



# **SASA EAST DISTRICT AGE GROUPS Meet Information**

**25<sup>th</sup> & 26<sup>th</sup> November 2023**

**3<sup>rd</sup> & 4<sup>th</sup> February 2024**

**16<sup>th</sup> & 17<sup>th</sup> March 2024**

L1/723/SS/NOV23

L1/724/SS/FEB24

L1/725/SS/MAR24



<b>About the East District Age Group Championships</b>	<p>The East District is holding their 2023/24 Championships across 6 days commencing with a weekend event in November 2023, followed by weekends in February and March 2024.</p> <p>Level 1 licence: L1/723/SS/NOV23; L1/724/SS/FEB24; L1/725/SS/MAR24</p> <ul style="list-style-type: none"> <li>➤ Relays, 200m Individual Medley, 400m Individual Medley &amp; 400m Freestyle will be Heat Declared Winners for all year groups.</li> <li>➤ 800m &amp; 1500m Freestyle will be HDW Winners Group 2 – 6 only.</li> <li>➤ The 200m events (all 4 strokes) will be Heat Declared Winners for the youngest two age groups. For seeding purposes, the fastest 8 athletes from Group 1 and Group 2 will be seeded, with the fastest entry times, after withdrawals, swimming against each other as a fastest heat for each group.</li> <li>➤ All other individual events will be swum on pure time with group finals in the 50m, 100m events.</li> </ul> <p>Events are as outlined in Appendix 1. Relays will be single gender and mixed events. Electronic timing will be in operation.</p>
<b>Dates &amp; Venues</b>	<p>25<sup>th</sup> &amp; 26<sup>th</sup> November 2023 – Michael Woods Centre, Glenrothes 3<sup>rd</sup> &amp; 4<sup>th</sup> February 2024 – Royal Commonwealth Pool, Edinburgh 16<sup>th</sup> &amp; 17<sup>th</sup> March 2024 – Royal Commonwealth Pool, Edinburgh</p>
<b>Age Groups</b>	<p>Group 1 – those born in 2012 &amp; 2013 Group 2 – those born in 2011 Group 3 – those born in 2010 Group 4 – those born in 2009 Group 5 – those born in 2008 Group 6 – those born in 2007 or earlier</p> <p>For relay events, groupings are:</p> <p>Mixed Relays (should comprise 1 of each gender from each of the year groups)</p> <ul style="list-style-type: none"> <li>• those born in 2012 &amp; 2013</li> <li>• those born in 2010 &amp; 2011</li> <li>• those born in 2008 &amp; 2009</li> <li>• those born in 2007 or earlier</li> </ul> <p>Single gender Relays</p> <ul style="list-style-type: none"> <li>• those born in 2012 &amp; 2013</li> <li>• those born in 2010 &amp; 2011</li> <li>• those born in 2008 &amp; 2009</li> <li>• those born in 2007 or earlier</li> </ul> <p>Age as at 31<sup>st</sup> December 2024</p>
<b>Events</b>	<p>50m all strokes 100m all strokes 200m all strokes 200 Individual Medley 400m Individual Medley &amp; Freestyle 800m/1500m Freestyle (Groups 2 – 6 only) 4 x 50m Male Medley Relay &amp; 4 x 50m Female Medley Relay 4 x 50m Male Freestyle Relay &amp; 4 x 50m Female Freestyle Relay 4 x 50m Mixed Medley Relay &amp; 4 x 50m Mixed Freestyle Relay</p>




