



2024 LC Championships WE1 & WE2

(Under FINA Rules/Scottish Swimming Regulations)

Dollan Centre – East Kilbride

WE1 – 3rd & 4th February 2024

WE2 – 17th & 18th February 2024

Licence No: L1/749/SS/FEB24

Licence No: L1/750/SS/FEB24

West District 2024 Long Course Championships

Dates	3 rd / 4 th February and 17 th / 18 th February 2024
Venue	Dollan Centre – East Kilbride
Pool Availability WARNING	<p>At the time of issue of this document, the movable floor at the Dollan Centre is not functioning and the Competition Pool is Out of Service. The Centre Management are currently working with the service provider to facilitate the necessary repairs as quickly as practically possible, taking into account availability of finance, parts and divers.</p> <p>We are in regular contact with the Centre management for updates on progress.</p> <p>If repairs are NOT complete and the pool back in service by Friday 26th January, WE1 Champs may be cancelled and entries refunded.</p>
Pool	6 Lane, 50 metre competition pool with full Electronic Timing.
Session Times	<p>Saturday (WE1 & 2) Warm Up (25mins): 08:00am and 11.45am Sessions: 08:30am and 12.15pm Break between Sessions: 45mins</p> <p>Sunday (WE1 & 2) Warm Up (25mins): 08.00am and 11.45am Sessions: 08:30am and 12.15pm Break between Sessions: 45 mins.</p>
Age Groups	<p>Juniors: 11Yrs/12Yrs, 13yrs & 14Yrs Male/Open and Female WE1 – Sessions 1 & 2 WE2 – Sessions 3 & 4</p> <p>Seniors: 15Yrs, 16Yrs & 17+ Male/Open and Female 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 2024.

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Minimum Age	The minimum age for entries is 11yrs as at 31 st December 2024.
Transgender & Non Binary	<p>The Scottish Swimming Transgender & Non-Binary Competition Policy will be implemented nationally across all aquatics sports on the 1st January 2024. The policy and FAQs can be found here. Any policy related matters that arise during the event should be reported to and will be recorded by the Meet Convenor/Lead Referee and these matters will be communicated to and managed post event by the relevant Scottish Swimming Staff. At no point will members be challenged on the day of a competition with any matters being resolved post event.</p> <p>By entering the Female category, athletes are therefore confirming their birth sex is female and are eligible to compete in the Female category.</p>
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 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	This District Meet is open to registered swimmers whose 1 st Claim Club is affiliated to the West District of the Scottish Swimming.
Multi Classification	<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 10.</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>

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	<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>Consideration Times</p>	<p>There are “Equal to or Faster” Consideration Times for the Meet as listed on Page 9. (Multi-Classification Page 10)</p> <p>These times should have been swum at a Registered or Licenced Meet. Please note that NT entries will NOT be accepted.</p>
<p>Submitted Times</p>	<p>To be 50 metre times, conversions can be used, and need not be accredited.</p>

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<p>Entries Acceptance</p>	<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 January 2023.</p>
<p>Reserves</p>	<p>Reserves, comprising of maximum of 1 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 30th January WE2 – 9pm on Tuesday 13th February</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>
<p>Marshalling Area</p>	<p>Marshalling Area will be provided OFF poolside, at the back of the Changing Village.</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>

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<p>Withdrawals</p>	<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 30th January WE2 - 9pm on Tuesday 13th February</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>
<p>Refunds</p>	<p>Entry Fees will be refunded for Withdrawals submitted prior to the Entries Closing dates: WE1 - 8pm on Friday 19th January WE2 – 8pm on Wednesday 31st January</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.</p> <p>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>District Contact</p>	<p>John Deans – Entries Processing Email: <u>entries@scotswimwest.co.uk</u></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 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 <u>Information Form</u> must be submitted.</p> <p>All entries must be submitted <u>electronically</u>, with Information Form, to: entries@scotswimwest.co.uk</p>
<p>Entry Fees</p>	<p>Individual Events £8.00 each Event <u>BACS Payment Only</u> – see Information Sheet.</p>
<p>Entry Deadline</p>	<p>WE1 -Entries File, Information Sheet & PAYMENT by 8pm Fri 19th January WE2 - Entries File, Information Sheet & PAYMENT by 8pm Wed 31st January</p>

