



2023 Long Course May Age Group Meet – Rev 2

(Under FINA Rules/Scottish Swimming Regulations)

Tollcross ISC - Glasgow

13th & 14th May 2023

Licence No: L2/150/WD/MAY23

Objective	To provide a complementary Meet to the Glasgow International Swim Meet, that will provide swimmers, at a slightly lower level, the opportunity to achieve Accredited Times for the Academy Programmes and National Competitions.
Dates	13 th / 14 th May 2023
Venue	Tollcross ISC, Wellshot Road, Glasgow
Pool	10 Lane, 50 metre Competition Pool with full Electronic Timing. 4 Lane 20m Warm-Up, Swim-Down pool
Session Times	<p>Saturday Warm Ups (25mins): S1 08:15am and S2 TBA. Break between Sessions: 45mins Sessions (TBA): S1 08.30am and S2 TBA.</p> <p>Sunday Warm Ups (25mins): S3 08.00am and S4 TBA Break between Sessions: 45 mins. Sessions (TBA): S3 08:30am and S4 TBA</p> <p>Starting Times of S2 & S4 Warm-Ups and Sessions will be published after the entries have been processed.</p>
Age Groups For Entries	11/13Yrs, 14Yrs, 15Yrs, 16Yrs, 17/+ (Boys and Girls)
Competitors Age	As at 31 st December 2023.
Minimum Age	The minimum age for entries is 11yrs as at 31 st December 2023.
Events	<p><u>Individual Events</u></p> <p><u>ALL - Heat Declared</u></p> <p>11yrs Age Group 50/100/200Fr, Ba, Br, FI 400Fr, 200IM 12 -17+yrs Age Grp 50/100/200Fr, Ba, Br, FI 400/800/1500Fr 200/400IM</p> <p>Heats will be Mixed Ages.</p>
Restricted Events	400IM Event is not scheduled for the 11yrs Age Group. 800 & 1500m Freestyle Events are not scheduled for the 11yrs Age Group.
Awards and Presentation	11/13yrs HDW: Awards for 1 st , 2 nd & 3 rd per individual age year. 14yrs, 15yrs, 16yrs & 17+yrs HDW: 1 st - £15, 2 nd - £10, 3 rd - £5.00 Event Awards will be available for collection, after each HDW, at a table in the pool hall.

Eligibility	This District Meet is open to swimmers of that have a current Scottish Swimming Membership No and to swimmers of all non-Scottish Clubs who are registered with their Governing Body.
Consideration Times	There are “Slower Than” Consideration Times for the Meet. These times should be real times and please note that NT entries will NOT be accepted.
Submitted Times	To be 50 metre times, conversions can be used, and need not be accredited.
Entries Acceptance	<p>The Meet Entries will be processed using the 5 age bands (11/13,14,15,16, 17+) and as detailed, where possible, on page 8 of this document, but swum all ages combined.</p> <p>Entries will be accepted on the following basis:</p> <p>11/13yrs (15%), 14yrs (15%), 15yrs (15%), 16yrs (15%), 17+yrs (15%), last 25% for fastest entries left regardless of age.</p> <p>Heats will be swum in combined age groups (11/13,14,15,16,17+yrs)</p> <p>Submitted times must have been swum on or after 1st January 2022.</p>
Reserves	<p>Reserves, comprising of maximum of 2 x from each Age Group where available, will be allocated to each Event, after the cut-off for Withdrawals:</p> <p>9pm on Tuesday 9th May</p> <p>Reserves will be allocated to the Event, on withdrawal of confirmed swimmers, on an Age Group basis prior to the weekend of competition.</p> <p>On the day of the Events, remaining Reserves will be placed in “empty lanes” by fastest time order, regardless of Age Group.</p>
Withdrawals	<p>Withdrawals, where known, MUST be submitted, using the online Withdrawal Form, available on the District Meets page on the WD website.</p> <p><u>9pm on Tuesday 9th May</u></p> <p>Withdrawals will then be processed, Reserves will be allocated, Start Lists printed and published for use at the Meet.</p> <p>No further Withdrawals will be processed prior to the start of each Session.</p> <p>Any Withdrawals after the cut off on Tuesday evening will be “No Shows” in the Results.</p>