<b>East District Contact</b>	Colin Matthews, East District Championship Manager Email: <a href="mailto:sasaeastdistricteventplanning@gmail.com">sasaeastdistricteventplanning@gmail.com</a>				
<b>Entry deadline</b>	<p><b>Closing dates</b> for entries are:</p> <p>25<sup>th</sup>/26<sup>th</sup> November 2023: <b>Noon Wednesday 8<sup>th</sup> November 2023</b>  3<sup>rd</sup>/4<sup>th</sup> February 2024: <b>Noon Wednesday 24<sup>th</sup> January 2024</b>  16<sup>th</sup>/17<sup>th</sup> March 2024: <b>Noon Wednesday 28<sup>th</sup> February 2024</b></p>				
<b>Eligibility</b>	<p><b>All athletes must be</b> registered members of SASA, training with a club affiliated to Scottish Swimming at the time of the competition.</p> <p>Only athletes who are first claim members of an East District club are eligible to swim in these championships. Athletes must only compete in their own year groups. Athlete numbers for events will be agreed by the Swim Committee and the facility after entries are received. If it is necessary to reject entries, this will be done at the discretion of the swim committee.</p> <p>Qualification times and consideration times are outlined in Appendix 2.</p>				
<b>Entry Guide</b>	<p>This information regarding entry is a guide and is subject to change.</p> <p>Entry into the competition will be made by clubs on official entry files. It is likely that the competition as a whole will be oversubscribed and clubs should only enter athletes with coach approval.</p> <p>Athletes not accepted to the event will have their entry fee will be refunded in full. Once the draft programme is issued <b>no refunds</b> will be given.</p> <p>The East District Swim Committee reserve the right to make decisions on oversubscriptions in any way that is necessary to meet the conditions for the competition. Facility policies may restrict the numbers of athletes for the time available. This means that any athlete accepted into the meet, <b>may not</b> be able to swim all events they enter, to make best use of the time available.</p> <p>Times must be submitted for all events entered. Times submitted should be achieved on or after 1<sup>st</sup> June 2022. Only Hy-Tek conversions for 50m times may be used. The following types of events will be accepted:</p> <p style="padding-left: 40px;">SASA accredited meets and time trials (L1 &amp; L2)  Equivalent (L1 and L2) meets organised by ASA affiliated counties or clubs or other World Aquatics affiliated organisations.</p> <p><b>Proof of time <u>MUST BE SUBMITTED</u> for the meet; random checks will be undertaken, and clubs may be asked pre and post event to provide additional information. If no proof of time is submitted, then <u>all</u> entries will be rejected.</b></p> <p><b>ENTRY FEES:</b></p> <table style="width: 100%; border: none;"> <tr> <td style="padding-left: 20px;">Individual events</td> <td style="padding-left: 40px;">£9.50</td> </tr> <tr> <td style="padding-left: 20px;">Team events</td> <td style="padding-left: 40px;">£12.00 per team</td> </tr> </table>	Individual events	£9.50	Team events	£12.00 per team
Individual events	£9.50				
Team events	£12.00 per team				
<b>Multi Classification</b>	Entries from Para-swimmers are welcome into the designated events for their classification. Athletes must have achieved the qualifying standards for their class as outlined below. Para-swimmers can compete in the appropriate year group finals based on absolute time.				



	<p>There are no separate finals for Para-swimmers. Clubs should include in their email with entries that their files include Para-swimmers.</p> <p>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 an athlete 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 – S6-S14</li> <li>• 50m Butterfly – S1-S7</li> <li>• 100m Butterfly – S8-S14</li> <li>• 50m Breaststroke – SB1-SB3</li> <li>• 100m Breaststroke – SB4-SB14</li> <li>• 200m IM – SM5-SM14</li> </ul> <p><b>Eligibility</b></p> <p><b>Physical (S1-S10, SB1-SB9, SM1-SM10)</b> • 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.</p> <p><b>Visual (S11-S13, SB11-SB13, SM11-SM13)</b> • All competitors must have an authorised British Blind Sport, British Swimming or WPS Swimming classification, which is held on the British Swimming or WPS Swimming classification database at the time of entry.</p> <p><b>Intellectual (S14, SB14, SM14)</b> • All competitors must have an authorised SportExcel, Virtus or WPS classification which is held on the British Swimming or WPS Swimming database at the time of entry.</p> <p>General Consideration times must have been achieved since 1st June 2022 and may be achieved in either long or short course events as per the EDAG criteria. Consideration times are outlined in Appendix 3.</p> <p>All athletes qualifying will be integrated into the heats seeded by absolute time. The competition shall take place under the relevant WPS Swimming Rules.</p>
<p><b>Spectating</b></p>	<p>Spectating will be available at the venues on a first come first served basis. This is subject to facility guidelines in place at the time of the event.</p>
<p><b>Team and Individual Rewards</b></p>	<p>The top three finishers in each individual and relay event will receive medals. These will be available for collection once results are published. Medals will not be presented.</p> <p><b>The Solripe Trophy</b> 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 'A' team relay events only as follows:</p> <p>1<sup>st</sup>      5 points  2<sup>nd</sup>      3 points  3<sup>rd</sup>      1 point.</p> <p>See Section B.1.g-1-g in the East District handbook for more information.</p>



