



2025 SC AG Championships WE1 & WE2

(Under WA Rules/Scottish Swimming Regulations)

DG1 SPORTS CENTRE - DUMFRIES

WE1 - 18th & 19th October 2025

WE2 - 8th & 9th November 2025

Licence No: L1/794/SS/OCT25

Licence No: L1/795/SS/NOV25

2025 West District SC Championships – WE1 & WE2

Dates	WE1 – 18 th / 19 th October 2025 WE2 – 8 th / 9 th November 2025
Venue	DG1 Sports Complex - Dumfries
Pool	8 Lane, 25 metre Competition Pool with full Electronic Timing.
Session Times	<p>WE1</p> <p>Saturday Warm-Ups (40mins): S1 08:00am and S2 12.50pm Sessions: S1 08.45am and S2 01.35pm Break between Sessions: 60 mins.</p> <p>Sunday Warm-Ups (40mins): S3 08.00am and S4 12.35pm Sessions: S3 08:45am and S4 01.20pm Break between Sessions: 60 mins.</p> <p>WE2</p> <p>Saturday Warm-Ups (40mins): S1 08:00am and S2 12.50pm Sessions: S1 08.45am and S2 01.35pm Break between Sessions: 60 mins.</p> <p>Sunday Warm-Ups (40mins): S3 08.00am and S4 12.35pm Sessions: S3 08:45am and S4 01.20pm Break between Sessions: 60 mins.</p>
Age Groups For Entries	<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 2025.
Minimum Age	The minimum age for entries is 11yrs, as of 31 st December 2025.

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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>Heats & Finals</u></p> <p>50m Freestyle, Backstroke, Breaststroke, Butterfly 100m Freestyle, Backstroke, Breaststroke, Butterfly, IM</p> <p><u>Heat Declared</u></p> <p>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 & Final, 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>
Multi Classification	<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

	<ul style="list-style-type: none"> • 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><u>General</u></p> <p>There are Consideration Times as listed on Page 8.</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>
Multi Classification Consideration Times	<p>There are “Equal to or Faster ” Consideration Times for the Meet as listed on Page 10.</p> <p>These times should have been swum at a Registered (L4) or Licenced Meet (L1/2/3). Please note that NT entries will NOT be accepted.</p>
Multi Classification Swimmers Competition	<p>To provide recognition of competitive performances by Club Para Swimmers at the Meet, a competition based on accumulating British Para Points will be an integrated part of the Meet.</p>
Min No of Swimmers	<p>There <u>MUST</u> be a minimum of two (2) Para Classification swimmers, each swimmer competing in a minimum of two (2) Events across the weekend.</p>
Para Points Awarded	<p>Para Points, calculated using the SportSystems Para Points Calculator (Feb 24 Base Times) will be awarded, based on the published Results Time, for each completed swim by each Para swimmer.</p>

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Para Competition Awards	<p>Individual Awards will be made to 1st, 2nd & 3rd for Total Accumulated Points.</p> <p>Event Awards will be available for collection after the last Event that Para swimmers have entered, subject to available time to complete the processing of information.</p> <p>Whilst every effort will be made to have the Awards available for presentation at the Meet, it may be necessary to forward Awards to the winners after the Meet.</p>
Standard Consideration Times	<p>There are <u>“Equal to or Faster”</u> Consideration Times for the Meet as listed on Page 9.</p> <p>These times should have been swum at a Registered or Licenced Meet.</p> <p>Please note that NT entries will NOT be accepted.</p>
Submitted Times	<p>To be 25 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>Heats will in combined age groups (11/12, 13, 14,15/16,17+Yrs).</p> <p>Juniors – 11/12yrs (25%), 13yrs (25%) 14yrs (25%), last 25% for fastest entries left regardless of age.</p> <p>Seniors – 15yrs (25%), 16yrs (25%), 17+yrs (25%), last 25% for fastest entries left regardless of age.</p> <p>Heats will be in combined age groups (11/14, 15/17+yrs)</p> <p>Submitted times must have been swum on or after 1st September 2024.</p>
Reserves	<p>Reserves, comprising of maximum of 1 x from each Age Grouping where available, will be allocated to each Event.</p> <p>After the cut-off for Withdrawals:</p> <p style="text-align: center;">WE1 - 9pm on Tuesday 14th October WE2 – 9pm on Tuesday 4th 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.</p> <p>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>Reserves for Finals, 1 x Age Group, will be allocated after the Heats and should report to the Marshalling Area to be placed in “empty” lane, if available.</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, whichever is the shortest time, before their swim.</p> <p>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, whichever is the shortest, 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>
Withdrawals	<p>Withdrawals, where known, MUST be submitted, using the online Withdrawal Form for the Meet, available on the District Meets page on the District website.</p> <p style="text-align: center;">WE1 - 9pm on Tuesday 14th October WE2 – 9pm on Tuesday 4th November</p> <p>Withdrawals will 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.</p> <p>Any Withdrawals after the cut off on Tuesday evening will be “No Shows” in the Results.</p> <p style="text-align: center;">*** Please continue to submit Withdrawals, using the Form, up to 10pm on Fridays 17th Oct and 7th Nov to assist with the Marshalling process at each weekend. ***</p>
Refunds	<p>Entry Fees will be refunded for Withdrawals submitted prior to the Entries Closing dates:</p> <p style="text-align: center;">WE1 - 8pm on Wednesday 1st October WE2 – 8pm on Wednesday 22nd 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>
Technical Officials	<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>

