



# **2024 SC September AG Meet & Relay Championships**

**(Under WA Rules/Scottish Swimming Regulations)**

**SIR MATT BUSBY SPORTS CENTRE  
BELLSHILL**

**7<sup>th</sup> & 8<sup>th</sup> September 2024**

**Licence No: L1/761/SS/SEP24**

2024 West District SC Sep AG Meet & Relays Championships

<b>Dates</b>	7 <sup>th</sup> / 8 <sup>th</sup> September 2024
<b>Venue</b>	Sir Matt Busby Sports Centre - Bellshill
<b>Pool</b>	6 Lane, 25 metre Competition Pool with full Electronic Timing.
<b>Session Times</b>	<p><b>Saturday</b>  Warm-Ups (60mins): S1 08:00am and S2 (TBC)  Sessions: S1 09.05am and S2 (TBC)  Break between Sessions: 75 mins.</p> <p><b>Sunday</b>  Warm-Ups (60mins): S3 08.00am and S4 (TBC)  Sessions: S3 09:05am and S4 (TBC)  Break between Sessions: 75 mins.</p> <p><b>Starting Times of S2 &amp; S4 Warm-Ups and Sessions will be confirmed after the Entries have been processed.</b></p>
<b>Age Groups For Entries</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>Submitted times must have been swum on or after 1<sup>st</sup> September 2023.</p> <p><b>Relay Events:</b> 11/12Yrs (B&amp;G), 13-15Yrs, (B&amp;G), 16+Yrs (Mixed)  <b>Relay Teams per Event are LIMITED to 1 Team/Club/Event</b></p> <p>Please note for the 16+ age group, the Freestyle and Medley Relays are <b><u>MIXED</u></b> (2 x boys, 2 x girls, swum in any order).</p>
<b>Competitors Age</b>	As at 31 <sup>st</sup> December 2024.
<b>Minimum Age</b>	The minimum age for entries is 11yrs, as of 31 <sup>st</sup> December 2024.
<b>Events</b>	<p><b><u>Individual Events</u></b>  Heats/Finals.  Heats will be <b>Mixed Ages</b>.</p> <p><b><u>Relay Events</u></b>  HDW  Swimmers can be swum up one or more age groups.  Relay Teams that include swimmers that have been “swum up one or more age groups” <b><u>WILL NOT</u></b> be eligible for District Relay Records.</p>

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<p><b>Awards and Presentation</b></p>	<p>11/12yrs, 13Yrs, 14Yrs, 15Yrs, 16Yrs, 17+Yrs Individual Finalists Awards for 1<sup>st</sup>, 2<sup>nd</sup> &amp; 3<sup>rd</sup> per age group defined above.</p> <p>11/12Yrs (B&amp;G), 13-15Yrs, (B&amp;G), 16+Yrs (Mixed) Relays Awards for 1<sup>st</sup>, 2<sup>nd</sup> &amp; 3<sup>rd</sup> per age group defined above.</p> <p>Event Awards will be available for collection, after each HDW and Final, at a table in the pool hall.</p>
<p><b>*** Use of Individual Results ***</b></p>	<p>Individual swimmers results from the 100s (excl. IM) will be taken into account during the <b>ongoing review process</b> for swimmers already selected for the Scotland West Team competing at the Swim England National Count Team Championships at Ponds Forge Sheffield on 6<sup>th</sup> October 2024. <b>Clubs, Parents and Swimmers are encouraged to take this into account when selecting/entering swimmers to compete at this West District Meet.</b></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>Consideration Times</b></p>	<p>There are <b>“Equal to or Faster”</b> Consideration Times for the Meet as listed on Page 8.. These times should have been swum at a Registered or Licenced Meet. <b>Please note that NT entries will NOT be accepted.</b> There are no Consideration Times for Relays. <b>HOWEVER</b>, Clubs <b>MUST</b> submit an entry time based on individual times of the team members that will be used for seeding purposes and must be capable of verification.  <b>NT will not be accepted.</b>  Only one (1) Relay Team will be accepted from each Club.</p>
<p><b>Submitted Times</b></p>	<p>To be 25 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 6 age bands (11/12,13, 14, 15, 16, 17+Yrs). Heats will swum in combined age groups (11/12, 13, 14,15/16,17+Yrs).  <b>Juniors</b> – 11/12yrs (25%), 13yrs (25%) 14yrs (25%), last 25% for fastest entries left regardless of age.  <b>Seniors</b> – 15yrs (25%), 16yrs (25%), 17+yrs (25%), last 25% for fastest entries left regardless of age.  Finals with be swum in the following age groups (11/12, 13, 14, 15, 16, 17+Yrs)  Submitted times must have been swum on or after 1<sup>st</sup> September 2023.</p>

