freestyle	FINAL
413	Girls 13	100m	Freestyle	FINAL
414	Girls 14	100m	Freestyle	FINAL
415	Girls 15	100m	Freestyle	FINAL
416	Girls 16+	100m	Freestyle	FINAL

Finish Time = 17:00

Finish Time = 17:00

## 6 Day Programme: 2017 West District Age Group Championships

### Day 3 - Saturday 4th February 2017

**Session 1 ~ Warm-up: 08:30 Start: 09:30 Finish: 12:30**

101	Boys All Ages (6)	200m	Freestyle	Heats
102	Girls All Ages (6)	50m	Breaststroke	Heats
103	Boys All Ages (6)	50m	Breaststroke	HDW
104	Girls All Ages (6)	200m	Freestyle	HDW
105	Boys 12 & 13	1500m	Freestyle	HDW
106	Girls 11	50m	Breaststroke	FINAL
107	Girls 12	50m	Breaststroke	FINAL
108	Girls 13	50m	Breaststroke	FINAL
109	Girls 14	50m	Breaststroke	FINAL
110	Girls 15	50m	Breaststroke	FINAL
111	Girls 16+	50m	Breaststroke	FINAL
112	Boys 11	50m	Breaststroke	FINAL
113	Boys 12	50m	Breaststroke	FINAL
114	Boys 13	50m	Breaststroke	FINAL
115	Boys 14	50m	Breaststroke	FINAL
116	Boys 15	50m	Breaststroke	FINAL
117	Boys 16+	50m	Breaststroke	FINAL

### Day 4 - Sunday 5th February 2017

**Session 3 ~ Warm-up: 08:30 Start: 09:30 Finish: 12:30**

301	Girls All Ages (6)	200m	Backstroke	HDW
302	Boys All Ages (6)	50m	Butterfly	Heats
303	Girls All Ages (6)	50m	Butterfly	Heats
304	Boys All Ages (6)	200m	Backstroke	HDW
305	Girls 12 & 13	800m	Freestyle	HDW
306	Boys 11	50m	Butterfly	FINAL
307	Boys 12	50m	Butterfly	FINAL
308	Boys 13	50m	Butterfly	FINAL
309	Boys 14	50m	Butterfly	FINAL
310	Boys 15	50m	Butterfly	FINAL
311	Boys 16+	50m	Butterfly	FINAL
312	Girls 11	50m	Butterfly	FINAL
313	Girls 12	50m	Butterfly	FINAL
314	Girls 13	50m	Butterfly	FINAL
315	Girls 14	50m	Butterfly	FINAL
316	Girls 15	50m	Butterfly	FINAL
317	Girls 16+	50m	Butterfly	FINAL

**Session 2 ~ Warm-up: 13:00 Start: 14:00 Finish: 17:00**

201	Girls All Ages (6)	200m	Breaststroke	HDW
202	Boys All Ages (6)	50m	Backstroke	Heats
203	Girls All Ages (6)	50m	Backstroke	Heats
204	Boys All Ages (6)	200m	Breaststroke	HDW
205	Girls 14, 15 & 16+	800m	Freestyle	HDW
206	Boys 11	50m	Backstroke	FINAL
207	Boys 12	50m	Backstroke	FINAL
208	Boys 13	50m	Backstroke	FINAL
209	Boys 14	50m	Backstroke	FINAL
210	Boys 15	50m	Backstroke	FINAL
211	Boys 16+	50m	Backstroke	FINAL
212	Girls 11	50m	Backstroke	FINAL
213	Girls 12	50m	Backstroke	FINAL
214	Girls 13	50m	Backstroke	FINAL
215	Girls 14	50m	Backstroke	FINAL
216	Girls 15	50m	Backstroke	FINAL
217	Girls 16+	50m	Backstroke	FINAL

