



2023 SC Championships WE1 & WE2

(Under FINA Rules/Scottish Swimming Regulations)

Tollcross ISC - Glasgow

WE1 – 21st & 22nd October 2023

WE2 – 11th & 12th November 2023

Licence No: L1/721/SS/OCT23

Licence No: L1/722/SS/NOV23

West District 2023 Short Course Championships

Dates	21 st / 22 nd October and 11 th / 12 th November 2023
Venue	Tollcross ISC, Wellshot Road, Glasgow
Pool	10 Lane, 25 metre competition pool with full Electronic Timing. 8 Lane, 25 metre swim down pool, 4 Lane 20m swim down pool.
Session Times	<p>Saturday (WE1 & 2) Warm Up (25mins): 08:15am and 12.00pm (TBC) Sessions: 08:45am and 12.30pm (TBC) Break between Sessions: 45mins</p> <p>Sunday (WE1 & 2) Warm Up (25mins): 08.00am and 11.15am (TBC) Sessions: 08:30am and 11.45am (TBC) Break between Sessions: 45 mins.</p> <p style="text-align: right;"><u>Sunday - Clear Building by 3.30pm</u></p>
Age Groups	<p>Juniors: 11Yrs/12Yrs, 13yrs & 14Yrs Boys and Girls WE1 – Sessions 1 & 2 WE2 – Sessions 3 & 4</p> <p>Seniors: 15Yrs, 16Yrs & 17+ Boys and Girls WE1 – Sessions 3 & 4 WE2 – Sessions 1 & 2</p>
Age Group Definition	The Age Groups have been designated Junior Age Group and Senior Age Group. The use of Junior DOES NOT refer to the Scottish Swimming definition, under 17 on 31st December. JAG and SAG are only convenient terms to differentiate the age groups of the Meet.
Competitors Age	As at 31 st December 2023.
Minimum Age	The minimum age for entries is 11yrs as at 31 st December 2023.

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Events	<p><u>Individual Events</u></p> <p><u>ALL - Heat Declared</u></p> <p>50m Freestyle, Backstroke, Breaststroke, Butterfly 100m Freestyle, Backstroke, Breaststroke, Butterfly, IM 200m Freestyle, Backstroke, Breaststroke, Butterfly, IM 400m Freestyle, IM 800m Freestyle 1500m Freestyle</p> <p>Heats will be Mixed Ages.</p>
Restricted Events	<p>400IM Event is not scheduled for the 11yrs Age Group. 800 & 1500m Freestyle Events are not scheduled for the 11yrs Age Group.</p>
Awards and Presentation	<p>Individual Awards will be made to 1st, 2nd & 3rd in each Age Grouping in each Event.</p> <p>Event Awards will be available for collection, after each HDW, at a table in the pool hall.</p>
Eligibility	<p>This District Meet is open to registered swimmers whose 1st Claim Club is affiliated to the West District of the Scottish Swimming.</p>
Consideration Times	<p>There are "<u>Equal to or Faster</u>" Consideration Times for the Meet as listed on Page 8.</p> <p>These times should have been swum at a Registered or Licenced Meet. Please note that NT entries will NOT be accepted.</p>
Submitted Times	<p>To be 50 metre times, conversions can be used, and need not be accredited.</p>
Entries Acceptance	<p>The Meet Entries will be processed using the 6 age bands (11/12,13, 14, 15, 16, 17+Yrs).</p> <p>Entries will be accepted on the following basis:</p> <p>Juniors – 11/12yrs (25%), 13yrs (25%) 14yrs (25%), last 25% for fastest entries left regardless of age. Seniors – 15yrs (25%), 16yrs (25%), 17+yrs (25%), last 25% for fastest entries left regardless of age.</p> <p>Heats will be swum in combined age groups (11/14,15/17+Yrs).</p> <p>Submitted times must have been swum on or after 1st September 2022.</p>