	<p><b>Telfer Cup.</b> Clubs competing in the mixed relays at the EDAG Championships will automatically compete for the Telfer Cup (awarded to the club gaining the highest number of points from these mixed relay events, that is 200m freestyle and 200m medley; for the 4 composite year groups during the championships). Only 'A' teams score points, with points awarded in each mixed relay event from 8 points for first place, 7 points for second place, down to zero points. A disqualified team earns zero points. Clubs do not have to enter each mixed relay event to be eligible to compete for the Telfer Cup. The Telfer Cup will be presented in March at the Royal Commonwealth Pool.</p> <p><b>Top age group male and top female competitors.</b> An award will be made to the male and female competitor in each year group. Points will be awarded for individual events as follows:</p> <p>1<sup>st</sup>        8 points  2<sup>nd</sup>        7 points  3<sup>rd</sup>        6 points  4<sup>th</sup> – 8<sup>th</sup> 5 points down to 1 point</p> <p><b>Andrew Taylor Award</b>  The Andrew Taylor trophy will be awarded to the male and female athlete in Group 1 (born in 2011 or 2012) who achieves the highest World Aquatics points for an individual swim (across all events in the EDAGs programme).</p> <p><b>The Bob Greenlees Trophy</b>  The Bob Greenlees Trophy will be awarded to the coach(s) of the winners of the Andrew Taylor Trophy.</p>
<p><b>Controlling the Use of Photographic Equipment</b></p>	<p>The meet organisers are well aware of the wide range of devices including mobile telephones which have photographic and filming capabilities. This enables the capture of both static and moving images. It should be acknowledged that the majority of images taken within Scottish Swimming licensed meets are appropriate and taken in good faith. However, images of children and adults can be misused, and sharing images widely without consent may betray a confidence or identity of a child or adult, which could present a risk of harm to that individual if common sense procedures are not followed.</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> <p>The meet organisers are committed to ensuring that all children who participate in this meet are able to take part in an enjoyable, safe environment and be safeguarded from harm. If there are any child safeguarding concerns at the event, please contact the Events Convenor immediately to disclose your concerns.</p> <p>Please scan the QR code to read the Scottish Swimming wellbeing statement.</p> 



