

West District 2024 Long Course May AG Meet



# **2024 Long Course May Age Group Meet**

**(Under World Aquatic Rules/Scottish Swimming Regulations)**

**Dollan Aqua Centre – East Kilbride**

**11<sup>th</sup> & 12<sup>th</sup> May 2024**

**Licence No: L2/162/SS/MAY24**

West District 2024 Long Course May AG Meet

<b>Dates</b>	11 <sup>th</sup> / 12 <sup>th</sup> May 2024
<b>Venue</b>	Dollan Aqua Centre, East Kilbride
<b>Pool</b>	6 Lane, 50 metre Competition Pool with full Electronic Timing.
<b>Session Times</b>	<p><b>Saturday</b>  Warm Ups (30mins): S1 2.30pm and S2 5.15pm Break between S1 &amp; S2: 45mins  Sessions (2hrs): S1 3.05pm and S2 5.50pm</p> <p><b>Sunday</b>  Warm Ups (30mins): S3 2.30pm and S4 5.15pm Break between S3 &amp; S4: 45mins.  Sessions (2hrs): S3 3:05pm and S4 5.50pm</p> <p><b>Please note that the planned schedule of the Meet on both days is from 2.30pm to 8.00pm</b></p>
<b>Age Groups For Entries</b>	<b>11/13Yrs, 14Yrs, 15Yrs, 16Yrs, 17/+ (Male/Open and Female)</b>
<b>Competitors Age</b>	As at 31 <sup>st</sup> December 2024.
<b>Minimum Age</b>	The minimum age for entries is 11yrs as at 31 <sup>st</sup> December 2024.
<b>Transgender &amp; Non Binary</b>	<p>The Scottish Swimming Transgender &amp; Non-Binary Competition Policy will be implemented nationally across all aquatics sports on the 1<sup>st</sup> January 2024. The policy and FAQs can be found <a href="#">here</a>. 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>
<b>Events</b>	<p><b><u>Individual Events</u></b></p> <p><b><u>ALL - Heat Declared</u></b></p> <p>11yrs Age Group      50/100/200Fr, Ba, Br, Fl      400Fr, 200IM  12 -17+yrs Age Grp    50/100/200Fr, Ba, Br, Fl      400/800/1500Fr      200/400IM</p> <p>Heats will be <b>Mixed Ages</b>.</p>
<b>Restricted Events</b>	<p>400IM Event is not scheduled for the 11yrs Age Group.  800 &amp; 1500m Freestyle Events are not scheduled for the 11yrs Age Group.</p>

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<p><b>Awards and Presentation</b></p>	<p>11/13yrs HDW: Awards for 1<sup>st</sup>, 2<sup>nd</sup> &amp; 3<sup>rd</sup> per individual age year. 14yrs, 15yrs, 16yrs &amp; 17+yrs HDW: 1<sup>st</sup> - £15, 2<sup>nd</sup> - £10, 3<sup>rd</sup> - £5.00</p> <p>Event Awards will be available for collection, after each HDW, at a table in the pool hall.</p>
<p><b>Eligibility</b></p>	<p>This District Meet is open to registered swimmers whose 1<sup>st</sup> Claim Club is affiliated to the West District of the Scottish Swimming.</p>
<p><b>Multi Classification</b></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.</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"> <li>• 50m Freestyle – S1-S14</li> <li>• 100m Freestyle – S1-S14</li> <li>• 200m Freestyle – S1-S5 &amp; S14</li> <li>• 400m Freestyle – S6-S14</li> <li>• 50m Backstroke – S1-S5</li> <li>• 100m Backstroke – S1-S14</li> <li>• 50m Breaststroke – SB1-SB3</li> <li>• 100m Breaststroke – SB4-SB14</li> <li>• 50m Butterfly – S1-S7</li> <li>• 100m Butterfly – S8-S14</li> <li>• 200m IM – SM5-SM14</li> </ul> <p><b>Eligibility</b></p> <p><u>Functional</u> (S1-S10, SB1-SB9, SM1-SM10)</p> <ul style="list-style-type: none"> <li>• 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.</li> </ul> <p><u>Visual</u> (S11-S13, SB11-SB13, SM11-SM13)</p> <ul style="list-style-type: none"> <li>• 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.</li> </ul> <p><u>Learning</u> (S14, SB14, SM14)</p> <ul style="list-style-type: none"> <li>• 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.</li> </ul> <p><b>General</b></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>