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Reserves	<p>Reserves, comprising of maximum of 2 x from each Age Group (except 11/12yrs) where available, will be allocated to each Event.</p> <p>After the cut-off for Withdrawals:</p> <p>WE1 - 9pm on Tuesday 17th October WE2 – 9pm on Tuesday 7th November</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. On the day of the Events, remaining Reserves that report to the Marshalling Area 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 <u>online Withdrawal Form for the Meet</u>, available on the District Meets page on the website</p> <p>WE1 - 9pm on Tuesday 17th October WE2 - 9pm on Tuesday 7th November</p> <p>Withdrawals will be then processed, Start Lists printed and published for use at the Meet. No further Withdrawals will be processed prior to the start of each Session. Any Withdrawals after the cut off on Tuesday evening will be “No Shows”.</p>
Marshalling Area	<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>
Refunds	<p>Entry Fees will be refunded for Withdrawals submitted prior to the Entries Closing dates: WE1 - 8pm on Wednesday 4th October WE2 – 8pm on Wednesday 25th October</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>

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<p>Multi Classification</p>	<p>Events are open to West District swimmers who have a recognised classification (IPC, BS, BBS, UKSA or INAS-FID). Consideration Times are listed in the Table on Page 9.</p> <p>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.</p> <p>The MC events will be integrated into the heats, seeded by absolute time.</p> <p>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 • 100IM – S1-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><u>General</u></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>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>

West District 2023 Short Course Championships

District Contact	Stuart Glen – Entries Processing Email: entries@scotswimwest.co.uk
Promoter	West District Swimming Committee
Entry File	<p>Entries for this Meet require to be generated on the Hy-Tek Swim Manager, Team Manager 4/5/6/7/8 or Lite programme. Hy-Tek Team Manager Lite is available via the internet at www.hy-tek.com/downloads.html</p> <p>For administration purposes, an Information Form must be submitted.</p> <p>All entries must be submitted electronically, with Information Form, to: entries@scotswimwest.co.uk</p>
Entry Fees	Individual Events £8.00 each Event <u>BACS Payment Only</u> – see Information Sheet.
Entry Deadline	<p>WE1 -Entries File, Information Sheet & PAYMENT by 8pm Wed 4th October</p> <p>WE2 - Entries File, Information Sheet & PAYMENT by 8pm Wed 25th October</p>
Spectating	<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>Entrance to the Venue/Poolhall/Gallery as a swimmer, Coach, Team Manager or Spectator requires acceptance of the Rules and Guidelines set by Glasgow Life and enforced by the Stewards and Meet staff. Failure to comply with these Rules and Guidelines may result in being asked to leave the facility/venue.</p> <p>Livestreaming will be available regardless of any changes to spectator admittance.</p>
Photo & Videos	Any person wishing to use photographic equipment, including video cameras must register with the Meet Convenor (application should be made on the Form available from the Spectators Entry Desk / Meet Office).

<p>Data Collection</p>	<p>Entries & Results</p> <p>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. 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>
<p>COVID-19</p>	<p>General</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>At present Scotland is at below Level 0. However, these levels of restriction may have changed by the competition dates.</p> <p>West District will be guided by and will implement all relevant requirements requested by sportscotland and the Scottish Government at that time.</p> <p>While every reasonable effort will be made for the SC Champs – WE1 & WE2 to happen, the regular changes in COVID restrictions that we have seen still provide some unpredictability when planning competition.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>In the event of cancellation or abandonment of the Meets, refunds if any, will be made at the absolute discretion of SASA West District.</p> <p>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.</p>

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2023 SC WE1 & 2 Championship Consideration Times