	<p>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. 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 <a href="mailto:sasaeastdistrictsecretary@gmail.com">sasaeastdistrictsecretary@gmail.com</a> after which the image will be removed.</p>
<p><b>Competition Disclaimer</b></p> <p><b>PLEASE NOTE:</b></p>	<p>In the event of cancellation or abandonment of the event, refunds if any, will be made at the absolute discretion of SASA East District. SASA East 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>
<p><b>Entry Process</b></p>	<p>Entries will be by computer files only, which will be downloadable from <a href="http://www.swimscotland.co.uk">www.swimscotland.co.uk</a></p> <ul style="list-style-type: none"> <li>• Entries should be sent by email to: <a href="mailto:sasaeastdistrictentries@gmail.com">sasaeastdistrictentries@gmail.com</a></li> <li>• The subject line <b>MUST be Club Code/EDAG &amp; Round Number</b></li> <li>• Please ensure that you request a read receipt if you wish confirmation of entries being received.</li> </ul> <p><b>Please complete the Electronic Summary Sheet by 12 noon as below:</b></p> <p>25<sup>th</sup>/26<sup>th</sup> November 2023: Wednesday 8<sup>th</sup> November 2023  3<sup>rd</sup>/4<sup>th</sup> February 2024: Wednesday 24<sup>th</sup> January 2024  16<sup>th</sup>/17<sup>th</sup> March 2024: Wednesday 28<sup>th</sup> February 2024</p> <ul style="list-style-type: none"> <li>• Link to Hy-Tek website for Team Manager Lite, should you not have a copy of Team Manager  <a href="https://hytek.active.com/downloads.html">https://hytek.active.com/downloads.html</a> Select Team Manager, then <b>Lite</b></li> </ul> <p><b>The closing dates for entries are:</b></p> <p>25<sup>th</sup>/26<sup>th</sup> November 2023: <b>Noon Wednesday 8<sup>th</sup> November 2023</b>  3<sup>rd</sup>/4<sup>th</sup> February 2024: <b>Noon Wednesday 24<sup>th</sup> January 2024</b>  16<sup>th</sup>/17<sup>th</sup> March 2024: <b>Noon Wednesday 28<sup>th</sup> February 2024</b></p>
<p><b>Payment</b></p>	<p>Payment can be made by bank transfer as follows:</p> <p>Account name: SASA East District  Bank: Bank of Scotland  Branch: Musselburgh  Account No: 06001834  Sort Code: 80-17-68  Your reference – please quote: Club Code/EDAG &amp; Round Number</p> <p><b>ENTRY FEES:</b></p> <p>Individual events           <b>£9.50</b>  Team events                   <b>£12.00 per team</b></p> <p><b>No entries will be accepted without the correct fee, Summary Sheet or with the Entry Files incorrectly completed.</b></p>



<p><b>Draft Programmes</b></p>	<ul style="list-style-type: none"> <li>• Any queries with regards to entries should be directed to <a href="mailto:sasaeastdistrictentries@gmail.com">sasaeastdistrictentries@gmail.com</a> with a closing date for queries.</li> <li>• Any withdrawals or amendments should be notified on the electronic withdrawal form as below.  25<sup>th</sup>/26<sup>th</sup> November 2023: <b>prior to 12 noon Wednesday 22<sup>nd</sup> November 2023</b>  3<sup>rd</sup>/4<sup>th</sup> February 2024: <b>prior to 12 noon Wednesday 31<sup>st</sup> January 2024</b>  16<sup>th</sup>/17<sup>th</sup> March 2024: <b>prior to 12 noon Wednesday 13<sup>th</sup> March 2024</b></li> <li>• Start sheets will be issued via broadcast after 12 noon on the dates below:  25<sup>th</sup>/26<sup>th</sup> November 2023: <b>Noon Friday 24<sup>th</sup> November 2023</b>  3<sup>rd</sup>/4<sup>th</sup> February 2024: <b>Noon Friday 2<sup>nd</sup> February 2024</b>  16<sup>th</sup>/17<sup>th</sup> March 2024: <b>Noon Friday 15<sup>th</sup> March 2024</b></li> <li>• Any further withdrawals should be notified via the electronic withdrawal form as soon as identified. This will enable the District to identify opportunities for additional swims for athletes.</li> </ul>
<p><b>Awards</b></p>	<p>Finals are noted below:  Group 1 &amp; 2: 50m &amp; 100m events all strokes  Group 3 – 6: 50m, 100m &amp; 200m events all strokes</p> <p>Group 1 &amp; 2: 200m events all strokes will be HDW  Relays, 200m Individual Medley, 400m Individual Medley, 400m Freestyle events will be HDW for all Groups. 800m &amp; 1500m Freestyle events will be HDW for Groups 2 - 6.</p>
<p><b>Event Regulations</b></p>	<p>Entry and Entries to all events is expressly subject to the SASA regulations in place at the time of the meet.</p> <p><b>SASA East District reserves absolutely the right to eject from events any person failing to comply with each and all the Event Regulations. It is the club’s responsibility to ensure all attendees are aware of any special requirements as documented in the club information pack for each weekend.</b></p>
<p><b>Accreditation Passes</b></p>	<p>There will be no accreditation passes provided, athletes will be checked in on the relevant day.</p> <p>All coach and poolside personnel <b>must</b> have a valid PVG and East District or Scottish Swimming Pass. <b>Clubs should ensure they apply for the relevant pass in sufficient time as no temporary passes will be issued.</b></p> <p>The numbers of qualified coach and poolside personnel allowed on poolside with each club will be restricted to a maximum of two persons for up to the first 10 athletes per session, thereafter a ratio of 1:10 should be applied.</p> <p><b>A WhatsApp broadcast</b> will be used for start sheets in the run up to the event and coach information during the event. The broadcast code will be issued to entry secretaries and will be available to confirmed coaches and entry secretaries only.</p> <p><b>Please note coaches and entry secretaries must subscribe to the broadcast associated with each weekend by the following dates - late subscriptions will not be accepted.</b>  25<sup>th</sup>/26<sup>th</sup> November 2023: <b>1800 Thursday 23<sup>rd</sup> November 2023</b>  3<sup>rd</sup>/4<sup>th</sup> February 2024: <b>1800 Thursday 1<sup>st</sup> February 2024</b>  16<sup>th</sup>/17<sup>th</sup> March 2024: <b>1800 Thursday 14<sup>th</sup> March 2024</b></p>



