### **SASA EAST DISTRICT**

### **AGE GROUP**

### **CHAMPIONSHIPS**

**2018/2019**

|  |  |
| --- | --- |
| **24th & 25th November 2018**  **22nd December 2018**  **12th & 13th January 2019** | Michael Wood Centre, Glenrothes |
| **9th & 10th February 2019** | Royal Commonwealth Pool, Edinburgh |

**Licence Numbers: L1/595/SS/Nov18**

**L1/596/SS/Dec18**

**L1/597/SS/Jan19**

**L1/598/SS/Feb19**

**Under SASA and FINA rules.**

**SASA East District**

### **AGE GROUP CHAMPIONSHIPS 2018/19**

**INFORMATION**

The East District Age Group Championships will be held over 7 days. The first weekend in November 2018, a one day sprint event in December 2018, a third weekend in January 2019 all at the Michael Wood Centre, Glenrothes and the “Finals” weekend will be held in February 2019 at The Royal Commonwealth Pool, Edinburgh and will be over 2 days.

Competitors will compete in groups where age is at end of the year of competition (December 2019), as defined below:

* Group 1 - those born in 2007 & 2008
* Group 2 - those born in 2006
* Group 3 - those born in 2005
* Group 4 - those born in 2004
* Group 5 - those born in 2003
* Group 6 those born 2002 or earlier

For relay events, groupings are:

Mixed Relays (2 male, 2 female)

* those born in 2007 & 2008
* those born in 2005 & 2006
* those born in 2003 & 2004
* those born in or 2002 & 2001

Same gender relays

* those born in 2007 & 2008
* those born in 2005 & 2006
* those born in 2003 & 2004
* those born 2002 or earlier.

Events are outlined on the schedule at the end of this document.

Relays, 400m Freestyle, 400m IM, 800m and 1500m Freestyle events will be heat declared winner for all age groups.

The 200m events (IM and all 4 strokes) for the youngest swimmers will be swum as heat declared winner. For seeding purposes the fastest 8 entry times from Group 1 and Group 2 will be seeded with the eight fastest entry times (after withdrawals) swimming against each other as a fastest heat for each Group. The youngest age group (Group 1, those born 2007 & 2008) cannot enter the 800m or 1500m Freestyle.

All other individual events will be swum as ‘Open’ heats, with Group finals in the 50m, 100m and 200m events.

**Multi-Classification (MC)** events are open to East District swimmers who have a recognised classification (WPS, BS, BBS, UKSA or INAS-FID). Swimmers must have achieved 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 Age Group finals based on pure time. There are no separate finals for MC competitors.

**Dates /**  24th& 25th November 2018: Michael Wood Centre, Glenrothes

22nd December 2018: Michael Wood Centre, Glenrothes

**Venue**s 12th & 13th January 2019: Michael Wood Centre, Glenrothes

9th & 10th February 2019: Royal Commonwealth Pool, Edinburgh

**Pools:** MWC: 25m, eight lanes with anti-turbulence lane ropes. 20m swim down pool

RCP: 50m, eight lanes with anti-turbulence lane ropes. 25m swim down pool

Electronic timing will be in operation at both venues.

**ENTRIES**

Times submitted should be achieved after **24th November 2017.** Only Hy-Tek conversions for 50m times may be used. The following types of event will be accepted:

SASA accredited meets and time trials (L1 & L2)

Equivalent meets organised by ASA affiliated counties or clubs or other FINA affiliated organisations.

All entries should be submitted using Hy-Tek team manager event files. A proof of times report must accompany the entry file. If entering MC swimmers, please ask for the separate entry file for this purpose. Please ensure the event file is completed correctly to show the **FULL NAME OF SWIMMER, FULL DATE OF BIRTH, REGISTRATION NUMBER and ENTRY TIME.** Random checks on entries will be made prior to publication of the programme. In the event that any entry times cannot be substantiated the meet organisers reserve the right to reject the entry without refund. Any entries with no times or outwith the consideration times laid down will have their entries rejected outright with no refund.

**Relay Events**

Swimmers can only swim in their own Group for relay events during the Sprint round in December and the “Finals” weekend at the RCP in February.

