



# **2026 LC Championships WE1 & WE2**

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

**Dollan Aqua Centre – East Kilbride**

**WE1 – 7<sup>th</sup> & 8<sup>th</sup> February 2026**

**WE2 – 21<sup>st</sup> & 22<sup>nd</sup> February 2026**

**Licence No: L1/823/SS/FEB26**

**Licence No: L1/824/SS/FEB26**

## West District 2026 Long Course Championships

<b>Dates</b>	7 <sup>th</sup> /8 <sup>th</sup> February and 21 <sup>st</sup> /22 <sup>nd</sup> February 2026
<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 (WE1 &amp; 2)</b>  Warm Up (40mins): 8:15am and 1.20pm  Sessions: 9:00am and 2.05pm    Finish 5.55pm  Break between Sessions: 75mins</p> <p><b>Sunday (WE1 &amp; 2)</b>  Warm Up (40mins): 8.15am and 1.20pm  Sessions: 9:00am and 2.05pm    Finish 5.55pm  Break between Sessions: 75 mins.</p>
<b>Age Groups</b>	<p><b>Juniors: 11Yrs/12Yrs, 13yrs &amp; 14Yrs Male/Open and Female</b>  WE1 – Sessions 1 &amp; 2  WE2 – Sessions 3 &amp; 4</p> <p><b>Seniors: 15Yrs, 16Yrs &amp; 17+ Male/Open and Female</b>  WE1 – Sessions 3 &amp; 4  WE2 – Sessions 1 &amp; 2</p>
<b>Age Group Definition</b>	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 18 on 31st December. JAG and SAG are only convenient terms to differentiate the age groups of the Meet.
<b>Competitors Age</b>	As at 31 <sup>st</sup> December 2026.
<b>Minimum Age</b>	The minimum age for entries is 11yrs as at 31 <sup>st</sup> December 2026.
<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="#"><u>here</u></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>

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<b>Events</b>	<p><b><u>Individual Events</u></b></p> <p><b><u>Heats &amp; Finals</u></b></p> <p>50m Freestyle, Backstroke, Breaststroke, Butterfly 100m Freestyle, Backstroke, Breaststroke, Butterfly</p> <p><b><u>Heat Declared</u></b></p> <p>200m Freestyle, Backstroke, Breaststroke, Butterfly, IM 400m Freestyle, IM 800m Freestyle 1500m Freestyle</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>
<b>Awards and Presentation</b>	<p>Individual Awards will be made to 1<sup>st</sup>, 2<sup>nd</sup> &amp; 3<sup>rd</sup> 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>
<b>Eligibility</b>	<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>
<b>Swimwear</b>	<p>All swimwear worn at District Championships/Meet will be as defined in <b>Scottish Swimming – Swimwear Policies – Issue 5 – August 2025</b>.</p>
<b>Multi Classification Swimmers</b>	<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 <b>Table on Page 10</b>.</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"> <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> </ul>

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	<ul style="list-style-type: none"> <li>• 100m Breaststroke – SB4-SB14</li> <li>• 50m Butterfly – S1-S7</li> <li>• 100m Butterfly – S8-S14</li> <li>• 100IM – S1-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><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>
<b>Multi Classification Consideration Times</b>	<p>There are <b>“Equal to or Faster”</b> Consideration Times for the Meet as listed on <b>Page 11</b>.</p> <p>These times should have been swum at a <b>Registered (L4)</b> or <b>Licenced Meet (L2/3)</b>. <b>Please note that NT entries will NOT be accepted.</b></p>
<b>Multi Classification Swimmers Competition</b>	<p>To provide recognition of competitive performances by Club Para Swimmers at the District Short Course Championships WE1 &amp; WE2, a competition based on accumulating British Para Points will be an integrated part of the Championships.</p>
<b>Min No of Swimmers</b>	<p>There <b>MUST</b> be a minimum of <b>two (2)</b> Para Classification swimmers, each swimmer competing in a minimum of <b>two (2) Events</b> across the two (2) weekends (WE1 &amp; WE2).</p>
<b>Para Points Awarded</b>	<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>
<b>Para Accumulated Points</b>	<p>Para Points will be accumulated over the 4 Sessions of each Junior/Senior age category (WE1 &amp; WE2) for however many Events that a Para swimmer decides to enter.</p>