<b>Swimwear</b>	<p>British Swimming and Scottish Swimming advise that World Aquatics BL8.1 only applies to Olympic Games and World Aquatics events. A suit check will only be made if a World or European record is claimed. There is no requirement for officials to check that costumes are on the approved World Aquatics list. Bylaws BL 8.2 and BL 8.3 cover our requirement for design and material.</p> <p>SW8.0 Scottish Swimming Rules SW8.8 Swimwear Policies</p> <p>SW8.8.1. For events held under the direct jurisdiction and control of Scottish Swimming the Scottish Swimming “Swimwear Policies” shall also apply. The policies are included in full in the appendices of Scottish Swimming Regulations. These can be found <a href="#">here</a>.</p> <p><b>At this meet only the policy on Agreed Swimwear is relevant.</b></p>
<b>Transgender &amp; Non-Binary Competition</b>	<p>Please Note: Scottish Swimming will be implementing the new Transgender &amp; Non-Binary Competition Policy as of 1st December 2023, an addendum to the meet information will be issued accordingly. We will communicate through the East District Social Media Channels when changes have been made.</p>





## Appendix 1 - Schedule of Events

Distance Weekend - Michael Woods Centre		25 <sup>th</sup> & 26 <sup>th</sup> November 2023
	Sat 25 <sup>th</sup> November	Sun 26 <sup>th</sup> November
	<b>All Groups</b>	
<b>Morning Warm Up: 9.00am (tbc)</b>	Male 400m Free HDW Female 1500m Free HDW	Female 400m Free HDW Male 1500m Free HDW
	<b>All Groups</b>	
<b>Afternoon Warm Up: 1.30pm (tbc)</b>	Female 400m Individual Medley HDW Male 800m Free HDW	Male 400m Individual Medley HDW Female 800m Free HDW
200m & Sprint Events – Royal Commonwealth Pool		3 <sup>rd</sup> & 4 <sup>th</sup> February 2024
	Sat 3 <sup>rd</sup> February	Sun 4 <sup>th</sup> February
	<b>All Groups</b>	
<b>Morning Warm Up: 9.00am (tbc)</b>	Male 50m Fly Female 50m Free  Male 200m Back Female 200m Breast Group 1 & 2 HDW  Finals 50m Fly and 50m Free starting with Group 1 for each event.	Female 50m Fly Male 50m Free  Female 200m Back Male 200m Breast Group 1 & 2 HDW  Finals 50m Fly and 50m Free starting with Group 1 for each event.
	<b>All Groups</b>	
<b>Afternoon Warm Up: 1.30 pm (tbc)</b>	Male 50m Breast Female 50m Back  Male 200m Free Female 200m Fly Group 1 & 2 HDW  Finals 50 Breast and 50 Back starting with Group 1 for each event.  Relays 4 x 50m Free Relay Male HDW born 2012 & 2013 born 2010 & 2011 4 x 50m Medley Relay Female HDW born 2012 & 2013 born 2010 & 2011	Female 50m Breast Male 50m Back  Female 200m Free Male 200m Fly Group 1 & 2 HDW  Finals 50 Breast and 50 Back starting with Group 1 for each event.  Relays 4 x 50m Free Relay Female HDW born 2012 & 2013 born 2010 & 2011 4 x 50m Medley Relay Male HDW born 2012 & 2013 born 2010 & 2011
	<b>Short 20 mins break</b>	
	Finals Groups 3, 4, 5, 6 Male 200m Back Female 200m Breast Male 200m Free Female 200m Fly  Relays 4 x 50m Free Relay Male HDW born 2009 & 2008 born 2007 or earlier 4 x 50m Medley Relay Female HDW born 2009 & 2008 born 2007 or earlier	Finals Groups 3, 4, 5, 6 Female 200m Back Male 200m Breast Female 200m Free Male 200m Fly  Relays 4 x 50m Free Relay Female HDW born 2009 & 2008 born 2007 or earlier 4 x 50m Medley Relay Male HDW born 2009 & 2008 born 2007 or earlier