Male							
	11/12	13	14	15	16	17+	
50m Freestyle	00:35.4	00:34.1	00:32.3	00:30.4	00:29.7	00:28.7	
100m Freestyle	01:17.8	01:14.9	01:10.5	01:06.1	01:04.8	01:02.4	
200m Freestyle	02:48.7	02:42.6	02:32.6	02:24.3	02:21.0	02:15.3	
400m Freestyle	05:56.6	05:43.7	05:22.8	05:04.9	04:58.5	04:48.7	
800m Freestyle	12:18.0	11:51.2	10:52.5	10:39.1	10:18.0	09:57.5	
1500m Freestyle	23:25.6	22:34.5	20:43.0	20:17.3	19:37.0	18:58.1	
50m Backstroke	00:41.6	00:40.1	00:38.3	00:35.2	00:34.6	00:33.2	
100m Backstroke	01:29.7	01:26.4	01:21.8	01:15.5	01:13.8	01:11.1	
200m Backstroke	03:11.4	03:04.4	02:55.3	02:43.8	02:42.5	02:36.4	
50m Breaststroke	00:46.9	00:45.2	00:42.3	00:38.7	00:37.7	00:36.0	
100m Breaststroke	01:43.6	01:39.9	01:33.6	01:26.2	01:23.6	01:20.0	
200m Breaststroke	03:40.9	03:32.8	03:16.6	03:05.1	03:00.1	02:53.9	
50m Butterfly	00:39.4	00:37.9	00:35.6	00:33.0	00:32.1	00:30.7	
100m Butterfly	01:31.1	01:27.8	01:21.5	01:14.5	01:12.3	01:08.5	
200m Butterfly	03:28.8	03:21.2	03:03.1	02:51.6	02:43.2	02:34.1	
100m I.M.**	01:30.8	01:27.5	01:21.4	01:18.2	01:16.6	01:13.3	
200m I.M.	03:11.2	03:04.2	02:51.4	02:44.6	02:41.2	02:34.2	
400m I.M.	06:54.3	06:39.2	06:08.6	05:51.1	05:40.4	05:27.4	
Female							
	11/12	13	14	15	16	17+	
50m Freestyle	00:35.5	00:34.2	00:33.5	00:32.3	00:32.1	00:31.8	
100m Freestyle	01:17.7	01:14.8	01:13.0	01:10.4	01:10.3	01:08.8	
200m Freestyle	02:47.7	02:41.6	02:36.4	02:33.0	02:32.4	02:29.9	
400m Freestyle	05:56.1	05:43.1	05:29.8	05:21.5	05:19.3	05:16.0	
800m Freestyle	12:04.5	11:38.1	11:10.0	10:48.3	10:45.0	10:39.7	
1500m Freestyle	23:21.8	22:30.9	21:36.0	20:54.5	20:48.0	20:37.9	
50m Backstroke	00:40.8	00:39.3	00:38.6	00:37.2	00:36.8	00:36.5	
100m Backstroke	01:27.8	01:24.6	01:22.8	01:20.0	01:18.7	01:17.2	
200m Backstroke	03:05.9	02:59.1	02:55.4	02:53.9	02:50.3	02:48.2	
50m Breaststroke	00:46.2	00:44.5	00:43.5	00:41.8	00:41.7	00:40.3	
100m Breaststroke	01:41.5	01:37.8	01:34.9	01:32.3	01:32.1	01:28.9	
200m Breaststroke	03:38.5	03:30.5	03:23.1	03:17.8	03:15.5	03:11.6	
50m Butterfly	00:39.0	00:37.6	00:36.7	00:35.1	00:34.8	00:33.9	
100m Butterfly	01:30.3	01:27.0	01:23.4	01:19.1	01:18.8	01:16.6	
200m Butterfly	03:22.0	03:14.6	03:07.1	02:58.8	02:58.0	02:54.9	
100m I.M.	01:30.1	01:26.8	01:24.1	01:21.5	01:20.6	01:19.9	
200m I.M.	03:09.6	03:02.7	02:57.0	02:51.5	02:49.7	02:48.2	
400m I.M.	06:44.6	06:29.9	06:33.5	06:10.0	06:06.1	06:03.6	

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Multi-Classification Consideration Times

50m FREESTYLE		Girls	Boys	100m FREESTYLE		Girls	Boys	200m FREESTYLE		Girls	Boys	400m FREESTYLE		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		Girls	Boys	100m BACKSTROKE		Girls	Boys	50m BREASTSTROKE		Girls	Boys	100m BREASTSTROKE		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		Girls	Boys	100m BUTTERFLY		Girls	Boys	200m IM		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				