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<p><b>Reserves</b></p>	<p>Reserves, comprising of maximum of 1 x from each Age Group (except 11/12yrs) where available, will be allocated to each Event.                  After the cut-off for Withdrawals <b>at 9pm on Tuesday 3<sup>rd</sup> September</b>, 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><b>Withdrawals</b></p>	<p>Withdrawals, where known, <b>MUST</b> be submitted to <a href="mailto:entries@scotswimwest.co.uk">entries@scotswimwest.co.uk</a> by:  <b><u>9pm on Tuesday 3<sup>rd</sup> September</u></b></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.                  Any Withdrawals after the cut off on Tuesday evening will be “No Shows” in the Results.</p>
<p><b>Marshalling Area</b></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 three Heats or 15 mins before their swim.  <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 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>
<p><b>Order of Events per Session</b></p>	<p>The <b>running order</b> for Events, in each Session, will be Individual Heats, followed by Individual Finals, followed by Relays.</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 21<sup>st</sup> August.</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>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. 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"> <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><u>General</u></p> <p>There are Consideration Times as listed on Page 8. 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><b>Technical Officials</b></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 <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>

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<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.com/downloads.html">www.hy-tek.com/downloads.html</a></p> <p>For administration purposes, an <b>Information Form</b> must be submitted with the Entries file</p> <p>All entries must be submitted <b>electronically</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          Relays                      £0.00 each Event  <b>BACS Payment Only</b> – see Information Sheet.</p>
<p><b>Entry Deadline</b></p>	<p>Entries File, Information Sheet &amp; <b>PAYMENT</b> by <b>8pm Wed 21<sup>st</sup> August</b>.</p>
<p><b>Spectating</b></p>	<p>At the time of publishing the Meet Information, Spectators <b>will be admitted</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><b>Entrance to the Venue/Poolhall/Gallery as a swimmer, Coach, Team Manager or Spectator requires acceptance of the Rules and Guidelines set by North Lanarkshire Council 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.</b></p> <p>Livestreaming will be available, if practically possible, regardless of any changes to spectator admittance.</p>
<p><b>Photo &amp; Videos</b></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.</p>
<p><b>Data Collection</b></p>	<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>

<b>COVID-19</b>	<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 Sep AG Meet &amp; Relay Champs 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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**Consideration Times**

17 G	16 G	15 G	14 G	13 G	11/12 G	Event	11/12 B	13 B	14 B	15 B	16 B	17 B
1:09.00	1:04.75	1:05.30	1:06.00	1:09.00	1:15.50	100 Free	1:19.00	1:09.50	1:04.00	1:02.00	0:59.00	0:59.00
1:10.00	1:08.50	1:14.00	1:16.10	1:19.75	1:27.00	100 Back	1:31.00	1:22.00	1:15.60	1:14.50	1:13.00	1:25.00
1:34.00	1:26.00	1:24.00	1:27.00	1:33.00	1:41.00	100 Breast	1:44.00	1:31.50	1:25.00	1:24.00	1:16.50	1:18.00
1:26.00	1:18.00	1:16.00	1:17.80	1:23.25	1:35.50	100 Fly	1:41.75	1:23.60	1:18.00	1:16.00	1:07.75	1:07.00
1:20.50	1:15.00	1:16.20	1:17.50	1:21.75	1:27.00	100 IM	1:28.75	1:23.25	1:16.50	1:14.00	1:09.60	1:08.50

**IMPORTANT NOTES**

- Meet Manager has been set up **NOT** to import “NT” designated times. Please check the “entries file” before submission for NTs.
- Submitted Entry Times that are slower than the published Consideration Times will be immediately scratched, without check with Club. **Please check the “entries file” before submission that all times are within Consideration criteria.**
- There are NO Consideration Times for Relays **HOWEVER**, a time **MUST** be submitted for **each Relay entry** that is the sum of the four swimmers best times. The time will be used for seeding.