Final weekend – Royal Commonwealth Pool		16 <sup>th</sup> & 17 <sup>th</sup> March 2024
	Sat 16 <sup>th</sup> March	Sunday 17 <sup>th</sup> March
	All Groups	
<b>Morning Warm Up: 9.00am (tbc)</b>	<b>Heats Groups 4, 5, 6</b> Female 100m Fly Male 100m Free Female 100m Back Male 100m Breast  Female 200m IM HDW Groups 4, 5, 6	<b>Heats Groups 4, 5, 6</b> Male 100m Fly Female 100m Free Male 100m Back Female 100m Breast  Male 200m IM HDW Groups 4, 5, 6
<b>Afternoon Warm Up: 1.30pm (tbc)</b>	<b>Heats Groups 1, 2, 3</b> Female 100m Breast Male 100m Back Female 100m Free Male 100m Fly  Female 200m Individual Medley HDW Groups 1, 2, 3	<b>Heats Groups 1, 2, 3</b> Male 100m Breast Female 100m Back Male 100m Free Female 100m Fly  Male 200m Individual Medley HDW Groups 1, 2, 3
<b>Evening Warm Up: 4.15pm (tbc)</b>	<b>4 x 50m Mixed Medley Relay HDW            Female &amp; Male born 2012 &amp; 2013</b>  <b>Finals</b> Female 100m Fly Male 100m Free Female 100m Back Male 100m Breast Female 100m Breast Male 100 Back Female 100 Free Male 100 Fly  <b>Relays</b> 4 x 50m Mixed Medley Relay HDW Female & Male born 2010 & 2011 Female & Male born 2008 & 2009 Female & Male born 2007 or earlier	<b>4 x 50m Mixed Free Relay HDW            Female &amp; Male born 2012 &amp; 2013</b>  <b>Finals</b> Male 100m Fly Female 100m Free Male 100m Back Female 100m Breast Male 100m Breast Female 100m Back Male 100m Free Female 100m Fly  <b>Relays</b> 4 x 50m Mixed Free Relay HDW Female & Male born 2010 & 2011 Female & Male born 2008 & 2009 Female & Male born 2007 or earlier