Relay swimmers, including reserves, must be populated on the entry file. Changes to relay team members can be made up to one hour before the start of the relevant session. Clubs may enter a maximum of 2 relay teams per event/Group in December and February. Only the top finishing team from a club in each group/event will be eligible to score points in the ED team competition.

In relay events only the top 3 teams in each event will be awarded medals i.e. 1st, 2nd and 3rd placings will receive medals.

Entry times for relays will be used for seeding purposes only. [See later for information on relays which form part of the Telfer Cup competition]. Cut off numbers for each event will be determined, if necessary, by the organising committee after entries have been received. Consideration times are attached for all events.

Completed entry files are to be returned by email. The summary sheet and fees should be sent no later than three days following the closing date to the entries secretary:

**SUSAN LIDDLE**

## 9 RULLION ROAD

## PENICUIK

## EH26 9HS

**E-mail:** sasaeastdistrictentries@gmail.com

**Closing dates** for entries will be :

**24th/25th November 2018: Noon Wednesday 24th October 2018**

**22nd December 2018: Noon Thursday 22nd November 2018**

**12th/13th January 2019: Noon Monday 17th December 2018**

**9th/10th February 2019: Noon Thursday 10th January 2019**

**ENTRY FEES:**

Individual events **£8.00**

Team events **£9.00 per team**

Payment can be made by bank transfer as follows:

Account name: SASA East District

Bank Bank of Scotland

Branch Musselburgh

Account No 06001834

Sort Code 80-17-68

IBAN GB 16 BOFS 80176806001834

Your reference – please quote EDAG/Your club or team

**SPECTATOR PASSES**

All spectators will be admitted free of charge and will not require a pass.

**TEAM AWARDS**

**The Solripe Trophy** will be awarded to the club with the highest number of points in the East District Age Group Championships. Solripe Trophy points will be awarded for individual and relay events as follows:

1st = 5 points 2nd = 3 points 3rd = 1 point. (See Rule h-i- 7 in the East District handbook for more information).

**Telfer Cup.** Clubs competing in the EDAG championships are also eligible to compete for the historic Telfer Cup, first awarded in 1901. The Telfer Cup comprises four relay events which will be swum as part of the January programme. Clubs are limited to entering one team per relay event. Sixteen different swimmers must take part for each club i.e. a swimmer may only swim in one relay. The exact composition for each relay event/team will be agreed at the 2018 East District AGM. The Telfer Cup will be presented at the “Finals” weekend in February at the Royal Commonwealth Pool.

Separate entry files will be prepared for teams wishing to enter these events. There is no charge for these relays and no awards for each individual relay event. The club with the highest scores from all four relay events will be awarded the Telfer Cup.

**INDIVIDUAL AWARDS**

**Medals** will be awarded to 1st, 2nd and 3rd placed competitors in each event. An award will be given for 4th to 8th place in each event, except in the relay events where only 1st, 2nd and 3rd placings will be awarded.

**Top male and top female** competitors in each age group. An award will be made to the Male and Female competitor in each age group who achieves the highest cumulative FINA points total (using the most up to date points available at the start of the competition. Each swimmer’s points total will be calculated by adding points for the highest scoring swim only in each of the following five groups:

* Best from Freestyle swims, 400m or greater
* Best from Backstroke, Breaststroke, Butterfly or Freestyle 200m only
* Best from Backstroke, Breaststroke, Butterfly or Freestyle 100m only
* Best from Backstroke, Breaststroke, Butterfly or Freestyle 50m only
* Best Individual Medley swim (200m or 400m)

Note: there are only four point scoring groups for swimmers born in 2007 and 2008, namely:

* Best from Backstroke, Breaststroke, Butterfly or Freestyle 200m only
* Best from Backstroke, Breaststroke, Butterfly or Freestyle 100m only
* Best from Backstroke, Breaststroke, Butterfly or Freestyle 50m only
* Best Individual Medley swim (200m or 400m) or best 400m Freestyle swim

**Andrew Taylor Award**

The Andrew Taylor trophy will be awarded to the boy and girl swimmer in Group 1 (born in 2007 or 2008) who achieves the highest FINA points for an individual swim (across all events in the EDAGs programme, including 50m events). The most up to date FINA points available at the start of the championships will be used.