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<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. Full details are shown on the attached Appendix 1.</p>
<p>Spectating</p>	<p>At the time of publishing the Meet Information, Spectators will be admitted 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>
<p>Photo & Videos</p>	<p>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>
<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 LC 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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West District 2024 Long Course Championships

2024 LC WE1 & 2 Championship Consideration Times

Male/Open								
	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	
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	
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 2024 Long Course Championships

Weekend 1

Session: 1 Saturday - Session 1

- 101 Mixed 12-14 1500 Free
- 102 Female 11-14 200 Breast
- 103 Male/Open 11-14 200 Breast
- 104 Female 11-14 100 Back
- 105 Male/Open 11-14 100 Back
- 106 Female 11-14 50 Fly
- 107 Male/Open 11-14 50 Fly
- 108 Female 11-14 100 IM
- 109 Male/Open 11-14 100 IM

Session: 2 Saturday - Session 2

- 201 Female 11-14 400 Free
- 202 Male/Open 11-14 400 Free
- 203 Female 11-14 200 Fly
- 204 Male/Open 11-14 200 Fly
- 205 Female 11-14 100 Breast
- 206 Male/Open 11-14 100 Breast
- 207 Female 11-14 50 Back
- 208 Male/Open 11-14 50 Back
- 209 Female 11-14 200 IM
- 210 Male/Open 11-14 200 IM

Session: 3 Sunday -Session 3

- 301 Male/Open 15 & Over 400 IM
- 302 Female 15 & Over 400 IM
- 303 Male/Open 15 & Over 200 Free
- 304 Female 15 & Over 200 Free
- 305 Male/Open 15 & Over 100 Fly
- 306 Female 15 & Over 100 Fly
- 307 Male/Open 15 & Over 50 Free
- 308 Female 15 & Over 50 Free

Session: 4 Sunday - Session 4

- 401 Mixed 15 & Over 800 Free
- 402 Male/Open 15 & Over 200 Back
- 403 Female 15 & Over 200 Back
- 404 Male/Open 15 & Over 100 Free
- 405 Female 15 & Over 100 Free
- 406 Male/Open 15 & Over 50 Breast
- 407 Female 15 & Over 50 Breast

Weekend 2

Session: 1 Saturday - Session 1

- 101 Mixed 15 & Over 1500 Free
- 102 Female 15 & Over 200 Breast
- 103 Male/Open 15 & Over 200 Breast
- 104 Female 15 & Over 100 Back
- 105 Male/Open 15 & Over 100 Back
- 106 Female 15 & Over 50 Fly
- 107 Male/Open 15 & Over 50 Fly
- 108 Female 15 & Over 100 IM
- 109 Male/Open 15 & Over 100 IM

Session: 2 Saturday - Session 2

- 201 Female 15 & Over 400 Free
- 202 Male/Open 15 & Over 400 Free
- 203 Female 15 & Over 200 Fly
- 204 Male/Open 15 & Over 200 Fly
- 205 Female 15 & Over 100 Breast
- 206 Male/Open 15 & Over 100 Breast
- 207 Female 15 & Over 50 Back
- 208 Male/Open 15 & Over 50 Back
- 209 Female 15 & Over 200 IM
- 210 Male/Open 15 & Over 200 IM

Session: 3 Sunday -Session 3

- 301 Male/Open 12-14 400 IM
- 302 Female 12-14 400 IM
- 303 Male/Open 11-14 200 Free
- 304 Female 11-14 200 Free
- 305 Male/Open 11-14 100 Fly
- 306 Female 11-14 100 Fly
- 307 Male/Open 11-14 50 Free
- 308 Female 11-14 50 Free

Session: 4 Sunday - Session 4

- 401 Mixed 12-14 800 Free
- 402 Male/Open 11-14 200 Back
- 403 Female 11-14 200 Back
- 404 Male/Open 11-14 100 Free
- 405 Female 11-14 100 Free
- 406 Male/Open 11-14 50 Breast
- 407 Female 11-14 50 Breast

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	