



2023 Long Course Pre-SNAG Meet

(Under FINA Rules/Scottish Swimming Regulations)

Dollan Aqua Centre – East Kilbride

23rd & 24th March 2024

Licence No: L2/161/SS/MAR24

West District 2024 Long Course Pre-SNAG Meet

Dates	23 rd / 24 th March 2024
Venue	Dollan Centre – East Kilbride
Pool	6 Lane, 50 metre competition pool with full Electronic Timing.
Session Times	<p>Saturday Warm Ups (25mins): S1 2.30pm and S2 5.15pm Break between S1 & S2: 45mins Sessions (2hrs): S1 3.00pm and S2 5.45pm</p> <p>Sunday Warm Ups (25mins): S3 2.30pm and S4 5.15pm Break between S3 & S4: 45mins. Sessions (2hrs): S3 3:00pm and S4 5.45pm</p> <p>Please note that the planned schedule of the Meet on both days is from 2.30pm to 7.45pm</p>
Age Groups For Entries	11/13Yrs, 14Yrs, 15Yrs, 16Yrs, 17/18Yrs (Boys and Girls)
Competitors Age	As of 31 st December 2024.
Minimum Age	The minimum age for entries is 11yrs as of 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(14+), Backstroke(15+), Breaststroke(15+), Butterfly(15+) 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. Schedule of Events is detailed on page 8.</p>

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<p>Restricted Events</p>	<p>50m Freestyle is not scheduled for the 11/13yrs age group. 50m Back, Breast and Fly are not scheduled for the 11/13 & 14yrs age groups.</p>
<p>Awards and Presentation</p>	<p>Individual Awards will be made to 1st, 2nd & 3rd in 11/13Yrs, 14Yrs, 15Yrs, 16Yrs, 17Yrs/18 in each Event. Event Awards will be available for collection, after each HDW, at a table in the pool hall.</p>
<p>Eligibility</p>	<p>This District Meet is open to registered swimmers whose 1st Claim Club is affiliated to the West District of the Scottish Swimming.</p>
<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 7. These times should be real times and please note that NT entries will NOT be accepted. 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. 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.

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	<p>General 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) 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>
<p>Entries Acceptance</p>	<p>The Meet Entries will be processed using the 5 age bands (11/13,14,15,16, 17/18) and as detailed, where possible, below, 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%), 17/18yrs (15%), last 25% for fastest entries left regardless of age.</p> <p>Heats will be swum in combined age groups (11/13,14,15,16,17/18yrs)</p> <p>Submitted times must have been swum on or after 1st March 2023.</p>
<p>Reserves</p>	<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 19th March</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, in 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.</p>

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	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.
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 19th March</u></p> <p>Withdrawals will then be processed, Reserves will be allocated, 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” in the Results. Clubs are requested to continue to submit Withdrawals, using the online form, <u>up to 10pm on Friday 22nd March</u> to allow information to be made available to the Marshalling Area/Stewards.</p>
Refunds	<p>Entry Fees will be refunded for Withdrawals submitted prior to the Entries Closing date: <u>8pm on Wednesday 6th March.</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>
District Contact	<p>John Deans, Events Coordinator. Tel: 07913 059666 Email: entries@scotswimwest.co.uk</p>
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/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 <u>Information Form</u> must be submitted with the Entries file</p> <p>All entries must be submitted <u>electronically</u>, with Information Form, to: entries@scotswimwest.co.uk</p>
Entry Fees	<p>Individual Events £8.00 each Event</p> <p><u>BACS Payment Only</u> – see Information Sheet.</p>
Entry Deadline	Entries File, Information Sheet & PAYMENT by 8pm Wed 6th March

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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. 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. 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 Spectators Entry Desk in the Reception Area or if closed, from the Timing Room at back of Main/Swimmers Gallery.</p>
<p>Data Collection</p>	<p>Entries & Results 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. 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 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.</p>

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 LC Pre-SNAG 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.

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2024 West District LC Pre - SNAG Meet