## Multi Classification Swimmers – Consideration Times

<b>100m FREESTYLE</b>	<b>Girls</b>	<b>Boys</b>		<b>100m BREASTSTROKE</b>	<b>Girls</b>	<b>Boys</b>
<b>S1</b>	03:07.82	03:50.91		<b>SB4</b>	02:57.50	02:36.33
<b>S2</b>	03:18.07	03:01.27		<b>SB5</b>	02:51.00	02:24.72
<b>S3</b>	02:28.95	02:37.57		<b>SB6</b>	02:35.28	02:12.87
<b>S4</b>	02:14.78	02:14.20		<b>SB7</b>	02:35.45	01:59.54
<b>S5</b>	02:14.78	01:53.93		<b>SB8</b>	02:15.88	01:54.31
<b>S6</b>	02:00.46	01:47.07		<b>SB9</b>	02:00.68	01:51.09
<b>S7</b>	01:57.66	01:42.15		<b>SB11</b>	02:15.63	01:59.53
<b>S8</b>	01:48.22	01:38.07		<b>SB12</b>	02:04.32	01:48.92
<b>S9</b>	01:42.34	01:28.79		<b>SB13</b>	02:05.97	01:47.05
<b>S10</b>	01:38.84	01:26.09		<b>SB14</b>	02:02.43	01:46.67
<b>S11</b>	01:51.77	01:35.45				
<b>S12</b>	01:39.98	01:29.57				
<b>S13</b>	01:37.48	01:26.11				
<b>S14</b>	01:36.19	01:27.18				
<b>100m BACKSTROKE</b>	<b>Girls</b>	<b>Boys</b>		<b>100m BUTTERFLY</b>	<b>Girls</b>	<b>Boys</b>
<b>S1</b>	04:07.57	03:45.76		<b>S8</b>	01:58.78	01:45.45
<b>S2</b>	03:46.24	03:16.08		<b>S9</b>	01:53.13	01:39.03
<b>S6</b>	02:15.27	02:03.62		<b>S10</b>	01:51.32	01:32.05
<b>S7</b>	02:15.10	01:55.84		<b>S11</b>	02:07.79	01:43.12
<b>S8</b>	02:02.59	01:46.33		<b>S12</b>	01:47.29	01:36.56
<b>S9</b>	01:56.86	01:41.52		<b>S13</b>	01:46.44	01:31.46
<b>S10</b>	01:53.39	01:37.22		<b>S14</b>	01:47.66	01:32.11
<b>S11</b>	02:04.88	01:52.22				
<b>S12</b>	01:56.35	01:42.02				
<b>S13</b>	01:49.89	01:35.81				
<b>S14</b>	01:51.86	01:36.70				

**Programme of Events****Saturday 7<sup>th</sup> September**

<b>Session 1 Heats</b>		<b>Start: 09:05am</b>		
101	Boys 15+	100m	Butterfly	Heats
102	Girls 15+	100m	Butterfly	Heats
103	Boys 11/14	100m	Freestyle	Heats
104	Girls 11/14	100m	Freestyle	Heats
105	Boys 15+	100m	IM	Heats

<b>Session 1A Finals</b>		<b>Start: TBC</b>		
101-1	Boys 15	100m	Butterfly	Final
101-2	Boys 16	100m	Butterfly	Final
101-3	Boys 17+	100m	Butterfly	Final
102-1	Girls 15	100m	Butterfly	Final
102-2	Girls 16	100m	Butterfly	Final
102-3	Girls 17+	100m	Butterfly	Final
103-1	Boys 11/12	100m	Freestyle	Final
103-2	Boys 13	100m	Freestyle	Final
103-3	Boys 14	100m	Freestyle	Final
104-1	Girls 11/12	100m	Freestyle	Final
104-2	Girls 13	100m	Freestyle	Final
104-3	Girls 14	100m	Freestyle	Final
105-1	Boys	100m	IM	Final
105-2	Boys 16	100m	IM	Final
105-3	Boys 17+	100m	IM	Final

<b>Session 1 Relay Champs</b>		<b>Start: TBC</b>		
106	Boys 11/12	4x50m	Medley Relay	HDW
107	Girls 13/15	4x50m	Freestyle Relay	HDW
108	Mixed 16+	4x50m	Medley Relay	HDW

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**Saturday 7<sup>th</sup> September**

<b>Session 2 Heats</b>		<b>Start: 01:05pm (TBC)</b>			
201	Girls 15+	100m	Breast	Heats	
202	Boys 15+	100m	Breast	Heats	
203	Girls 11/14	100m	Back	Heats	
204	Boys 11/14	100m	Back	Heats	
205	Girls 15+	100m	IM	Heats	