**The Bob Greenlees Trophy**

The Bob Greenlees Trophy will be awarded to the coach(s) of the winners of the Andrew Taylor Trophy.

**WARM UPS AND SESSION TIMES**

##### Indicative session times are shown on the programme of events, but may be subject to change at the meet organiser’s discretion. Advance notice of any changes will be published on SwimScotland and on the ED blog <http://www.sasaeastdistrict.org.uk/> the week before the event.

Warm up schedules will be posted on the East District blog the week before each event.

**POOLSIDE PASS**

**All coaches and poolside personnel must have a valid coaches’ pass for this event**. This can be either a:

* 2018 and 2019 Scottish Swimming national coaches’ pass
* or an East District pass. Coaches and poolside helpers who do not have either a national or district pass MUST request a 3-year East District pass from [sasaeastdistrictsecretary@gmail.com](mailto:sasaeastdistrictsecretary@gmail.com).

Requests should be submitted at least 28 days before the date of the event for which it is required. An electronic photograph should accompany the request. The club’s child protection officer should also contact the secretary separately to confirm that the applicant has a PVG approval.

**Coaches/chaperones without a poolside pass will not be permitted poolside. All coaches and poolside personnel MUST hold a current PVG/disclosure certificate.** See declaration on the summary sheet.

**Number of passes:**

The maximum number of Coaches poolside for each club is determined by the highest number of accepted swimmers in any one session, as follows:

Up to 5 swimmers 1 pass

6 to 15 swimmers 2 passes

16 swimmers & over 1 additional pass per 15 swimmers or part thereof

Clubs with fewer than 5 swimmers will receive one poolside assistant/chaperone pass also.

**MEALS FOR TEAM PERSONNEL**

Lunches will be provided at a cost of £20 per day (RCP) and £15 per day (MWC). At the RCP a light snack will also be served before the start of each evening session to coaches with meal tickets for the 2 days. Team personnel wishing to avail themselves of this facility should complete the attached form and send a cheque for the appropriate amount along with entry forms.

Coffee and tea will be available at the RCP in the coaches meeting area for holders of poolside passes.

**TECHNICAL OFFICIALS**

Clubs are required to provide technical officials in line with the East District rules. Once accepted entries are confirmed, clubs will be notified of requirements. They will be asked to notify in advance the name and number of nominated officials to Alistair Shields at [sasaeastdistrictsto@gmail.com](mailto:sasaeastdistrictsto@gmail.com) Technical officials should wear poolside apparel as specified in STO rule 12. Lunch will be provided for officials who officiate in both sessions each day.

**PROGRAMMES AND START SHEETS**

Programmes and start sheets will be available for each session.

**RESULTS SERVICE/LIVE STREAMING**

Results will be available on the SwimScotland website, [www.swimscotland.org.uk](http://www.swimscotland.org.uk) They may also be posted on meet mobile. The various rounds of EDAG will be live streamed where possible.

**PHOTOGRAPHY**

Any person wishing to use video/other photography must register their device at the desk in the foyer area of the pool.

Throughout these EDAG Championship events the East District may have authorised personnel taking static photographs and video footage. These images are intended solely for the purpose of future promotion of the event and may include live streaming on the internet. Images will be made available to our media partners and uploaded to our website and our social network sites.

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| Should any competitor wish not to be photographed please complete a form, available from the meet organiser. If at any time a competitor wishes an image to be removed from our website, 7 days’ notice must be given to [**sasaeastdistrictsecretary@gmail.com**](mailto:sasaeastdistrictsecretary@gmail.com) after which the data will be removed. |

**RULES**

All competitors must have paid the annual membership fee for 2018/2019 to Scottish Swimming. Only members registered with **an East District club as their first claim club** may compete in these championships. Swimmers may only compete in their own year Groups.

Only small bags containing essential equipment will be allowed on poolside, swimmers MUST use storage facilities within the changing area. Use of mobile phones is not permitted in changing areas, toilets or showers.

Coaches are asked to ensure that their swimmers leave the poolside tidy after each session.