West District 2023 Short Course Championships

Weekend 1

Session: 1 Saturday - Session 1

- 101 Mixed 12-14 1500 Freestyle
- 102 Girls 11-14 200 Breaststroke
- 103 Boys 11-14 200 Breaststroke
- 104 Girls 11-14 100 Backstroke
- 105 Boys 11-14 100 Backstroke
- 106 Girls 11-14 50 Butterfly
- 107 Boys 11-14 50 Butterfly
- 108 Girls 11-14 100 IM
- 109 Boys 11-14 100 IM

Session: 2 Saturday - Session 2

- 201 Girls 11-14 400 Freestyle
- 202 Boys 11-14 400 Freestyle
- 203 Girls 11-14 200 Butterfly
- 204 Boys 11-14 200 Butterfly
- 205 Girls 11-14 100 Breaststroke
- 206 Boys 11-14 100 Breaststroke
- 207 Girls 11-14 50 Backstroke
- 208 Boys 11-14 50 Backstroke
- 209 Girls 11-14 200 IM
- 210 Boys 11-14 200 IM

Session: 3 Sunday -Session 3

- 301 Boys 15 & Over 400 IM
- 302 Girls 15 & Over 400 IM
- 303 Boys 15 & Over 200 Freestyle
- 304 Girls 15 & Over 200 Freestyle
- 305 Boys 15 & Over 100 Butterfly
- 306 Girls 15 & Over 100 Butterfly
- 307 Boys 15 & Over 50 Freestyle
- 308 Girls 15 & Over 50 Freestyle

Session: 4 Sunday - Session 4

- 401 Mixed 15 & Over 800 Freestyle
- 402 Boys 15 & Over 200 Backstroke
- 403 Girls 15 & Over 200 Backstroke
- 404 Boys 15 & Over 100 Freestyle
- 405 Girls 15 & Over 100 Freestyle
- 406 Boys 15 & Over 50 Breaststroke
- 407 Girls 15 & Over 50 Breaststroke

Weekend 2

Session: 1 Saturday - Session 1

- 101 Mixed 15 & Over 1500 Freestyle
- 102 Girls 15 & Over 200 Breaststroke
- 103 Boys 15 & Over 200 Breaststroke
- 104 Girls 15 & Over 100 Backstroke
- 105 Boys 15 & Over 100 Backstroke
- 106 Girls 15 & Over 50 Butterfly
- 107 Boys 15 & Over 50 Butterfly
- 108 Girls 15 & Over 100 IM
- 109 Boys 15 & Over 100 IM

Session: 2 Saturday - Session 2

- 201 Girls 15 & Over 400 Freestyle
- 202 Boys 15 & Over 400 Freestyle
- 203 Girls 15 & Over 200 Butterfly
- 204 Boys 15 & Over 200 Butterfly
- 205 Girls 15 & Over 100 Breaststroke
- 206 Boys 15 & Over 100 Breaststroke
- 207 Girls 15 & Over 50 Backstroke
- 208 Boys 15 & Over 50 Backstroke
- 209 Girls 15 & Over 200 IM
- 210 Boys 15 & Over 200 IM

Session: 3 Sunday -Session 3

- 301 Boys 12-14 400 IM
- 302 Girls 12-14 400 IM
- 303 Boys 11-14 200 Freestyle
- 304 Girls 11-14 200 Freestyle
- 305 Boys 11-14 100 Butterfly
- 306 Girls 11-14 100 Butterfly
- 307 Boys 11-14 50 Freestyle
- 308 Girls 11-14 50 Freestyle

Session: 4 Sunday - Session 4

- 401 Mixed 12-14 800 Freestyle
- 402 Boys 11-14 200 Backstroke
- 403 Girls 11-14 200 Backstroke
- 404 Boys 11-14 100 Freestyle
- 405 Girls 11-14 100 Freestyle
- 406 Boys 11-14 50 Breaststroke
- 407 Girls 11-14 50 Breaststroke

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	