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<p><b>Consideration Times</b></p>	<p>There are <b>“Slower Than”</b> and <b>“Faster Than”</b> Consideration Times for the Meet. Accepted times will be between these top and bottom limits. These times should be real times and please note that NT entries will NOT be accepted.</p>
<p><b>Submitted Times</b></p>	<p>To be 50 metre times, conversions can be used, and need not be accredited.</p>
<p><b>Entries Acceptance</b></p>	<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>Within the limits of the No. of Heats that can be accommodated within the 2-hour Session times.</p> <p>An Entry Time within the “Slower Than” and “Faster Than” band DOES NOT guarantee acceptance.</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 1<sup>st</sup> April 2023.</p>
<p><b>Reserves</b></p>	<p>Reserves, comprising of maximum of 1 x from each Age Group where available, will be allocated to each Event, after the cut-off for Withdrawals:</p> <p><b>9pm on Tuesday 7<sup>th</sup> May</b></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 will be placed in “empty lanes” by fastest time order, regardless of Age Group.</p>
<p><b>Marshalling Area</b></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><b>Withdrawals</b></p>	<p>Withdrawals, where known, <b>MUST</b> be submitted, using the online Withdrawal Form, available on the District Meets page on the WD website.</p> <p><b><u>9pm on Tuesday 7<sup>th</sup> May</u></b></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, <b><u>up to 10pm on Friday 10<sup>th</sup> May</u></b> to allow information to be made available to the Marshalling Area/Stewards.</p>
<p><b>Refunds</b></p>	<p>Entry Fees will be refunded for Withdrawals submitted prior to the Entries Closing date: <b><u>8pm on Wednesday 24<sup>th</sup> April.</u></b></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><b>Technical Officials</b></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. Full details are shown on the attached <b>Appendix 1.</b></p>
<p><b>District Contact</b></p>	<p>John Deans, Events Coordinator. Tel: 07913 059666                      Email: <a href="mailto:entries@scotswimwest.co.uk">entries@scotswimwest.co.uk</a></p>
<p><b>Promoter</b></p>	<p>West District Swimming Committee</p>
<p><b>Entry File</b></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 <a href="http://www.hy-tek ltd.com/downloads.html">www.hy-tek ltd.com/downloads.html</a></p> <p>For administration purposes, an <b><u>Information Form</u></b> must be submitted with the Entries file</p> <p>All entries must be submitted <b><u>electronically</u></b>, with <b>Information Form</b>, to: <a href="mailto:entries@scotswimwest.co.uk">entries@scotswimwest.co.uk</a></p>
<p><b>Entry Fees</b></p>	<p>Individual Events            £8.00 each Event</p> <p><b><u>BACS Payment Only</u></b> – see Information Sheet.</p>
<p><b>Entry Deadline</b></p>	<p>Entries File, Information Sheet &amp; <b>PAYMENT</b> by <b>8pm Wed 24<sup>th</sup> April.</b></p>