**CONTACT DETAILS FOR EVENT TEAM**

|  |  |  |
| --- | --- | --- |
| [**sasaeastdistrictentries@gmail.com**](mailto:sasaeastdistrictentries@gmail.com) | **For enquiries about entries and the draft programme** | **Susan Liddle** |
| [**sasaeastdistrictsecretary@gmail.com**](mailto:sasaeastdistrictsecretary@gmail.com) | **For coaches’/poolside passes** | **Tony Dane** |
| [**sasaeastdistrictsto@gmail.com**](mailto:sasaeastdistrictsto@gmail.com) | **For judge and timekeeper enquiries and to request mentoring or assessments** | **Alistair Shields** |

**SCOTTISH AMATEUR SWIMMING ASSOCIATION**

###### EAST DISTRICT AGE GROUP CHAMPIONSHIPS

**24tt & 25th November 2018, 22nd December 2018, 12th& 13th January 2019,**

**9th & 10th February 2019**

|  |
| --- |
| **SUMMARY SHEET** |

Please forward this summary along with your fees within 3 days of the closing dates to:

#### SUSAN LIDDLE, 9 RULLION ROAD, PENICUIK, MIDLOTHIAN, EH26 9HS

|  |  |  |
| --- | --- | --- |
| **Club:** |  | |
| **Contact:** |  | |
| **Address:** |  | |
|  | |
| **Post Code:** |  | **Telephone No:** |
| **e-mail address:** |  | |

|  |  |  |
| --- | --- | --- |
|  | **Meals Saturday** | **Meals Sunday** |
|  |  |  |
| **Totals** |  |  |

**Double click anywhere in grid below then add the number of entries, etc. in column B**



**Click anywhere outside the grid to return to normal mode.**

Please pay by BACS (see earlier), or make cheque payable to “SASA East District”

I confirm that all swimmers entered have paid the correct level of SASA membership fee for 2018/2019 and all entry times have been achieved since 24th November 2017as laid out on the attached sheets. Results sheets have been provided as requested by the meet organisers.

I confirm that all poolside personnel have a current PVG.

