

## **WEST DISTRICT 2019 LONG COURSE CHAMPIONSHIP – ROUND 1** (L1/613/SS/JAN19)

### **Dates and Venue**

**Round 1**      **12<sup>th</sup>/13<sup>th</sup> January**                      **Tollcross ISC - Glasgow**

Warm Ups:                                      08:30am and 01:00pm each day.

Sessions:                                        09:30am and 2:00pm each day.

### **Age Groups**

**11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16+yrs**

### **Competitors age will be their age on 31<sup>st</sup> December 2019**

This Championship is open to registered swimmers whose 1<sup>st</sup> Claim Club is affiliated to the West District of Scottish Swimming.

There is a Consideration Time for each individual event.  
Entry to the Championship will be in accordance with the District Rules.

### **Entries**

Entries for this Meet require to be generated on the Hy-Tek 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](http://www.hy-tek.com/downloads.html)

For administration purposes, an **Information Form** must be submitted with the cheque.

**Seeded Start Lists for ALL Sessions will be prepared prior to the Meet and Withdrawals will be accepted up to 8pm on Tuesday prior to Championships for exclusion from the Start Lists.**

**Withdrawals on “Withdrawal Forms” will be accepted, at the Recorder’s Desk, up to 45 minutes before the start of each Session for the purposes of allocating Reserves.**

**Start Lists will be updated and may be re-seeded based on the Withdrawals on the day.**

**Start Lists will not be issued to Clubs, prior to the start of a Session, until all Withdrawals have been processed. The issue of Start Lists may extend into the early Events of the Session.**

**Unplaced Reserves will be allocated to available lanes during an Event after reporting to the Referee at the beginning of that Event.**

Further assistance available from John Deans (07913 059666) & [entries@scotswimwest.co.uk](mailto:entries@scotswimwest.co.uk)

All entries must be addressed to:

John Deans  
Entries Coordinator  
9 Tynron Court  
Hamilton  
ML3 8XD

**DO NOT SEND ENTRIES BY RECORDED DELIVERY**

### **Entries**

Entries equal to or faster than the Consideration Times for each Age Group will be accepted, subject to available lanes, on the basis of providing a balance across the available Heats/Lanes per Event, dependant on the number of Heats.

The Meet Entries will be processed using the 6 age bands (11,12,13,14,15,16+) to ensure an even spread but swum all ages combined.

Submitted times must have been swum on or after 1<sup>st</sup> December 2017.

An Entry Time equal to or faster than the Event Consideration Time does not guarantee acceptance into the Event.

### **Reserves**

Reserves, comprising of maximum of 2 x from each Age Group where available, will be allocated to each Event. These Reserves will be allocated artificial times to accommodate placing in the Meet programme.

Reserves will be allocated to the Event on withdrawal of confirmed swimmers on an Age Group basis, followed by older age groups in descending order.

### **Multi-Classification (MC)**

Events are open to West District swimmers who have a recognised classification (IPC, BS, BBS, UKSA or INAS-FID). Swimmers must achieve the qualifying standards for their class in the MC events as per the supplementary MC conditions attached. The MC events will be integrated into the heats, seeded by absolute time. Please refer to the supplementary MC conditions for more information. MC swimmers can compete in the appropriate finals but there are no separate finals for MC competitors.

Entry Fees

Individual Events

**£8.00 each event**

**Cheques payable to SASA West District  
BACS available as per Entry Form**

**The Entry Fee will revert to £6.00 if request for increase not agreed at District AGM on 2<sup>nd</sup> December.**

### **Closing Date**

Entries must be received by, the Entries Coordinator, by the following date:

**Round 1**

**\*\*\*\* Wednesday 19<sup>th</sup> December \*\*\*\***

### **Submitted Times**

To be 50 metre times, conversions can be used, and need not be accredited.

### **Fines**

Under District Rules there is a standard £2.00 Fine for any individual competitor who has recorded a time, slower than 1 second, for each 100 metre (or part of 100 metre) outside the Consideration Time.