## Appendix 2 – Qualification and Consideration times

### QUALIFYING TIMES

#### EAST DISTRICT AGE GROUP CHAMPIONSHIPS 2023/24

Year of birth	2013 & 2012	2011	2010	2009	2008	2007 or earlier
<b>MALES</b>	<b>Group 1</b>	<b>Group 2</b>	<b>Group 3</b>	<b>Group 4</b>	<b>Group 5</b>	<b>Group 6</b>
50m Freestyle	00:38.50	00:35.60	00:32.60	00:30.70	00:29.20	00:27.00
100m Freestyle	01:28.00	01:17.00	01:12.00	01:08.00	01:04.00	01:00.00
200m Freestyle	03:00.00	02:43.00	02:32.00	02:22.00	02:13.00	02:10.00
400m Freestyle	<b>06:10.00</b>	<b>05:45.00</b>	<b>05:15.00</b>	<b>04:55.00</b>	<b>04:49.00</b>	<b>04:30.00</b>
800m Freestyle	NA	<b>11:30.00</b>	<b>10:50.00</b>	<b>10:20.00</b>	<b>09:40.00</b>	<b>09:20.00</b>
1500 Freestyle	NA	<b>21:00.00</b>	<b>20:30.00</b>	<b>19:40.00</b>	<b>18:50.00</b>	<b>18:00.00</b>
50m Backstroke	00:45.20	00:41.90	00:37.50	00:36.30	00:34.50	00:34.30
100m Backstroke	01:40.00	01:30.00	01:25.00	01:17.00	01:14.00	01:12.00
200m Backstroke	03:15.00	03:05.00	03:00.00	02:48.00	02:40.00	02:30.00
50m Butterfly	00:46.40	00:42.20	00:36.50	00:34.60	00:33.10	00:29.40
100m Butterfly	01:47.00	01:32.00	01:26.00	01:20.00	01:16.00	01:08.00
200m Butterfly	03:30.00	03:20.00	03:08.00	02:58.00	02:48.00	02:32.00
50m Breaststroke	00:53.80	00:50.70	00:42.30	00:40.80	00:38.60	00:35.90
100m Breaststroke	01:55.00	01:44.00	01:35.00	01:30.00	01:25.00	01:21.00
200m Breaststroke	03:44.00	03:33.00	03:15.00	03:05.00	03:00.00	02:50.00
200m IM	03:35.00	03:14.00	03:05.00	02:53.00	02:50.00	02:32.00
400m IM	<b>06:50.00</b>	<b>06:25.00</b>	<b>06:10.00</b>	<b>05:48.00</b>	<b>05:40.00</b>	<b>05:10.00</b>
Year of birth	2013 & 2012	2011	2010	2009	2008	2007 or earlier
<b>FEMALES</b>	<b>Group 1</b>	<b>Group 2</b>	<b>Group 3</b>	<b>Group 4</b>	<b>Group 5</b>	<b>Group 6</b>
50m Freestyle	00:35.50	00:33.20	00:32.00	00:31.10	00:30.70	00:30.20
100m Freestyle	01:20.00	01:14.00	01:10.00	01:09.00	01:08.00	01:07.00
200m Freestyle	02:50.00	02:40.00	02:30.00	02:26.00	02:23.00	02:20.00
400m Freestyle	<b>05:58.00</b>	<b>05:30.00</b>	<b>05:15.00</b>	<b>05:05.00</b>	<b>05:00.00</b>	<b>04:55.00</b>
800m Freestyle	NA	<b>11:00.00</b>	<b>10:30.00</b>	<b>10:10.00</b>	<b>10:00.00</b>	<b>09:53.00</b>
1500m Freestyle	NA	<b>21:30.00</b>	<b>20:40.00</b>	<b>20:10.00</b>	<b>19:40.00</b>	<b>18:50.00</b>
50m Backstroke	00:42.00	00:38.50	00:36.60	00:35.60	00:35.40	00:34.60
100m Backstroke	01:32.00	01:27.00	01:22.00	01:21.00	01:20.50	01:18.00
200m Backstroke	03:05.00	03:00.00	02:53.00	02:45.00	02:43.00	02:40.00
50m Butterfly	00:42.40	00:37.50	00:35.50	00:34.60	00:33.60	00:33.60
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	00:44.70	00:41.80	00:40.80	00:40.10	00:39.80
100m Breaststroke	01:48.00	01:39.00	01:35.00	01:32.00	01:30.00	01:26.00
200m Breaststroke	03:35.00	03:17.00	03:10.00	03:05.00	03:03.00	02:58.00
200m IM	03:10.00	03:08.00	03:02.00	02:57.00	02:54.00	02:45.00
400m IM	<b>06:20.00</b>	<b>06:10.00</b>	<b>06:04.00</b>	<b>05:54.00</b>	<b>05:48.00</b>	<b>05:32.00</b>