Saturday 23 March 2024					Sunday 24 March 2024				
Session 1					Session 3				
101	Female (All Ages)	400m	Freestyle	HDW	301	Female (All Ages)	400m	I.M.	HDW
102	Male/Open (All Ages)	100m	Backstroke	HDW	302	Male/Open (All Ages)	100m	Freestyle	HDW
103	Female (All Ages)	100m	Backstroke	HDW	303	Female (All Ages)	100m	Freestyle	HDW
104	Male/Open (15 - 18yrs)	50m	Butterfly	HDW	304	Male/Open (All Ages)	200m	Butterfly	HDW
105	Female (15-18yrs)	50m	Butterfly	HDW	305	Female (All Ages)	200m	Butterfly	HDW
106	Male/Open (All Ages)	200m	Breaststroke	HDW	306	Male/Open (15-18yrs)	50m	Backstroke	HDW
107	Female (All Ages)	200m	Breaststroke	HDW	307	Female (15-18yrs)	50m	Backstroke	HDW
108	Male/Open (All Ages)	800m	Freestyle	HDW	308	Male/Open (All Ages)	1500m	Freestyle	HDW
109	Female 11, 12, 13	200m	I.M.	HDW	309	Female 14, 15, 16+	200m	I.M.	HDW
Session 2					Session 4				
201	Male/Open 11, 12, 13	200m	I.M.	HDW	401	Male/Open (All Ages)	400m	I.M.	HDW
202	Female (All Ages)	800m	Freestyle	HDW	402	Female (All Ages)	100m	Butterfly	HDW
203	Male/Open (All Ages)	100m	Breaststroke	HDW	403	Male/Open (All Ages)	100m	Butterfly	HDW
204	Female (All Ages)	100m	Breaststroke	HDW	404	Female (All Ages)	200m	Freestyle	HDW
205	Male/Open (14-18yrs)	50m	Freestyle	HDW	405	Male/Open (All Ages)	200m	Freestyle	HDW
206	Female (14-18yrs)	50m	Freestyle	HDW	406	Female (15-18yrs)	50m	Breaststroke	HDW
207	Male/Open (All Ages)	200m	Backstroke	HDW	407	Male/Open (15-18yrs)	50m	Breaststroke	HDW
208	Female (All Ages)	200m	Backstroke	HDW	408	Female (All Ages)	1500m	Freestyle	HDW
209	Male/Open (All Ages)	400m	Freestyle	HDW	409	Male/Open 14, 15, 16+	200m	I.M.	HDW

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2024 Pre-SNAG Meet Consideration Times

Male	11--13	14	15	16	17/18
50m Freestyle		00:29.35	00:28.75	00:27.50	00:27.50
100m Freestyle	01:11.00	01:05.00	01:02.00	01:00.00	01:00.00
200m Freestyle	02:43.00	02:30.00	02:19.00	02:14.00	02:12.00
400m Freestyle	05:45.00	05:15.00	05:15.00	05:05.00	05:00.00
800m Freestyle	11:20.00	11:20.00	11:20.00	11:00.00	11:00.00
1500m Freestyle	23:51.14	21:29.86	21:03.24	20:21.44	19:41.07
50m Backstroke			00:34.00	00:34.00	00:32.00
100m Backstroke	01:22.00	01:17.00	01:13.00	01:12.00	01:12.00
200m Backstroke	02:55.00	02:50.00	02:40.00	02:35.00	02:35.00
50m Breaststroke			00:39.20	00:36.50	00:36.00
100m Breaststroke	01:36.00	01:32.00	01:27.00	01:25.00	01:25.00
200m Breaststroke	03:19.00	03:05.00	03:04.00	03:00.00	03:00.00
50m Butterfly			00:32.50	00:30.50	00:30.50
100m Butterfly	01:20.00	01:18.00	01:15.00	01:10.00	01:08.00
200m Butterfly	03:00.00	03:00.00	02:55.00	02:55.00	02:50.00
200m I.M.	03:12.00	02:43.50	02:40.50	02:37.00	02:37.00
400m I.M.	06:05.00	06:00.00	05:50.00	05:40.00	05:30.00
Female	11--13	14	15	16	17/18
50m Freestyle		00:31.40	00:31.00	00:30.50	00:30.50
100m Freestyle	01:11.00	01:07.75	01:07.00	01:05.75	01:05.75
200m Freestyle	02:38.00	02:26.50	02:25.75	02:24.00	02:25.00
400m Freestyle	05:20.00	05:15.00	05:25.00	05:30.00	05:30.00
800m Freestyle	11:20.00	11:20.00	11:15.00	11:10.00	11:10.00
1500m Freestyle	23:47.33	22:24.86	21:41.85	21:35.14	21:24.58
50m Backstroke			00:35.50	00:35.50	00:35.50
100m Backstroke	01:21.50	01:19.50	01:19.00	01:19.00	01:18.50
200m Backstroke	02:54.00	02:50.00	02:45.00	02:45.00	02:45.00
50m Breaststroke			00:39.50	00:40.00	00:41.00
100m Breaststroke	01:35.00	01:30.00	01:30.00	01:30.00	01:30.00
200m Breaststroke	03:20.00	03:15.00	03:15.00	03:15.00	03:15.00
50m Butterfly			00:33.40	00:33.40	00:33.40
100m Butterfly	01:22.00	01:20.00	01:20.00	01:18.00	01:18.00
200m Butterfly	03:10.00	03:00.00	03:00.00	03:00.00	03:00.00
200m I.M.	03:12.00	02:45.00	02:45.00	02:45.00	02:45.00
400m I.M.	06:15.00	06:15.00	06:15.00	06:10.00	06:10.00

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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			

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	