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<b>Para Competition Awards</b>	<p>Individual Awards will be made to 1<sup>st</sup>, 2<sup>nd</sup> &amp; 3<sup>rd</sup> 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 Championships, it may be necessary to forward Awards to the winners after the Championships.</p>
<b>Consideration Times</b>	<p>There are <b><u>“Equal to or Faster ”</u></b> Consideration Times for the Meet as listed on <b>Page 10</b>.</p> <p>These times should have been swum at a <b>Registered (L4) or Licenced Meet (L1/2/3)</b>.</p> <p><b>Please note that NT entries will NOT be accepted.</b></p>
<b>Submitted Times for ALL Entries</b>	<p>To be 50 metre times. Conversions can be used. Times need not be accredited.</p>
<b>Entries Acceptance</b>	<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><b>Juniors</b> – 11/12yrs (25%), 13yrs (25%) 14yrs (25%), last 25% for fastest entries left regardless of age.</p> <p><b>Seniors</b> – 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 1<sup>st</sup> January 2025.</p>
<b>Reserves</b>	<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 Entries and pre-closing date for Withdrawals:</p> <p><b>WE1 - 8pm on Wednesday 21<sup>st</sup> January</b>  <b>WE2 – 8pm on Wednesday 4<sup>th</sup> February</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.</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>

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<b>Marshalling Area</b>	<p>Marshalling Area will be provided OFF poolside in the Locker Area to the right of the Showers Area.</p> <p>Providing there are a <b>minimum of two (2) Marshalling Stewards</b> 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 <b>three Heats or 15 mins</b> before their swim, whichever is shorter time.</p> <p><b>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.</b></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 <b>three Heats or 15 mins</b> 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>
<b>Withdrawals</b>	<p>Withdrawals, where known, <b>MUST</b> be submitted, using the <b><u>online Withdrawal Form for the Meet</u></b>, available on the District Meets page on the website</p> <p><b>WE1 - 9pm on Tuesday 3<sup>rd</sup> February</b> <b>WE2 - 9pm on Tuesday 17<sup>th</sup> February</b></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>
<b>Refunds</b>	<p>Entry Fees will be refunded for Withdrawals submitted prior to the Entries Closing dates:</p> <p><b>WE1 - 8pm on Wednesday 21<sup>st</sup> January</b> <b>WE2 - 8pm on Wednesday 4<sup>th</sup> February</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.</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>
<b>District Contact</b>	<p><b>Entries Coordinator</b>      Email: <b><u><a href="mailto:entries@scotswimwest.co.uk">entries@scotswimwest.co.uk</a></u></b></p>
<b>Promoter</b>	<p>West District Swimming Committee</p>

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<b>Entry File</b>	<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 <a href="http://www.hy-tekltd.com/downloads.html">www.hy-tekltd.com/downloads.html</a></p> <p>For administration purposes, an <b><u>Information Form</u></b> must be submitted.</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>
<b>Entry Fees</b>	<p>Individual Events      <b>£8.00 each Event</b></p> <p><b><u>BACS Payment Only</u></b> – see Information Sheet.</p>
<b>Entry Deadline</b>	<p><b>WE1</b> -Entries File, Information Sheet &amp; <b>PAYMENT</b> by <b>8pm Wed 21<sup>st</sup> January</b></p> <p><b>WE2</b> - Entries File, Information Sheet &amp; <b>PAYMENT</b> by <b>8pm Wed 4<sup>th</sup> February</b></p>
<b>Poolside Accreditation</b>	<p>A National or District Poolside Accreditation Pass is required for any Club/Team Staff (Coaches &amp; Team Managers) and Technical Officials (except Timekeepers) wishing to be poolside and entitles you to entry for the whole of the Meet to poolside access.</p> <p>Without valid accreditation any Club/Team Staff/STO will NOT be permitted on poolside.</p> <p>Accreditation must be worn by <b>all</b> Club/Team personnel and made visible at <b>all</b> times.</p> <p><b><u>Applying for Accreditation</u></b></p> <ul style="list-style-type: none"> <li>• Links and full details of how to apply will be made available under separate cover.</li> <li>• <b>Please Note:</b> All Team Staff Accreditation must be confirmed by the Head Club/Team coach as detailed on the online application form.</li> <li>• All applicants <b>MUST</b> be PVG/CRB/DBS checked through Scottish Swimming. It is the responsibility of the Club/Coach to ensure that, if they require their athletes to have Coach/Team Manager representation on the poolside, their application is made in good time and that the relevant PVG/Criminal Records Bureau(CRB) forms have been completed and sent to the Scottish Swimming office.</li> <li>• Scottish Swimming will not issue any Team Staff Accreditation unless a person has a valid PVG/CRB/DBS through the Scottish Swimming. In-line with current legislation, valid PVG/CRB/DBS from any other agency, will not be accepted.</li> <li>• If you have any queries regarding PVG/CRB/DBS certification, please contact Scottish Swimming via email to <a href="mailto:wellbeingprotection@scottishswimming.com">wellbeingprotection@scottishswimming.com</a></li> <li>• Applicants must ensure a recent photograph (jpeg format) is uploaded at time of application. Previous applicants need not submit a photograph unless their appearance has changed dramatically or they wish to update the photograph held on file. Photographs should be taken under the same rules regarding passport photographs.</li> </ul>