### **Technical Officials**

District clubs entering swimmers in any District Swimming Championships must provide Swimming Technical Officials for each session of the Championships in accordance with the following and Appendix 1:

### **Technical Officials**

District clubs entering swimmers in any District Swimming Championships/Meets must provide Swimming Technical Officials for each session of the Championships/Meets in accordance with agreed criteria.

Full details are shown the attached Appendix 1.

A District Club failing to provide STO in accordance with this scale shall be subject to a fine of **£50.00 per person**, for each session in which the required STO is not present. Members of the organising committee shall be counted for the purpose of meeting this requirement.

### **Event Awards**

Medals will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in each event.

### **NOTICE on Presentations**

**No formal Presentations are scheduled.**

**Announcements will be made of the successful swimmers in each race and medals will be available for collection during each Session.**

### **Heats and Finals**

**Heats and Finals** for 100m events.

All other Events will be **Heat Declared**.

**Heats will be Mixed Ages, Finals will be Age Groups.**

**John A. Deans**  
**District Swimming Committee**

**6 Day Programme:**  
**2019 West District LC Age Group Championships (Days 1/2 & 3/4) and Meet (Day 5/6)**

Day 1 - Saturday 12th January 2019					Day 2 - Sunday 13th January 2019				
Session 1 ~ Warm-up: 08:30 Start: 09:30 Finish: 12:30					Session 3 ~ Warm-up: 08:30 Start: 09:30 Finish: 12:30				
101	Boys All Ages (6)	100m	Backstroke	Heats	301	Girls All Ages (6)	100m	Breaststroke	Heats
102	Girls All Ages (6)	100m	Butterfly	Heats	302	Boys All Ages (6)	100m	Freestyle	Heats
103	Boys All Ages (6)	400m	Freestyle	HDW	303	Girls All Ages (6)	400m	Freestyle	HDW
104	Girls 11	100m	Butterfly	FINAL	304	Boys 11	100m	Freestyle	FINAL
105	Girls 12	100m	Butterfly	FINAL	305	Boys 12	100m	Freestyle	FINAL
106	Girls 13	100m	Butterfly	FINAL	306	Boys 13	100m	Freestyle	FINAL
107	Girls 14	100m	Butterfly	FINAL	307	Boys 14	100m	Freestyle	FINAL
108	Girls 15	100m	Butterfly	FINAL	308	Boys 15	100m	Freestyle	FINAL
109	Girls 16+	100m	Butterfly	FINAL	309	Boys 16+	100m	Freestyle	FINAL
110	Boys 11	100m	Backstroke	FINAL	310	Girls 11	100m	Breaststroke	FINAL
111	Boys 12	100m	Backstroke	FINAL	311	Girls 12	100m	Breaststroke	FINAL
112	Boys 13	100m	Backstroke	FINAL	312	Girls 13	100m	Breaststroke	FINAL
113	Boys 14	100m	Backstroke	FINAL	313	Girls 14	100m	Breaststroke	FINAL
114	Boys 15	100m	Backstroke	FINAL	314	Girls 15	100m	Breaststroke	FINAL
115	Boys 16+	100m	Backstroke	FINAL	315	Girls 16+	100m	Breaststroke	FINAL
Session 2 ~ Warm-up: 13:00 Start: 14:00 Finish: 17:00					Session 4 ~ Warm-up: 13:00 Start: 14:00 Finish: 17:00				
201	Girls All Ages (6)	100m	Backstroke	Heats	401	Boys All Ages (6)	100m	Breaststroke	Heats
202	Boys All Ages (6)	100m	Butterfly	Heats	402	Girls All Ages (6)	100m	Freestyle	Heats
203	Girls All Ages (6)	200m	Butterfly	HDW	403	Boys All Ages (6)	200m	Butterfly	HDW
204	Boys All Ages (5)	400m	I.M.	HDW	404	Girls All Ages (5)	400M	I.M.	HDW
205	Girls 11	100m	Backstroke	FINAL	405	Boys 11	100m	Breaststroke	FINAL
206	Girls 12	100m	Backstroke	FINAL	406	Boys 12	100m	Breaststroke	FINAL
207	Girls 13	100m	Backstroke	FINAL	407	Boys 13	100m	Breaststroke	FINAL
208	Girls 14	100m	Backstroke	FINAL	408	Boys 14	100m	Breaststroke	FINAL
209	Girls 15	100m	Backstroke	FINAL	409	Boys 15	100m	Breaststroke	FINAL
210	Girls 16+	100m	Backstroke	FINAL	410	Boys 16+	100m	Breaststroke	FINAL
211	Boys 11	100m	Butterfly	FINAL	411	Girls 11	100m	Freestyle	FINAL
212	Boys 12	100m	Butterfly	FINAL	412	Girls 12	100m	Freestyle	FINAL
213	Boys 13	100m	Butterfly	FINAL	413	Girls 13	100m	Freestyle	FINAL
214	Boys 14	100m	Butterfly	FINAL	414	Girls 14	100m	Freestyle	FINAL
215	Boys 15	100m	Butterfly	FINAL	415	Girls 15	100m	Freestyle	FINAL
216	Boys 16+	100m	Butterfly	FINAL	416	Girls 16+	100m	Freestyle	FINAL