2025 West District SC Championships – WE1 & WE2

District Contact	Events Coordinator 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/Lite and Team Unify. Hy-Tek Team Manager Lite is available via the internet at www.hy-tekltd.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>
Entry Fees	<p>Individual Events £8.00 each Event</p> <p><u>BACS Payment Only</u> – see Information Sheet.</p>
Entry Deadline	<p>WE1 - Entries File, Information Sheet & PAYMENT by 8pm Wed 1st October</p> <p>WE2 - Entries File, Information Sheet & PAYMENT by 8pm Wed 22nd 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 Dumfries & Galloway Leisure and enforced by the Facility 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, if practically possible, regardless of any changes to spectator admittance.</p>
Photo & Videos	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.
Data Collection	<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

	<ul style="list-style-type: none"> 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.
COVID-19	<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>

Consideration Times**2025 SC WE1 & 2 Championship Consideration Times**

Male/Open									
	11/12	13	14	15	16	17+			
50m Free	00:40.00	00:40.00	00:35.00	00:35.00	00:30.00	00:30.00			
100m Free	01:15.00	01:15.00	01:10.00	01:05.00	01:05.00	01:05.00			
200m Free	02:55.00	02:50.00	02:45.00	02:35.00	02:25.00	02:20.00			
400m Free	06:10.00	06:10.00	06:10.00	05:50.00	05:50.00	05:50.00			
800m Free	12:00.00	11:50.00	11:00.00	11:00.00	11:00.00	11:00.00			
1500m Free	24:00.00	23:00.00	22:00.00	19:50.00	19:00.00	18:30.00			
50m Back	00:44.00	00:44.00	00:42.00	00:40.00	00:40.00	00:40.00			
100m Back	01:30.00	01:30.00	01:25.00	01:20.00	01:18.00	01:15.00			
200m Back	03:15.00	03:10.00	03:05.00	03:00.00	02:50.00	02:50.00			
50m Breast	00:50.00	00:48.00	00:45.00	00:42.00	00:42.00	00:40.00			
100m Breast	01:50.00	01:48.00	01:45.00	01:30.00	01:25.00	01:25.00			
200m Breast	03:55.00	03:45.00	03:35.00	03:15.00	03:10.00	03:05.00			
50m Fly	00:48.00	00:45.00	00:42.00	00:35.00	00:35.00	00:35.00			
100m Fly	01:45.00	01:40.00	01:35.00	01:20.00	01:18.00	01:15.00			
200m Fly	03:30.00	03:25.00	03:15.00	03:10.00	03:10.00	03:00.00			
100m I.M.	01:30.00	01:30.00	01:30.00	01:23.00	01:15.00	01:15.00			
200m I.M.	03:15.00	03:10.00	03:10.00	03:00.00	03:00.00	03:00.00			
400m I.M.	07:00.00	06:45.00	06:20.00	06:20.00	06:15.00	06:10.00			
Female									
	11/12	13	14	15	16	17+			
50m Free	00:35.00	00:35.00	00:35.00	00:33.00	00:33.00	00:33.00			
100m Free	01:15.00	01:15.00	01:10.00	01:10.00	01:15.00	01:10.00			
200m Free	02:50.00	02:45.00	02:40.00	02:40.00	02:40.00	02:40.00			
400m Free	06:00.00	05:55.00	05:40.00	05:30.00	05:30.00	05:30.00			
800m Free	12:00.00	11:50.00	11:20.00	11:00.00	11:00.00	11:00.00			
1500m Free	24:00.00	23:00.00	22:00.00	21:00.00	20:00.00	20:00.00			
50m Back	00:42.00	00:42.00	00:42.00	00:40.00	00:40.00	00:40.00			
100m Back	01:35.00	01:30.00	01:25.00	01:25.00	01:25.00	01:30.00			
200m Back	03:15.00	03:10.00	03:05.00	03:00.00	02:50.00	02:50.00			
50m Breast	00:50.00	00:48.00	00:45.00	00:45.00	00:43.00	00:43.00			
100m Breast	01:48.00	01:45.00	01:45.00	01:40.00	01:40.00	01:40.00			
200m Breast	03:50.00	03:45.00	03:35.00	03:25.00	03:25.00	03:20.00			
50m Fly	00:45.00	00:42.00	00:40.00	00:38.00	00:38.00	00:38.00			
100m Fly	01:40.00	01:35.00	01:35.00	01:30.00	01:30.00	01:30.00			
200m Fly	03:30.00	03:25.00	03:15.00	03:10.00	03:10.00	03:10.00			
100m I.M.	01:30.00	01:28.00	01:28.00	01:23.00	01:23.00	01:23.00			
200m I.M.	03:15.00	03:10.00	03:10.00	03:00.00	03:00.00	03:00.00			
400m I.M.	07:20.00	06:50.00	06:40.00	06:25.00	06:15.00	06:10.00			