<p>Marshalling Area</p>	<p>Providing there are a minimum of two (2) Marshalling Stewards available at the start of a Session, a Marshalling Area will be in operation. Confirmed and Reserves swimmers are requested to report to the Stewards at the Marshalling Area three Heats or 15 mins before their swim. If a Reserve is placed in a vacant lane, no further changes, e.g., re-instatement of original swimmer, will take place after that Heat has left the Marshalling Area and entered the Start Area.</p> <p>If a Marshalling Area is not in operation due to the lack of Marshalling Stewards, swimmers should go to the area immediately behind the Lane that they are scheduled to swim in three Heats or 15 mins before their scheduled swim and report to the Lane Timekeepers, when their Heat is the next to swim. Reserves should report to the Referee before the START of the EVENT and the Referee will place them in any empty lanes that may be available during the Event.</p>
<p>Refunds</p>	<p>Entry Fees will be refunded for Withdrawals submitted prior to the Entries Closing date: <u>8pm on Wednesday 26th April.</u></p> <p>Entry Fees will be refunded to swimmers who are scratched from the programme to maintain the running time for a Session within the limits of the Licence for the Meet. Entry Fees will be refunded to Reserves, if there were no “empty lanes” lanes due to “No Shows” after the Event for which they were entered. There will be no Refunds for any Withdrawals after the Entries Closing Date, except for Medical/Accident reasons, with the submission of a Medical Letter/Certificate explaining the reason for the Withdrawal.</p>
<p>Multi Classification</p>	<p>Events are open to swimmers who have a recognised classification (IPC, BS, BBS, UKSA or INAS-FID). There are Consideration Times, as listed on page 9. These times should be real times and please note that NT entries will NOT be accepted.</p> <p>Swimmers must achieve the qualifying standards for their class in the MC events as per the following supplementary MC conditions. The MC events will be integrated into the heats, seeded by absolute time. The following events will be included in the heats where a swimmer meets the eligibility criteria and consideration standards for their classification:</p> <ul style="list-style-type: none"> • 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 Breaststroke – SB1-SB3 • 100m Breaststroke – SB4-SB14 • 50m Butterfly – S1-S7 • 100m Butterfly – S8-S14 • 200m IM – SM5-SM14

	<p>Eligibility</p> <p><u>Functional</u> (S1-S10, SB1-SB9, SM1-SM10)</p> <ul style="list-style-type: none"> • 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. <p><u>Visual</u> (S11-S13, SB11-SB13, SM11-SM13)</p> <ul style="list-style-type: none"> • 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. <p><u>Learning</u> (S14, SB14, SM14)</p> <ul style="list-style-type: none"> • 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. <p>General</p> <p>All swimmers that are accepted will be integrated into the heats seeded by absolute time. The competition shall take place under the relevant IPC Swimming Rules.</p>
<p>Technical Officials</p>	<p>West District clubs entering swimmers are requested to provide Swimming Technical Officials for each session of the Championships/Meets in accordance with agreed criteria.</p> <p>Full details are shown on the attached Appendix 1.</p> <p>Clubs outwith the SS West District are requested to provide two STO.</p>
<p>District Contact</p>	<p>John Deans, Events Coordinator.</p> <p>Tel: 07913 059666 Email: entries@scotswimwest.co.uk</p>
<p>Promoter</p>	<p>West District Swimming Committee</p>
<p>Entry File</p>	<p>Entries for this Meet require to be generated on the Hy-Tek Swim Manager, Team Manager 4/5/6/7/8/Lite and Team Unify. Hy-Tek Team Manager Lite is available via the internet at www.hy-tek.com/downloads.html</p> <p>For administration purposes, an Information Form must be submitted with the Entries file</p> <p>All entries must be submitted electronically, with Information Form, to: entries@scotswimwest.co.uk</p>
<p>Entry Fees</p>	<p>Individual Events £8.00 each Event</p> <p><u>BACS Payment Only</u> – see Information Sheet.</p>
<p>Entry Deadline</p>	<p>Entries File, Information Sheet & PAYMENT by 8pm Wed 26th April</p>

<p>Spectating</p>	<p>At the time of publishing the Meet Information, Spectators <u>will be admitted</u> and Livestreaming of the Meet will be available on the District website.</p> <p>If conditions change that restrict the number of spectators allowed or prohibit the admission of spectators, then further information will be published as soon as it is available.</p> <p>Livestreaming will be available regardless of any changes to spectator admittance.</p>
<p>Photo & Videos</p>	<p>All persons wishing to use photographic equipment of any type, including mobile phones and tablets, must register them and receive an Identification Band from the Information/Registration Desk in the Reception Area or if closed, from the Timing Room at back of “swimmers” Gallery.</p>
<p>Data Collection</p>	<p>Entries & Results</p> <p>In order to operate this meet, we have a legitimate interest to collect and process some basic personal data from all competitors, specifically name, gender, date of birth.</p> <p>This data will be held securely and only used for the purposes of managing the meet and reporting results. Dates of birth will only be shared with -</p> <ul style="list-style-type: none"> ○ Scottish Swimming for the purpose of maintaining the National Database which is used for Squad Selection and ○ Swim England for inclusion on Rankings <p>Names, gender and age (but not date of birth) will be retained and will be shared with attending clubs and may be published for the purpose of reporting and keeping records.</p>

COVID-19

General

We want to ensure the competition, as far as is possible, for everyone attending, is a safe and healthy environment that will be enjoyable and successful.