<b>Session 2A Finals</b>		<b>Start: TBC</b>			
201-1	Girls 15+	100m	Breast	Final	
201-2	Girls 15+	100m	Breast	Final	
201-3	Girls 15+	100m	Breast	Final	
202-1	Boys 15+	100m	Breast	Final	
202-2	Boys 15+	100m	Breast	Final	
202-3	Boys 15+	100m	Breast	Final	
203-1	Girls 11/12	100m	Back	Final	
203-2	Girls 13	100m	Back	Final	
203-3	Girls 14	100m	Back	Final	
204-1	Boys 11/12	100m	Back	Final	
204-2	Boys 13	100m	Back	Final	
204-3	Boys 14	100m	Back	Final	
205-1	Girls 15	100m	IM	Final	
205-2	Girls 16	100m	IM	Final	
205-3	Girls 17+	100m	IM	Final	

<b>Session 2 Heats</b>		<b>Start: TBC</b>			
206	Girls 11/12	4x50m	Freestyle Relay	HDW	
207	Boys 13/15	4x50m	Medley Relay	HDW	

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**Sunday 8<sup>th</sup> September**

<b>Session 3 Heats</b>		<b>Start: 09:05am</b>		
301	Boys 11/14	100m	Butterfly	Heats
302	Girls 11/14	100m	Butterfly	Heats
303	Boys 15+	100m	Freestyle	Heats
304	Boys 11/14	100m	IM	Heats
305	Girls 15+	100m	Freestyle	Heats

<b>Session 3A Finals</b>		<b>Start: TBC</b>		
301-1	Boys 11/12	100m	Butterfly	Final
301-2	Boys 13	100m	Butterfly	Final
301-3	Boys 14	100m	Butterfly	Final
302-1	Girls 11/12	100m	Butterfly	Final
302-2	Girls 13	100m	Butterfly	Final
302-3	Girls 14	100m	Butterfly	Final
303-1	Boys 15	100m	Freestyle	Final
303-2	Boys 16	100m	Freestyle	Final
303-3	Boys 17+	100m	Freestyle	Final
304-1	Boys 11/12	100m	IM	Final
304-2	Boys 13	100m	IM	Final
304-3	Boys 14	100m	IM	Final
305-1	Girls 15	100m	Freestyle	Final
305-2	Girls 16	100m	Freestyle	Final
305-3	Girls 17+	100m	Freestyle	Final

<b>Session 3 Heats</b>		<b>Start: TBC</b>		
305	Girls 11/12	4x50m	Medley Relay	HDW
306	Boys 13/15	4x50m	Freestyle Relay	HDW

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**Sunday 8<sup>th</sup> September**

<b>Session 4 Heats</b>		<b>Start: 01:05pm (TBC)</b>		
401	Girls 11/14	100m	Breast	Heats
402	Boys 11/14	100m	Breast	Heats
403	Girls 15+	100m	Back	Heats
404	Girls 11/14	100m	IM	Heats
405	Boys 15+	100m	Back	Heats

<b>Session 4A Finals:</b>		<b>Start: TBC</b>		
401-1	Girls 11/12	100m	Breast	Final
401-2	Girls 13	100m	Breast	Final
401-3	Girls 14	100m	Breast	Final
402-1	Boys 11/12	100m	Breast	Final
402-2	Boys 13	100m	Breast	Final
402-3	Boys 14	100m	Breast	Final
403-1	Girls 15	100m	Back	Final
403-2	Girls 16	100m	Back	Final
403-3	Girls 17+	100m	Back	Final
404-1	Girls 11/12	100m	IM	Final
404-2	Girls 13	100m	IM	Final
404-3	Girls 14	100m	IM	Final
405-1	Boys 15	100m	Back	Final
405-2	Boys 16	100m	Back	Final
405-3	Boys 17+	100m	Back	Final

<b>Session 4 Heats</b>		<b>Start: TBC</b>		
406	Boys 11/12	4x50m	Freestyle Relay	HDW
407	Girls 13/15	4x50m	Medley Relay	HDW
408	Mixed 16+	4x50m	Freestyle Relay	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
For further information, please contact STO Convenor, Sheena McCall <a href="mailto:stoconvenor@scotswimwest.co.uk">stoconvenor@scotswimwest.co.uk</a>	