Signed: Position: Date:\_\_\_\_\_\_\_\_

**CONSIDERATION TIMES**

**EAST DISTRICT AGE GROUP CHAMPIONSHIPS 2018/2019**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Year of birth** | **2007 & 2008** | **2006** | **2005** | **2004** | **2003** | **2002 or earlier** |
| **MALES** | **Group 1** | **Group 2** | **Group 3** | **Group 4** | **Group 5** | **Group 6** |
| 50m Freestyle | 00:41.00 | 00:36.00 | 00:33.50 | 00:31.00 | 00:30.00 | 00:27.00 | |
| **100m Freestyle** | **01:28.00** | **01:19.00** | **01:13.00** | **01:08.00** | **01:04.00** | **01:00.00** | |
| 200m Freestyle | 03:00.00 | 02:45.00 | 02:32.00 | 02:22.00 | 02:13.00 | 02:10.00 | |
| 400m Freestyle | 06:20.00 | 05:45.00 | 05:15.00 | 04:55.00 | 04:49.00 | 04:30.00 | |
| 800m Freestyle | NA | 11:40.00 | 11:10.00 | 10:30.00 | 09:30.00 | 09:00.00 | |
| 1500m Freestyle | NA | 21:00.00 | 20:30.00 | 19:40.00 | 18:50.00 | 18:00.00 | |
| 50m Backstroke | 00:47.00 | 00:42.00 | 00:39.00 | 00:38.00 | 00:37.00 | 00:36.50 | |
| **100m Backstroke** | **01:40.00** | **01:30.00** | **01:25.00** | **01:17.00** | **01:14.00** | **01:12.00** | |
| 200m Backstroke | 03:20.00 | 03:06.00 | 03:02.00 | 02:50.00 | 02:41.00 | 02:32.00 | |
| 50m Butterfly | 00:52.00 | 00:43.50 | 00:39.00 | 00:38.00 | 00:37.00 | 00:33.00 | |
| **100m Butterfly** | **01:47.00** | **01:32.00** | **01:26.00** | **01:20.00** | **01:16.00** | **01:08.00** | |
| 200m Butterfly | 03:42.00 | 03:20.00 | 03:08.00 | 02:58.00 | 02:50.00 | 02:32.00 | |
| 50m Breaststroke | 00:54.00 | 00:49.00 | 00:45.00 | 00:44.00 | 00:43.00 | 00:38.00 | |
| **100m Breaststroke** | **01:55.00** | **01:44.00** | **01:35.00** | **01:30.00** | **01:25.00** | **01:21.00** | |
| 200m Breaststroke | 03:45.00 | 03:35.00 | 03:15.00 | 03:08.00 | 03:03.00 | 02:55.00 | |
| **200m IM** | **03:35.00** | **03:14.00** | **03:05.00** | **02:53.00** | **02:50.00** | **02:32.00** | |
| 400m IM | 07:10.00 | 06:35.00 | 06:10.00 | 05:48.00 | 05:40.00 | 05:10.00 | |
| **Year of birth** | **2007 & 2008** | **2006** | **2005** | **2004** | **2003** | **2002 or earlier** | |
| **FEMALES** | **Group 1** | **Group 2** | **Group 3** | **Group 4** | **Group 5** | **Group 6** | |
| 50m Freestyle | 00:35.50 | 00:34.00 | 00:32.50 | 00:32.00 | 00:31.50 | 00:30.50 | |
| **100m Freestyle** | **01:20.00** | **01:14.00** | **01:10.00** | **01:09.00** | **01:08.00** | **01:07.00** | |
| 200m Freestyle | 02:55.00 | 02:40.00 | 02:30.00 | 02:26.00 | 02:25.00 | 02:22.00 | |
| 400m Freestyle | 05:58.00 | 05:30.00 | 05:15.00 | 05:05.00 | 05:00.00 | 04:55.00 | |
| 800m Freestyle | NA | 11:00.00 | 10:30.00 | 10:10.00 | 10:00.00 | 09:53.00 | |
| 1500m Freestyle | NA | 22:30.00 | 20:40.00 | 20:30.00 | 19:40.00 | 18:50.00 | |
| 50m Backstroke | 00:42.00 | 00:40.00 | 00:38.00 | 00:37.50 | 00:37.00 | 00:36.50 | |
| **100m Backstroke** | **01:32.00** | **01:27.00** | **01:22.00** | **01:21.00** | **01:20.50** | **01:18.00** | |
| 200m Backstroke | 03:10.00 | 03:04.00 | 02:53.00 | 02:48.00 | 02:46.00 | 02:44.00 | |
| 50m Butterfly | 00:43.00 | 00:41.00 | 00:37.00 | 00:36.50 | 00:36.00 | 00:35.00 | |
| **100m Butterfly** | **01:47.00** | **01:34.00** | **01:25.00** | **01:24.00** | **01:23.00** | **01:18.00** | |
| 200m Butterfly | 03:45.00 | 03:25.00 | 03:15.00 | 03:04.00 | 02:56.00 | 02:44.00 | |
| 50m Breaststroke | 00:49.00 | 00:47.00 | 00:44.00 | 00:43.50 | 00:43.00 | 00:41.50 | |
| **100m Breaststroke** | **01:48.00** | **01:39.00** | **01:35.00** | **01:32.00** | **01:30.00** | **01:26.00** | |
| 200m Breaststroke | 03:40.00 | 03:20.00 | 03:13.00 | 03:08.00 | 03:06.00 | 03:00.00 | |
| **200m IM** | **03:10.00** | **03:08.00** | **03:02.00** | **02:57.00** | **02:54.00** | **02:45.00** | |
| 400m IM | 06:30.00 | 06:20.00 | 06:04.00 | 05:54.00 | 05:48.00 | 05:32.00 | |

**All 100m and the 200m IM times are long course**. All other times are short course.

**MC Events**

These supplementary conditions apply in conjunction with the general conditions for the East 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 – S6-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 WPS Swimming classification, which is held on the British Swimming or WPS 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 WPS Swimming classification, which is held on the British Swimming or WPS Swimming classification database at the time of entry.

Intellectual (S14, SB14, SM14) • All competitors must have an authorised UKSA, INAS-FID or WPS classification which is held on the British Swimming or WPS Swimming database at the time of entry.