**Consideration Times 2019 - Rounds 1 & 2**  
**To be LC times, can be converted from SC**

Girls						Events	Boys					
16+	15	14	13	12	11		11	12	13	14	15	16+
32.00	35.00	35.00	38.00	42.00	45.00	50 Freestyle	45.00	45.00	40.00	35.00	35.00	28.00
1.20.00	1.25.00	1.20.00	1.20.00	1.35.00	1.45.00	100 Freestyle	1.45.00	1.35.00	1.25.00	1.20.00	1.15.00	1.05.00
2.30.00	2.40.00	2.40.00	2.43.00	3.10.00	3.35.00	200 Freestyle	3.35.00	3.10.00	2.50.00	2.35.00	2.35.00	2.10.00
5.30.00	5.30.00	5.35.00	5.45.00	6.50.00	7.30.00	400 Freestyle	7.40.00	6.40.00	6.10.00	5.40.00	5.30.00	4.55.00
10.40.00	10.50.00	11.00.00	13.00.00	13.30.00		800 Freestyle						
						1500 Freestyle		24.00.00	23.00.00	22.00.00	21.00.00	20.00.00
40.00	45.00	50.00	55.00	1.00.00	1.10.00	50 Backstroke	1.10.00	1.00.00	55.00	50.00	45.00	40.00
1.24.00	1.24.00	1.28.00	1.35.00	1.46.00	2.05.00	100 Backstroke	2.05.00	1.46.00	1.35.00	1.28.00	1.24.00	1.24.00
2.55.00	2.55.00	2.55.00	3.10.00	3.20.00	3.50.00	200 Backstroke	3.55.00	3.35.00	3.20.00	3.15.00	3.00.00	2.40.00
45.00	48.00	48.00	52.00	55.00	58.00	50 Breaststroke	1.10.00	58.00	55.00	48.00	48.00	45.00
1.50.00	2.00.00	2.00.00	2.00.00	2.15.00	2.20.00	100 Breaststroke	2.35.00	2.30.00	2.00.00	1.50.00	1.45.00	1.35.00
3.20.00	3.35.00	3.35.00	3.45.00	4.10.00	4.30.00	200 Breaststroke	4.45.00	4.15.00	3.55.00	3.45.00	3.25.00	3.15.00
36.00	45.00	50.00	55.00	1.10.00	1.20.00	50 Butterfly	1.20.00	1.10.00	55.00	50.00	45.00	32.00
1.30.00	1.30.00	1.35.00	1.40.00	1.55.00	2.15.00	100 Butterfly	2.30.00	2.15.00	2.00.00	1.40.00	1.35.00	1.15.00
3.25.00	3.30.00	3.30.00	4.00.00	4.10.00	4.30.00	200 Butterfly	5.00.00	4.40.00	4.20.00	4.00.00	3.40.00	3.00.00
2.50.00	3.00.00	3.00.00	3.05.00	3.30.00	3.50.00	200 IM	4.15.00	3.45.00	3.12.00	3.05.00	3.00.00	2.30.00
6.10.00	6.20.00	6.20.00	6.30.00	7.20.00		400 IM		7.40.00	7.30.00	6.30.00	6.00.00	5.30.00

## **Multi-Classification (MC)**

These supplementary conditions apply in conjunction with the general conditions for the West District Age Group Championships.