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	<ul style="list-style-type: none"> <li>• Accreditation will be emailed direct to members to print themselves</li> <li>• Wallets and lanyards will be available from the entry desk on the day.</li> </ul>
<b>Technical Officials</b>	<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 <b>Appendix 1</b>.</p>
<b>Spectating</b>	<p>Entrance to the Venue/Poolhall/Gallery as a swimmer, Coach, Team Manager or Spectator requires acceptance of the Rules and Guidelines set by South Lanarkshire Leisure and enforced by the Centre Staff and Meet staff.</p> <p><b>Failure to comply with these Rules and Guidelines may result in being asked to leave the facility/venue.</b></p>
<b>Photo &amp; Videos</b>	<p>Anyone wishing to take photos/film at the event will no longer be required to complete a consent form and display a band but do so accepting the following:</p> <p>By attending the event either as a participant, volunteer, team staff or spectator, they must accept that any photographs / videos taken will not be used for illicit purposes or that pictures / films produced will not be altered in any way or uploaded onto the web without the consent in writing of the person(s) photographed / filmed.</p> <p>The use of mobile phones or other electronic devices capable of photography are not permitted to be used at any time in the Changing Village, Toilets or Shower Areas.</p> <p>Spectators who wish to take images are requested to focus on their own family member as much as reasonably possible and to avoid including other participants in images, particularly if those images are being shared with family and friends or through social media platforms.</p>
<b>Data Collection</b>	<p><b>Entries &amp; Results</b></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.</p> <p>This data will be held securely and only used for the purposes of managing the meet and reporting results.</p> <p>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>



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## 2026 LC WE1 & 2 Championship Consideration Times