General Consideration times must have been achieved since 24th November 2017 and may be achieved in either long or short course events as per the EDAG criteria. All swimmers qualifying will be integrated into the heats seeded by absolute time. The competition shall take place under the relevant WPS Swimming Rules.

Consideration times are detailed in the table below:-

**MC CONSIDERATION TIMES**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **50m**  **FREE** | **Girls** | **Boys** | **100m**  **FREE** | **Girls** | **Boys** | **200m**  **FREE** | **Girls** | **Boys** | **400m FREE** | **Girls** | **Boys** |
| **S1** | 02:22.99 | 02:28.24 | **S1** | 07:04.37 | 05:39.81 | **S1** | 11:15.63 | 08:43.43 | **S6** | 09:46.57 | 09:18.08 |
| **S2** | 02:01.41 | 01:50.55 | **S2** | 05:48.69 | 04:26.71 | **S2** | 11:49.48 | 08:49.06 | **S7** | 09:37.88 | 08:18.95 |
| **S3** | 01:21.01 | 01:23.88 | **S3** | 03:19.80 | 03:23.44 | **S3** | 06:04.55 | 06:14.09 | **S8** | 08:27.06 | 07:55.56 |
| **S4** | 01:10.09 | 01:10.67 | **S4** | 02:30.45 | 02:32.83 | **S4** | 05:51.07 | 05:29.32 | **S9** | 08:14.80 | 07:26.73 |
| **S5** | 01:06.28 | 00:59.86 | **S5** | 02:52.14 | 02:15.41 | **S5** | 06:09.07 | 04:54.17 | **S10** | 08:00.39 | 07:09.76 |
| **S6** | 01:01.51 | 00:54.18 | **S6** | 02:11.09 | 01:58.22 | **S14** | 03:44.88 | 03:22.73 | **S11** | 09:42.51 | 08:30.29 |
| **S7** | 00:57.70 | 00:49.39 | **S7** | 02:07.84 | 01:50.64 |  |  |  | **S12** | 09:03.69 | 08:11.06 |
| **S8** | 00:53.09 | 00:47.53 | **S8** | 01:54.22 | 01:44.02 |  |  |  | **S13** | 08:05.04 | 07:17.31 |
| **S9** | 00:50.12 | 00:44.22 | **S9** | 01:48.32 | 01:37.33 |  |  |  | **S14** | 08:14.22 | 07:15.95 |
| **S10** | 00:48.48 | 00:41.19 | **S10** | 01:44.98 | 01:29.40 |  |  |  |  |  |  |
| **S11** | 00:53.16 | 00:46.38 | **S11** | 02:01.24 | 01:44.33 |  |  |  |  |  |  |
| **S12** | 00:49.44 | 00:42.42 | **S12** | 01:47.24 | 01:34.49 |  |  |  |  |  |  |
| **S13** | 00:48.01 | 00:42.06 | **S13** | 01:45.03 | 01:31.32 |  |  |  |  |  |  |
| **S14** | 00:48.52 | 00:43.18 | **S14** | 01:45.76 | 01:32.33 |  |  |  |  |  |  |
| **50m**  **BACK** | **Girls** | **Boys** | **100m**  **BACK** | **Girls** | **Boys** | **50m**  **BREAST** | **Girls** | **Boys** | **100m**  **BREAST** | **Girls** | **Boys** |
| **S1** | 03:51.05 | 02:30.94 | **S1** | 07:37.83 | 05:16.73 | **SB1** | 03:50.89 | 03:02.63 | **SB4** | 03:30.95 | 03:07.02 |
| **S2** | 02:33.34 | 01:45.66 | **S2** | 06:04.80 | 03:49.60 | **SB2** | 04:44.63 | 01:45.03 | **SB5** | 03:13.49 | 02:45.51 |
| **S3** | 01:37.21 | 01:26.29 | **S6** | 02:41.93 | 02:18.24 | **SB3** | 01:46.59 | 01:22.31 | **SB6** | 03:00.35 | 02:27.25 |
| **S4** | 01:43.94 | 01:20.99 | **S7** | 02:31.84 | 02:06.57 |  |  |  | **SB7** | 02:43.59 | 02:20.59 |
| **S5** | 01:21.28 | 01:09.26 | **S8** | 02:14.73 | 01:57.10 |  |  |  | **SB8** | 02:23.26 | 02:05.95 |
|  |  |  | **S9** | 02:00.63 | 01:52.54 |  |  |  | **SB9** | 02:13.62 | 02:00.70 |
|  |  |  | **S10** | 02:01.19 | 01:45.47 |  |  |  | **SB11** | 02:43.78 | 02:24.52 |
|  |  |  | **S11** | 02:23.75 | 02:13.35 |  |  |  | **SB12** | 02:19.32 | 02:04.03 |
|  |  |  | **S12** | 02:07.33 | 01:46.85 |  |  |  | **SB13** | 02:14.42 | 01:58.54 |
|  |  |  | **S13** | 01:57.27 | 01:47.34 |  |  |  | **SB14** | 02:12.09 | 01:56.11 |
|  |  |  | **S14** | 01:57.39 | 01:48.39 |  |  |  |  |  |  |
| **50m**  **FLY** | **Girls** | **Boys** | **100m**  **FLY** | **Girls** | **Boys** | **200m**  **IM** | **Girls** | **Boys** |
| **S1** | 05:00.00 | 05:00.00 | **S8** | 02:15.75 | 01:51.08 | **SM5** | 06:39.21 | 07:00.27 |
| **S2** | 03:57.64 | 04:05.11 | **S9** | 01:58.32 | 01:45.91 | **SM6** | 05:28.22 | 05:06.36 |
| **S3** | 02:35.87 | 02:23.11 | **S10** | 01:58.76 | 01:40.15 | **SM7** | 05:17.83 | 04:41.50 |
| **S4** | 01:29.66 | 01:32.06 | **S11** | 02:47.59 | 01:56.60 | **SM8** | 04:39.02 | 04:19.56 |
| **S5** | 01:24.37 | 01:06.64 | **S12** | 02:22.85 | 01:40.66 | **SM9** | 04:32.46 | 03:59.70 |
| **S6** | 01:10.24 | 00:57.51 | **S13** | 01:51.37 | 01:39.76 | **SM10** | 04:24.18 | 03:48.80 |
| **S7** | 01:03.09 | 00:53.81 | **S14** | 01:55.70 | 01:40.27 | **SM11** | 05:19.04 | 04:26.44 |
|  |  |  |  |  |  | **SM12** | 04:59.64 | 04:06.76 |
|  |  |  |  |  |  | **SM13** | 04:09.25 | 03:57.66 |
|  |  |  |  |  |  | **SM14** | 04:12.57 | 03:50.23 |