The following events will be included in the heats where a swimmer meets the eligibility criteria and consideration standards for their classification:

- 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 Butterfly – S1-S7
- 100m Butterfly – S8-S14
- 50m Breaststroke – SB1-SB3
- 100m Breaststroke – SB4-SB14
- 200m IM – SM5-SM14

### **Eligibility**

Functional (S1-S10, SB1-SB9, SM1-SM10)

• 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.

Visual (S11-S13, SB11-SB13, SM11-SM13)

• 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.

Learning (S14, SB14, SM14)

• 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.

### **General**

Consideration times must have been achieved since 1<sup>st</sup> December 2017 and may be achieved in either long or short course events. All swimmers qualifying will be integrated into the heats seeded by absolute time. The competition shall take place under the relevant IPC Swimming Rules.

Consideration times are detailed in the table below:

## 2018 MC CONSIDERATION TIMES

<u>50m FREE</u>	<u>Girls</u>	<u>Boys</u>	<u>100m FREE</u>	<u>Girls</u>	<u>Boys</u>	<u>200m FREE</u>	<u>Girls</u>	<u>Boys</u>	<u>400m FREE</u>	<u>Girls</u>	<u>Boys</u>
S1	02:22.99	02:33.08	S1	07:04.37	05:28.18	S1	11:16.00	08:43.43	S6	09:15.85	08:51.32
S2	02:38.47	01:41.51	S2	05:38.69	04:33.90	S2	11:49.48	07:03.06	S7	09:06.04	08:10.77
S3	01:17.84	01:13.93	S3	02:50.36	02:58.35	S3	08:26.41	05:59.35	S8	08:29.17	07:51.94
S4	01:07.69	01:08.68	S4	02:28.10	02:27.08	S4	05:51.71	05:18.10	S9	08:07.61	07:19.11
S5	01:05.11	00:55.83	S5	02:21.59	01:57.84	S5	04:52.77	04:22.11	S10	07:46.43	06:59.24
S6	00:57.95	00:52.00	S6	02:04.92	01:52.34	S14	03:36.39	03:20.34	S11	09:22.53	08:22.86
S7	00:58.50	00:48.43	S7	02:04.00	01:46.16				S12	08:10.79	07:38.24
S8	00:52.31	00:46.34	S8	01:51.59	01:41.69				S13	07:59.89	07:06.34
S9	00:50.29	00:44.47	S9	01:47.88	01:35.69				S14	08:14.60	07:22.95
S10	00:47.65	00:40.43	S10	01:43.77	01:28.38						
S11	00:52.80	00:45.92	S11	01:58.13	01:41.64						
S12	00:49.44	00:40.90	S12	01:43.55	01:32.85						
S13	00:47.12	00:40.44	S13	01:43.12	01:29.37						
S14	00:48.52	00:43.18	S14	01:44.19	01:31.87						
<u>50m BACK</u>	<u>Girls</u>	<u>Boys</u>	<u>100m BACK</u>	<u>Girls</u>	<u>Boys</u>	<u>50m BREAST</u>	<u>Girls</u>	<u>Boys</u>	<u>100m BREAST</u>	<u>Girls</u>	<u>Boys</u>
S1	03:51.05	02:04.20	S1	07:37.83	04:16.00	SB1	03:50.89	03:06.32	SB4	03:12.17	02:58.70
S2	02:14.74	01:32.12	S2	04:44.27	03:18.78	SB2	02:21.58	01:39.01	SB5	02:52.11	02:47.42
S3	01:35.37	01:22.14	S6	02:25.01	02:15.46	SB3	01:37.95	01:24.95	SB6	02:51.17	02:23.65
S4	01:28.57	01:17.28	S7	02:23.60	02:03.78				SB7	02:37.61	02:17.14
S5	01:17.66	01:01.49	S8	02:12.43	01:56.74				SB8	02:23.99	02:02.25
			S9	02:02.43	01:50.04				SB9	02:12.46	01:53.73
			S10	01:57.95	01:40.81				SB11	02:28.32	02:11.15
			S11	02:18.30	02:03.96				SB12	02:17.36	01:59.42
			S12	02:03.54	01:44.48				SB13	02:10.44	01:55.07
			S13	01:57.81	01:43.41				SB14	02:10.63	01:54.70
			S14	01:54.55	01:44.96						
<u>50m FLY</u>	<u>Girls</u>	<u>Boys</u>	<u>100m FLY</u>	<u>Girls</u>	<u>Boys</u>	<u>200m IM</u>	<u>Girls</u>	<u>Boys</u>			
S1	05:00.00	05:00.00	S8	02:10.49	01:46.50	SM5	06:17.82	05:47.45			
S2	03:57.64	04:05.00	S9	01:57.93	01:43.29	SM6	05:11.78	04:45.63			
S3	01:59.07	02:23.11	S10	01:55.29	01:34.96	SM7	05:10.30	04:25.98			
S4	01:43.00	01:18.22	S11	02:23.09	01:51.25	SM8	04:47.27	04:07.21			
S5	01:19.36	01:03.38	S12	01:55.50	01:38.55	SM9	04:30.74	03:56.13			
S6	01:02.53	00:55.71	S13	01:51.86	01:39.57	SM10	04:13.18	03:45.51			
S7	01:02.56	00:51.61	S14	01:51.30	01:38.36	SM11	05:07.77	04:18.52			
						SM12	04:26.46	03:54.52			
						SM13	04:09.32	03:49.55			
						SM14	04:06.52	03:45.62			