All competition in Scotland will be operated in line with the Scottish Government and Public Health Scotland and Scottish Swimming guidance, current at the time of the competition taking place.

All competitors and other attendees are required to adhere to the conditions of the competition to ensure that we all stay compliant and safe. Anyone failing to follow the conditions will be refused access or removed from the venue and no refund will be offered.

At present Scotland is at below Level 0. However, these levels of restriction may have changed by the competition dates.

West District will be guided by and will implement all relevant requirements requested by sportscotland and the Scottish Government at that time.

While every reasonable effort will be made for the May AG Meet to happen, the regular changes in COVID restrictions that we have seen still provide some unpredictability when planning competition.

The conditions for the Meet and whether the Meet will ultimately take place is dependent on the local/regional restrictions in place on facility, the sporting activity and the participants at that time.

No guarantee can be given by SASA West District that the Meet will take place at a particular time, on any particular date or at any particular Venue.

SASA West District reserves the right to cancel the Meet without notice and without liability for doing so if required. The Meet will not be rescheduled if it is unable to take place on the scheduled dates.

In the event of cancellation or abandonment of the Meets, refunds if any, will be made at the absolute discretion of SASA West District.

SASA West District will have no legal liability to make a refund or to pay any form of consequential or indirect damage such as loss of enjoyment, travel, catering and accommodation.

West District May AG Meet		
LC "Slower Than" Times - 2023		
LC Times can be converted from SC		
Girls	Events	Boys
30.43	50 Freestyle	27.50
01.04.29	100 Freestyle	59.02
02.21.89	200 Freestyle	02.10.96
04.53.93	400 Freestyle	04.38.77
10.03.24	800 Freestyle	08.59.55
18.46.09	1500 Freestyle	18.37.66
35.04	50 Backstroke	32.78
01.13.21	100 Backstroke	01.09.04
02.38.57	200 Backstroke	02.32.95
40.11	50 Breaststroke	35.74
01.26.51	100 Breaststroke	01.19.02
03.06.69	200 Breaststroke	02.51.51
32.88	50 Butterfly	29.68
01.14.85	100 Butterfly	01.06.66
02.51.44	200 Butterfly	02.36.50
02.37.45	200 IM	02.30.00
05.35.30	400 IM	05.15.93