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Multi Classification Swimmers – Consideration Times

50m FREESTYLE	Girls	Boys		100m FREESTYLE	Girls	Boys		200m FREESTYLE	Girls	Boys		400m FREESTYLE	Girls	Boys
S1	01:27.26	01:48.46		S1	03:07.82	03:50.91		S1	06:46.33	07:54.83		S6	08:37.77	08:17.11
S2	01:31.70	01:26.11		S2	03:18.07	03:01.27		S2	07:58.48	06:46.40		S7	08:20.28	07:48.45
S3	01:08.54	01:15.92		S3	02:28.95	02:37.57		S3	05:32.32	05:39.03		S8	08:01.80	07:30.77
S4	01:02.76	01:01.62		S4	02:14.78	02:14.20		S4	04:51.60	04:40.23		S9	07:50.36	07:06.33
S5	00:57.87	00:50.63		S5	02:14.78	01:53.93		S5	04:44.09	04:09.49		S10	07:28.94	06:44.11
S6	00:55.33	00:48.57		S6	02:00.46	01:47.07		S14	03:30.31	03:11.08		S11	08:20.63	07:36.40
S7	00:53.79	00:46.55		S7	01:57.66	01:42.15						S12	07:25.98	06:58.11
S8	00:50.85	00:43.04		S8	01:48.22	01:38.07						S13	07:28.66	06:44.91
S9	00:46.44	00:40.73		S9	01:42.34	01:28.79						S14	07:34.04	06:57.30
S10	00:46.61	00:39.46		S10	01:38.84	01:26.09								
S11	00:49.64	00:44.01		S11	01:51.77	01:35.45								
S12	00:45.31	00:39.08		S12	01:39.98	01:29.57								
S13	00:45.15	00:39.46		S13	01:37.48	01:26.11								
S14	00:44.64	00:39.25		S14	01:36.19	01:27.18								
50m BACKSTROKE	Girls	Boys		100m BACKSTROKE	Girls	Boys		50m BREASTSTROKE	Girls	Boys		100m BREASTSTROKE	Girls	Boys
S1	01:53.10	01:46.73		S1	04:07.57	03:45.76		SB1	02:17.87	02:13.31		SB4	02:57.50	02:36.33
S2	01:40.95	01:30.51		S2	03:46.24	03:16.08		SB2	01:49.36	01:35.06		SB5	02:51.00	02:24.72
S3	01:27.28	01:16.09		S6	02:15.27	02:03.62		SB3	01:33.92	01:19.03		SB6	02:35.28	02:12.87
S4	01:21.57	01:09.68		S7	02:15.10	01:55.84						SB7	02:35.45	01:59.54
S5	01:03.07	00:53.41		S8	02:02.59	01:46.33						SB8	02:15.88	01:54.31
				S9	01:56.86	01:41.52						SB9	02:00.68	01:51.09
				S10	01:53.39	01:37.22						SB11	02:15.63	01:59.53
				S11	02:04.88	01:52.22						SB12	02:04.32	01:48.92
				S12	01:56.35	01:42.02						SB13	02:05.97	01:47.05
				S13	01:49.89	01:35.81						SB14	02:02.43	01:46.67
				S14	01:51.86	01:36.70								
50m BUTTERFLY	Girls	Boys		100m BUTTERFLY	Girls	Boys		200m IM	Girls	Boys				
S1	01:26.92	03:20.84		S8	01:58.78	01:45.45		SM5	05:32.98	04:43.14				
S2	01:39.06	01:30.03		S9	01:53.13	01:39.03		SM6	05:00.36	04:27.80				
S3	01:18.32	01:19.88		S10	01:51.32	01:32.05		SM7	04:56.22	04:11.92				
S4	01:08.37	01:08.82		S11	02:07.79	01:43.12		SM8	04:34.53	03:58.97				
S5	01:05.91	00:52.05		S12	01:47.29	01:36.56		SM9	04:19.64	03:44.50				
S6	00:58.73	00:51.87		S13	01:46.44	01:31.46		SM10	04:06.24	03:33.66				
S7	00:56.08	00:49.16		S14	01:47.66	01:32.11		SM11	04:29.33	03:54.87				
								SM12	04:05.75	03:42.48				
								SM13	04:00.45	03:28.59				
								SM14	03:59.68	03:36.75				