# West District LC Age Group Championships – Round 1

Tollcross ISC – Glasgow

11/12<sup>th</sup> January 2019

## Summary Entry Form

**\*\* This form must be completed and returned with any entries. \*\***

Club Name: .....

Contact Name: .....

Address: .....

Post Code: .....

Telephone: .....

Email: .....

Total Female Entries: ..... @ £8.00 each: = £.....

Total Male Entries: ..... @ £8.00 each: = £.....

Coaches Meals: ..... @ £10.00 each/Sat: = £.....

Coaches Meals: ..... @ £10.00 each/Sun: = £.....

Total Amount Enclosed: = £.....

Signed: .....

Position in club: .....

Cheques payable to: **S.A.S.A. West District**

BACS Transfer: **Bank of Scotland**  
**Account No: 00827834**  
**Sort Code: 80-06-64**  
**Reference: Club Code19LCR1 e.g. WAMX19LCR1**

\*\*\*Submit proof of transfer with this form\*\*\*

Return this form along with entries **no later than Wed 19<sup>th</sup> Dec 2018** to:

**John Deans**  
**9 Tynron Court**  
**Hamilton**  
**ML3 8XD**

Email: [entries@scotswimwest.co.uk](mailto:entries@scotswimwest.co.uk)

## Appendix 1

No of Swimmers per Session	STOs Required by Club at District Championship/Meet
2 to 4	1 x Timekeeper or above
5 to 8	2 x TOs as follows: 1 x J1 or above Balance can be TKs
9 to 12	3 x TOs as follows: 1 x J1 or above 1 x J2 or above Balance can be TKs
13 to 16	4 x TOs as follows: 1 x J1 or above 1 x J2 or above Balance can be TKs
17 to 20	5 x TOs as follows: 2 x J1 or above 1 x J2 or above Balance can be TKs
21 - 24	6 x TOs as follows: 3 x J1 or above 1 x J2 or above 1 x J2S or above Balance can be TKs
25+	7 x TOs as follows: 3 x J1 or above 1 x J2 or above 1 x J2S or above Balance can be TKs
<p><b>Fines:</b> A District Club failing to provide STOs in accordance with this scale shall be subject to a fine of <b>£50.00 per STO, for each session</b> in which the required STO is not present.</p>	
<p>Currently there is a "grace period" of no fines to allow Clubs to get people trained. While people are being trained, PROVIDED they go on poolside, they will count for the position for which they are being trained. This will be reviewed on a regular basis.</p>	
<p>For further information, please contact STO Convenor, Jean King <a href="mailto:stoconvenor@scotswimwest.co.uk">stoconvenor@scotswimwest.co.uk</a></p>	