Multi-Classification Consideration Times

50m FREESTYLE			100m FREESTYLE			200m FREESTYLE			400m FREESTYLE		
	Girls	Boys		Girls	Boys		Girls	Boys		Girls	Boys
S1	02:22.99	02:33.08	S1	07:04.37	05:10.91	S1	11:15.63	08:43.43	S6	08:51.88	08:38.23
S2	02:05.27	01:50.07	S2	04:45.53	03:45.13	S2	11:49.48	07:12.09	S7	08:50.21	07:54.21
S3	01:42.20	01:18.12	S3	03:06.37	03:07.42	S3	08:42.66	05:46.68	S8	08:20.85	07:36.40
S4	01:09.45	01:03.89	S4	02:41.09	02:20.98	S4	06:16.33	04:57.06	S9	07:54.84	07:11.02
S5	01:05.25	00:53.30	S5	02:18.87	02:00.36	S5	04:43.30	04:29.64	S10	07:42.04	06:54.65
S6	00:56.78	00:51.70	S6	02:06.96	01:51.26	S14	03:40.20	03:14.58	S11	08:42.85	07:47.31
S7	00:56.34	00:47.58	S7	02:01.33	01:45.30				S12	08:19.92	07:50.64
S8	00:52.97	00:46.00	S8	01:54.97	01:39.48				S13	07:48.98	06:51.88
S9	00:49.49	00:42.82	S9	01:47.76	01:35.11				S14	08:36.17	07:20.27
S10	00:47.16	00:39.95	S10	01:43.16	01:27.46						
S11	00:50.64	00:44.51	S11	01:53.15	01:40.47						
S12	00:46.89	00:40.55	S12	01:42.42	01:29.88						
S13	00:46.02	00:41.02	S13	01:41.06	01:31.10						
S14	00:48.52	00:43.18	S14	01:43.85	01:29.15						
50m BACKSTROKE			100m BACKSTROKE			50m BREASTSTROKE			100m BREASTSTROKE		
	Girls	Boys		Girls	Boys		Girls	Boys		Girls	Boys
S1	03:51.05	02:05.43	S1	07:37.83	04:18.54	SB1	03:50.89	03:28.13	SB4	03:07.61	02:50.34
S2	01:59.32	01:37.43	S2	04:19.15	03:27.52	SB2	03:04.31	01:45.52	SB5	02:56.14	02:31.32
S3	01:33.69	01:17.47	S6	02:17.97	02:08.76	SB3	01:40.35	01:23.84	SB6	02:42.35	02:17.87
S4	01:22.21	01:12.37	S7	02:19.43	01:59.14				SB7	02:38.64	02:10.85
S5	01:13.58	00:56.75	S8	02:13.13	01:54.05				SB8	02:22.97	01:58.85
			S9	02:00.73	01:45.33				SB9	02:11.90	01:55.70
			S10	01:57.20	01:42.68				SB11	02:26.27	02:03.45
			S11	02:10.87	01:57.91				SB12	02:13.02	01:51.79
			S12	01:57.61	01:44.16				SB13	02:07.75	01:50.45
			S13	01:53.03	01:41.76				SB14	02:09.08	01:52.05
			S14	01:55.48	01:41.01						
50m BUTTERFLY			100m BUTTERFLY			200m IM					
	Girls	Boys		Girls	Boys		Girls	Boys			
S1	05:00.00	05:00.00	S8	02:15.88	01:47.44	SM5	06:07.10	05:47.65			
S2	03:57.64	02:57.55	S9	01:56.33	01:42.92	SM6	05:01.61	04:34.19			
S3	01:58.41	01:33.07	S10	01:55.06	01:38.02	SM7	05:08.77	04:17.69			
S4	01:25.41	01:33.92	S11	02:59.71	01:50.11	SM8	04:45.36	04:00.60			
S5	01:17.06	00:54.18	S12	01:52.81	01:38.28	SM9	04:24.59	03:51.27			
S6	01:01.86	00:53.62	S13	01:52.98	01:36.90	SM10	04:09.95	03:43.36			
S7	00:58.34	00:49.88	S14	01:53.05	01:34.66	SM11	04:41.54	04:11.55			
						SM12	04:15.37	03:54.14			
						SM13	04:11.46	03:42.34			
						SM14	04:13.66	03:40.86			

SATURDAY 13th MAY 2023

Session 1 Warm-Up: 08:15 Start: 08:45				
101	Girls 11&O	400m	Freestyle	HDW
102	Boys 11&O	100m	Backstroke	HDW
103	Girls 11&O	100m	Backstroke	HDW
104	Boys 11&O	50m	Butterfly	HDW
105	Girls 11&O	50m	Butterfly	HDW
106	Boys 11&O	200m	Breaststroke	HDW
107	Girls 11&O	200m	Breaststroke	HDW
108	Boys 12&O	800m	Freestyle	HDW
109	Girls 11-13	200m	IM	HDW

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

SUNDAY 14th MAY 2023

Session 3 Warm-Up: 08:00 Start: 08:30				
301	Girls 12&O	400m	IM	HDW
302	Boys 11&O	100m	Freestyle	HDW
303	Girls 11&O	100m	Freestyle	HDW
304	Boys 11&O	200m	Butterfly	HDW
305	Girls 11&O	200m	Butterfly	HDW
306	Boys 11&O	50m	Backstroke	HDW
307	Girls 11&O	50m	Backstroke	HDW
308	Boys 12&O	1500m	Freestyle	HDW
309	Girls 14&O	200m	IM	HDW

Session 4 Warm-Up: TBA Start: TBA				
401	Boys 12&O	400m	IM	HDW
402	Girls 11&O	100m	Butterfly	HDW
403	Boys 11&O	100m	Butterfly	HDW
404	Girls 11&O	200m	Freestyle	HDW
405	Boys 11&O	200m	Freestyle	HDW
406	Girls 11&O	50m	Breaststroke	HDW
407	Boys 11&O	50m	Breaststroke	HDW
408	Girls 12&O	1500m	Freestyle	HDW
409	Boys 14&O	200m	IM	HDW

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, Sheena McCall stoconvenor@scotswimwest.co.uk	