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<b>Spectating</b>	<p>At the time of publishing the Meet Information, Spectators <b><u>will be admitted</u></b> 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>
<b>Photo &amp; Videos</b>	<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 at top of entrance stairs to balcony or if closed, from the Announcing Staff in the Spectators Gallery.</p>
<b>Data Collection</b>	<p><b>Entries &amp; Results</b></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"><li>○ Scottish Swimming for the purpose of maintaining the National Database which is used for Squad Selection and</li><li>○ Swim England for inclusion on Rankings</li></ul> <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><b>COVID-19</b></p>	<p><b>General</b></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><b>At present Scotland is at below Level 0. However, these levels of restriction may have changed by the competition dates.</b></p> <p><b>West District will be guided by and will implement all relevant requirements requested by sportscotland and the Scottish Government at that time.</b></p> <p>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.</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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<b>West District May AG Meet</b> <b>LC "Slower Than/Faster Than" Times - 2024</b> LC Times can be converted from SC				
Female		Events	Male/Open	
Faster Than	Slower Than		Slower Than	Faster Than
32.10	30.43	50 Freestyle	27.50	29.60
01.07.10	01.04.29	100 Freestyle	59.02	01.02.30
02.29.90	02.21.89	200 Freestyle	02.10.96	02.22.30
05.14.30	04.53.93	400 Freestyle	04.38.77	05.11.00
11.14.00	10.03.24	800 Freestyle	08.59.55	10.05.30
23.20.00	18.46.09	1500 Freestyle	18.37.66	23.00.00
37.60	35.04	50 Backstroke	32.78	38.90
01.18.40	01.13.21	100 Backstroke	01.09.04	01.18.40
02.51.00	02.38.57	200 Backstroke	02.32.95	03.02.20
46.10	40.11	50 Breaststroke	35.74	42.00
01.34.80	01.26.51	100 Breaststroke	01.19.02	01.35.20
03.55.70	03.06.69	200 Breaststroke	02.51.51	03.32.70
37.32	32.88	50 Butterfly	29.68	32.96
1.26.00	01.14.85	100 Butterfly	01.06.66	01.18.90
03.50.00	02.51.44	200 Butterfly	02.36.50	03.03.00
03.12.00	02.41.00	200 IM (11-13)	02.57.50	03.15.00
02.45.20	02.37.45	200 IM (14+)	02.30.00	02.39.90
06.29.80	05.35.30	400 IM	05.15.93	06.37.00



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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			

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<b>Session 1 Warm-Up: 2:30pm Start: 3:00pm</b>				
101	Female 11&O	400m	Freestyle	HDW
102	Male/Open 11&O	100m	Backstroke	HDW
103	Female 11&O	100m	Backstroke	HDW
104	Male/Open 11&O	50m	Butterfly	HDW
105	Female 11&O	50m	Butterfly	HDW
106	Male/Open 11&O	200m	Breaststroke	HDW
107	Female 11&O	200m	Breaststroke	HDW
108	Male/Open 12&O	800m	Freestyle	HDW
109	Female 11-13	200m	IM	HDW

<b>Session 2 Warm-Up: 5:15pm Start: 5:45pm</b>				
201	Male/Open 11-13	200m	IM	HDW
202	Female 12&O	800m	Freestyle	HDW
203	Male/Open 11&O	100m	Breaststroke	HDW
204	Female 11&O	100m	Breaststroke	HDW
205	Male/Open 11&O	50m	Freestyle	HDW
206	Female 11&O	50m	Freestyle	HDW
207	Male/Open 11&O	200m	Backstroke	HDW
208	Female 11&O	200m	Backstroke	HDW
209	Male/Open 11&O	400m	Freestyle	HDW

<b>Session 3 Warm-Up: 2:30pm Start: 3:00pm</b>				
301	Female 12&O	400m	IM	HDW
302	Male/Open 11&O	100m	Freestyle	HDW
303	Female 11&O	100m	Freestyle	HDW
304	Male/Open 11&O	200m	Butterfly	HDW
305	Female 11&O	200m	Butterfly	HDW
306	Male/Open 11&O	50m	Backstroke	HDW
307	Female 11&O	50m	Backstroke	HDW
308	Male/Open 12&O	1500m	Freestyle	HDW
309	Female 14&O	200m	IM	HDW

<b>Session 4 Warm-Up: 5:15pm Start: 5:45pm</b>				
401	Male/Open 12&O	400m	IM	HDW
402	Female 11&O	100m	Butterfly	HDW
403	Male/Open 11&O	100m	Butterfly	HDW
404	Female 11&O	200m	Freestyle	HDW
405	Male/Open 11&O	200m	Freestyle	HDW
406	Female 11&O	50m	Breaststroke	HDW
407	Male/Open 11&O	50m	Breaststroke	HDW
408	Female 12&O	1500m	Freestyle	HDW
409	Male/Open 14&O	200m	IM	HDW

## Appendix 1

<b>No of Swimmers per Session</b>	<b>STOs Required by Club at District Championship/Meet</b>
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
<p>For further information, please contact STO Convenor, Sheena McCall</p> <p><a href="mailto:stoconvenor@scotswimwest.co.uk">stoconvenor@scotswimwest.co.uk</a></p>	