Male/Open									
	11/12	13	14	15	16	17+			
50m Freestyle	00:40.0	00:35.0	00:33.0	00:29.0	00:29.0	00:27.0			
100m Freestyle	01:20.4	01:17.0	01:11.0	01:03.0	01:02.0	00:57.0			
200m Freestyle	03:00.0	02:45.0	02:35.0	02:19.0	02:24.0	02:20.0			
400m Freestyle	06:10.0	05:55.0	05:35.0	04:57.0	05:05.0	05:05.0			
800m Freestyle	14:00.0	12:00.0	11:50.0	10:35.0	10:30.0	10:30.0			
1500m Freestyle	24:00.0	23:50.0	23:00.0	19:50.0	21:00.0	19:00.0			
50m Backstroke	00:45.0	00:42.0	00:40.0	00:35.2	00:34.6	00:31.0			
100m Backstroke	01:35.0	01:30.0	01:23.0	01:14.0	01:12.0	01:08.5			
200m Backstroke	03:20.0	03:10.0	03:05.0	02:42.0	02:45.0	02:30.0			
50m Breaststroke	00:55.0	00:50.0	00:45.0	00:38.0	00:38.0	00:37.0			
100m Breaststroke	02:00.0	01:45.0	01:35.0	01:24.0	01:23.0	01:16.0			
200m Breaststroke	03:45.0	03:35.0	03:20.0	03:05.0	03:00.0	02:55.0			
50m Butterfly	00:50.0	00:46.0	00:40.0	00:32.0	00:31.5	00:28.5			
100m Butterfly	01:45.0	01:40.0	01:25.0	01:20.0	01:15.0	01:07.0			
200m Butterfly	03:40.0	03:40.0	03:40.0	03:10.0	03:10.0	02:40.0			
200m I.M.	03:15.0	03:05.0	03:00.0	02:37.0	02:35.0	02:26.5			
400m I.M.	07:00.0	06:40.0	06:10.0	06:10.0	06:00.0	05:55.0			
Female									
	11/12	13	14	15	16	17+			
50m Freestyle	00:38.0	00:36.0	00:32.0	00:31.0	00:31.5	00:31.8			
100m Freestyle	01:20.0	01:14.0	01:12.0	01:07.0	01:07.0	01:04.5			
200m Freestyle	02:55.0	02:50.0	02:35.0	02:30.0	02:29.0	02:30.0			
400m Freestyle	06:10.0	05:55.0	05:35.0	05:13.0	05:16.0	05:16.0			
800m Freestyle	14:00.0	12:00.0	11:50.0	10:50.0	10:50.0	10:50.0			
1500m Freestyle	24:00.0	23:30.0	23:00.0	21:00.0	21:00.0	20:00.0			
50m Backstroke	00:45.0	00:40.0	00:40.0	00:36.0	00:35.7	00:35.7			
100m Backstroke	01:40.0	01:30.0	01:25.0	01:16.0	01:16.0	01:16.0			
200m Backstroke	03:10.0	03:10.0	03:05.0	02:52.0	02:52.0	02:52.0			
50m Breaststroke	00:55.0	00:50.0	00:45.0	00:43.0	00:43.0	00:43.0			
100m Breaststroke	02:00.0	01:45.0	01:33.0	01:32.3	01:28.5	01:28.5			
200m Breaststroke	03:40.0	03:40.0	03:25.0	03:25.0	03:15.0	03:10.0			
50m Butterfly	00:50.0	00:40.0	00:40.0	00:34.0	00:33.3	00:33.0			
100m Butterfly	01:45.0	01:40.0	01:25.0	01:30.0	01:25.0	01:20.0			
200m Butterfly	03:40.0	03:40.0	03:40.0	03:10.0	03:10.0	03:10.0			
200m I.M.	03:15.0	03:05.0	03:00.0	02:44.0	02:44.0	02:44.0			
400m I.M.	07:00.0	06:40.0	06:35.0	06:20.0	06:20.0	06:20.0			

## Multi-Classification Consideration Times

Licence No: L1/823/SS/FEB26 & L1/824/SS/FEB26

## **Programme of Events**

### **Weekend 1**

#### **Saturday - Session 1**

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

#### **Saturday - Session 1A**

<b>102F</b>	Female 11-14 100 Back
<b>103F</b>	Male/Open 11-14 100 Back
<b>104F</b>	Female 11-14 50 Fly
<b>105F</b>	Male/Open 11-14 50 Fly

#### **Saturday - Session 2**

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

#### **Saturday - Session 2A**

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

#### **Sunday -Session 3**

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

#### **Sunday -Session 3A**

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

#### **Sunday - Session 4**

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

#### **Sunday - Session 4A**

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

## **Programme of Events**

### **Weekend 2**

#### **Saturday - Session 1**

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

#### **Saturday - Session 1A**

<b>102F</b>	Female 15 & Over 100 Back
<b>103F</b>	Male/Open 15 & Over 100 Back
<b>104F</b>	Female 15 & Over 50 Fly
<b>105F</b>	Male/Open 15 & Over 50 Fly

#### **Saturday - Session 2**

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

#### **Saturday - Session 2A**

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

#### **Sunday -Session 3**

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

#### **Sunday -Session 3A**

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

#### **Sunday - Session 4**

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

#### **Sunday - Session 4A**

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

## **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
For further information, please contact STO Convenor, Ross Stewart. <a href="mailto:stoconvenor@scotswimwest.co.uk">stoconvenor@scotswimwest.co.uk</a>	