**SCHEDULE OF EVENTS (pg 1)**

|  | **Round 1 Michael Wood Centre** | |  | **Sprint Event Michael Wood Centre** | |
| --- | --- | --- | --- | --- | --- |
| **Sat 24th November** | **Sun 25thNovember** |  | **Sat 22nd December** |
| **All Groups** | |  | **All Groups** |
| **Morning Warm Up:**  **9.00am (tbc)** | **Girls 400m Individual**  **Medley HDW**  **Boys 1500m Freestyle HDW** | **Boys 400m Individual Medley HDW**  **Girls 1500m Freestyle HDW** | **Morning Warm Up:**  **8.30 am (tbc)** | **Heats:**  **Boys 50m Back**  **Girls 50m Back**  **Boys 50m Fly**  **Girls 50m Fly**  **4 x 50m Mixed Medley Relay those born 2007 & 2008 and those born 2002 and 2001 HDW**  **4 x 50m Mixed Freestyle Relay those born 2005 and 2006 and those born**  **2003 and 2004 HDW** |
|  | **All Groups** | |  |  |
| **Afternoon Warm Up:**  **1.45pm (tbc)** | **Girls 800m Freestyle HDW**  **Boys 400m Freestyle HDW** | **Boys 800m Freestyle HDW**  **Girls 400m Freestyle HDW** | **Afternoon Warm Up:**  **12.00pm (tbc)** | **Heats:**  **Boys 50m Breast**  **Girls 50m Breast**  **Boys 50m Free**  **Girls 50m Free**  **4 x 50m Mixed Medley Relay those born 2005 and 2006 and those born 2003 and 2004 HDW**  **4 x 50m Mixed Freestyle Relay those born 2007 and 2008 and those born**  **2002 and 2001 HDW** |
|  |  |  | **Afternoon Warm Up:**  **3.30pm (tbc)** | **Finals. All Groups**  **Boys 50m Back**  **Girls 50m Back**  **Boys 50m Fly**  **Girls 50m Fly**  **Boys 50m Breast**  **Girls 50m Breast**  **Boys 50m Free**  **Girls 50m Free**  **All finals for the above will be swum in event order as above and from Group 1 to Group 6 to each event.** |