Programme of Events

Weekend 1

Saturday - Session 1

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

Saturday - Session 1A

102F	Female 11-14 100 Back
103F	Male/Open 11-14 100 Back
104F	Female 11-14 50 Fly
105F	Male/Open 11-14 50 Fly
106F	Female 11-14 100 IM
107F	Male/Open 11-14 100 IM

Saturday - Session 2

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

Saturday - Session 2A

203F	Female 11-14 100 Breast
204F	Male/Open 11-14 100 Breast
205F	Female 11-14 50 Back
206F	Male/Open 11-14 50 Back

Sunday -Session 3

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

Sunday -Session 3A

303F	Male/Open 15 & Over 50 Free
304F	Female 15 & Over 50 Free
305F	Male/Open 15 & Over 100 Fly
306F	Female 15 & Over 100 Fly

Sunday - Session 4

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

Sunday - Session 4A

402F	Male/Open 15 & Over 50 Breast
403F	Female 15 & Over 50 Breast
404F	Male/Open 15 & Over 100 Free
405F	Female 15 & Over 100 Free

Programme of Events

Weekend 2

Saturday - Session 1

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

Saturday - Session 1A

102F	Female 15 & Over 100 Back
103F	Male/Open 15 & Over 100 Back
104F	Female 15 & Over 50 Fly
105F	Male/Open 15 & Over 50 Fly
106F	Female 15 & Over 100 IM
107F	Male/Open 15 & Over 100 IM

Saturday - Session 2

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

Saturday - Session 2A

203F	Female 15 & Over 100 Breast
204F	Male/Open 15 & Over 100 Breast
205F	Female 15 & Over 50 Back
206F	Male/Open 15 & Over 50 Back

Sunday -Session 3

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

Sunday -Session 3A

303F	Male/Open 11-14 50 Free
304F	Female 11-14 50 Free
305F	Male/Open 11-14 100 Fly
306F	Female 11-14 100 Fly

Sunday - Session 4

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

Sunday - Session 4A

402F	Male/Open 11-14 50 Breast
403F	Female 11-14 50 Breast
404F	Male/Open 11-14 100 Free
405F	Female 11-14 100 Free

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, Ross Stewart stoconvenor@scotswimwest.co.uk	