**Session 4 ~ Warm-up: 13:00 Start: 14:00 Finish: 17:00**

401	Boys All Ages (6)	200m	I.M.	HDW
402	Girls All Ages (6)	200m	I.M.	HDW
403	Boys All Ages (6)	50m	Freestyle	HDW
404	Girls All Ages (6)	50m	Freestyle	HDW
405	Boys 14, 15 & 16+	1500m	Freestyle	HDW
406	Girls 11	50m	Freestyle	FINAL
407	Girls 12	50m	Freestyle	FINAL
408	Girls 13	50m	Freestyle	FINAL
409	Girls 14	50m	Freestyle	FINAL
410	Girls 15	50m	Freestyle	FINAL
411	Girls 16+	50m	Freestyle	FINAL
412	Boys 11	50m	Freestyle	FINAL
413	Boys 12	50m	Freestyle	FINAL
414	Boys 13	50m	Freestyle	FINAL
415	Boys 14	50m	Freestyle	FINAL
416	Boys 15	50m	Freestyle	FINAL
417	Boys 16+	50m	Freestyle	FINAL

**Finish Time = 17:00**

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Consideration Times 2017 - Rounds 1 & 2 - To be LC times, can be converted from SC												
Girls						Boys						
16+	15	14	13	12	11	Events	11	12	13	14	15	16+
31.10	32.10	32.90	34.30	36.10	38.20	50 Freestyle	39.20	35.50	32.90	31.90	30.50	29.30
1.06.90	1.08.10	1.10.20	1.15.10	1.17.80	1.24.60	100 Freestyle	1.30.50	1.22.40	1.17.50	1.09.50	1.06.40	1.04.50
2.28.60	2.31.20	2.35.00	2.43.00	2.48.40	3.02.50	200 Freestyle	3.24.50	3.07.10	2.46.50	2.34.80	2.27.50	2.24.80
5.15.60	5.20.10	5.40.30	5.56.10	6.30.00	7.15.00	400 Freestyle	7.20.00	6.45.50	5.55.00	5.45.60	5.23.70	5.08.30
10.30.00	10.45.00	11.30.00	12.00.00	12.30.00		800 Freestyle						
						1500 Freestyle		22.30.00	21.45.00	21.00.00	20.15.00	20.00.00
35.80	37.50	38.20	39.20	40.70	44.50	50 Backstroke	45.60	43.90	40.10	39.10	36.70	35.40
1.16.90	1.18.80	1.21.60	1.25.30	1.30.10	1.38.50	100 Backstroke	1.44.90	1.36.40	1.29.30	1.21.30	1.17.10	1.16.00
2.53.20	2.57.30	3.03.70	3.06.50	3.11.20	3.36.40	200 Backstroke	3.48.10	3.23.40	3.05.70	3.02.50	2.57.40	2.51.40
40.10	41.80	43.90	44.50	45.50	50.90	50 Breaststroke	53.50	48.50	45.20	44.60	42.80	40.90
1.28.00	1.30.20	1.34.60	1.39.50	1.42.70	1.52.50	100 Breaststroke	2.04.80	1.48.20	1.47.60	1.34.20	1.29.50	1.26.80
3.11.30	3.19.10	3.23.70	3.28.80	3.44.70	4.02.60	200 Breaststroke	4.20.00	4.00.00	3.41.30	3.30.50	3.10.20	3.05.60
35.90	36.40	37.00	37.60	40.10	44.90	50 Butterfly	46.90	42.50	39.50	39.20	37.10	34.90
1.17.00	1.19.30	1.22.50	1.29.30	1.37.60	1.58.00	100 Butterfly	2.15.00	1.55.40	1.48.20	1.24.50	1.19.30	1.16.70
3.05.00	3.15.00	3.30.00	3.45.00	4.00.00	4.05.00	200 Butterfly	4.15.00	4.00.00	3.45.00	3.40.00	3.10.00	3.00.00
2.50.90	2.55.10	3.02.50	3.08.80	3.13.60	3.38.70	200 IM	4.02.50	3.25.60	3.15.60	3.05.70	2.55.70	2.48.90
5.55.00	6.10.00	6.40.00	7.00.00	7.20.00		400 IM		7.30.00	7.00.00	6.30.00	6.00.00	5.45.00

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

These supplementary conditions apply in conjunction with the general conditions for the West District Age Group Championships.

The following events will be included in the heats where a swimmer meets the eligibility criteria and consideration standards for their classification:

- 50m Freestyle – S1-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> December 2015 and may be achieved in either long or short course events. All swimmers qualifying will be integrated into the heats seeded by absolute time. The competition shall take place under the relevant IPC Swimming Rules.

Consideration times are detailed in the table below:-

## 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			