**SCHEDULE OF EVENTS (pg 2)**

|  | **Round 3 Michael Wood Centre** | |  |  | **Finals Weekend Royal Commonwealth Pool** | |
| --- | --- | --- | --- | --- | --- | --- |
| **Sat 12th Jan** | **Sun 13th Jan** | **Sat 9th February** | **Sunday 10th February** |
| **All Groups** | | **All Groups** | |
| **Morning Warm Up:**  **9.00am (tbc)** | **Boys 200m Butterfly (groups 1 & 2 HDW)**  **Girls 200m Backstroke (groups 1 & 2 HDW)**  **Finals of above. Event order as above, starting with Group 3 for each event.** | **Girls 200m Freestyle (groups 1 & 2 HDW)**  **Boys 200m Breaststroke (groups 1 & 2 HDW)**  **Finals of above. Event order as above, starting with Group 3 for each event.** | **Morning Warm Up:**  **9.00am (tbc)** | **Heats**  **Girls 100m Fly**  **Boys 100m Back**  **Girls 100m Free**  **Boys 100m Breast** | **Heats**  **Boys 100m Fly**  **Girls 100m Back**  **Boys 100m Free**  **Girls 100m Breast** |
|  | **All Groups** | |  | **All Groups** | |
| **Afternoon Warm Up:**  **1.45pm (tbc)** | **Boys 200m Backstroke (groups 1 & 2 HDW)**  **Girls 200m Butterfly (groups 1 & 2 HDW)**  **Finals of above. Event order as above, starting with Group 3 for each event.**  **Telfer Cup Mixed Relays:**  **4 x 50 Freestyle Relay**  **4 x 100 Medley Relay** | **Girls 200m Breaststroke (groups 1 & 2 HDW)**  **Boys 200m Freestyle (groups 1 & 2 HDW)**  **Finals of above. Event order as above, starting with Group 3 for each event.**  **Telfer Cup Mixed Relays:**  **4 x 50 Medley Relay**  **4 x 100 Freestyle Relay** | **Afternoon Warm Up:**  **1.00pm (tbc)** | **4 x 50m Medley Relay those born 2007 & 2008 and 2005 & 2006**  **Heats**  **Girls 200m IM**  **Groups 3,4, 5 and 6**  **Finals**  **Girls 200m IM**  **Groups 3,4, 5 and 6**  **Note:**  **Girls 200m IM**  **(Groups 1 and 2 HDW)** | **4 x 50m Freestyle Relay those born 2007 & 2008 and 2005 & 2006**  **Heats**  **Boys 200m IM**  **Groups 3,4, 5 and 6**  **Finals**  **Boys 200m IM**  **Groups 3,4, 5 and 6**  **Note:**  **Boys 200m IM**  **(Groups 1 and 2 HDW)** |
|  | | |  |  | |
|  |  |  | **Evening Warm Up:**  **4.30pm (tbc)** | **Finals**  **Girls 100m Fly**  **Boys 100m Back**  **Girls 100m Free**  **Boys 100m Breast**  **Finals of above will be swum in event order as above and from Group 1 to Group 6 for each event.**  **4 x 50m Medley Relay those born 2004 & 2003 and 2002 or earlier** | **Finals**  **Boys 100m Fly**  **Girls 100m Back**  **Boys 100m Free**  **Girls 100m Breast**  **Finals of above will be swum in event order as above and from Group 1 to Group 6 for each event.**  **4 x 50m Freestyle Relay those born 2004 & 2003 and 2002 or earlier** |