NB. 400m, 800m and 1500m times are SC, all others are LC



## CONSIDERATION TIMES

### EAST DISTRICT AGE GROUP CHAMPIONSHIPS 2023/24

Year of birth	2013 & 2012	2011	2010	2009	2008	2007 or earlier
<b>MALES</b>	<b>Group 1</b>	<b>Group 2</b>	<b>Group 3</b>	<b>Group 4</b>	<b>Group 5</b>	<b>Group 6</b>
50m Freestyle	00:41.60	00:36.80	00:34.20	00:31.80	00:30.80	00:27.90
100m Freestyle	01:31.00	01:20.00	01:14.00	01:10.00	01:06.00	01:01.00
200m Freestyle	03:07.00	02:45.20	02:34.50	02:25.60	02:17.60	02:12.80
<b>400m Freestyle</b>	<b>06:20.00</b>	<b>06:05.00</b>	<b>06:00.00</b>	<b>05:45.00</b>	<b>05:30.00</b>	<b>05:15.00</b>
<b>800m Freestyle</b>	<b>NA</b>	<b>11:50.00</b>	<b>11:00.00</b>	<b>10:50.00</b>	<b>10:20.00</b>	<b>10:00.00</b>
<b>1500 Freestyle</b>	<b>NA</b>	<b>21:30.00</b>	<b>21:00.00</b>	<b>20:30.00</b>	<b>19:50.00</b>	<b>19:00.00</b>
50m Backstroke	00:47.50	00:42.60	00:39.60	00:38.80	00:37.70	00:37.20
100m Backstroke	01:43.00	01:34.00	01:27.00	01:19.00	01:16.00	01:13.00
200m Backstroke	03:16.80	03:07.00	03:02.00	02:50.50	02:42.20	02:32.40
50m Butterfly	00:50.60	00:44.00	00:39.60	00:38.60	00:37.60	00:37.10
100m Butterfly	01:51.00	01:33.00	01:27.00	01:21.00	01:17.00	01:09.00
200m Butterfly	03:31.80	03:21.80	03:09.30	03:04.80	02:50.00	02:34.20
50m Breaststroke	00:54.80	00:49.80	00:45.80	00:44.80	00:43.80	00:38.90
100m Breaststroke	01:56.00	01:45.00	01:36.00	01:31.00	01:26.00	01:22.00
200m Breaststroke	03:46.60	03:35.70	03:17.80	03:08.00	03:03.00	02:53.20
200m IM	03:36.00	03:15.00	03:06.00	02:54.00	02:51.00	02:33.00
<b>400m IM</b>	<b>07:10.00</b>	<b>06:35.00</b>	<b>06:20.00</b>	<b>06:05.00</b>	<b>05:50.00</b>	<b>05:30.00</b>
Year of birth	2013 & 2012	2011	2010	2009	2008	2007 or earlier
<b>FEMALES</b>	<b>Group 1</b>	<b>Group 2</b>	<b>Group 3</b>	<b>Group 4</b>	<b>Group 5</b>	<b>Group 6</b>
50m Freestyle	00:36.20	00:34.80	00:33.20	00:32.70	00:32.30	00:31.30
100m Freestyle	01:21.00	01:17.00	01:12.00	01:11.50	01:11.00	01:08.00
200m Freestyle	02:52.20	02:42.30	02:34.40	02:30.40	02:25.50	02:22.60
<b>400m Freestyle</b>	<b>06:20.00</b>	<b>06:10.00</b>	<b>06:00.00</b>	<b>05:50.00</b>	<b>05:40.00</b>	<b>05:30.00</b>
<b>800m Freestyle</b>	<b>NA</b>	<b>11:20.00</b>	<b>11:10.00</b>	<b>11:00.00</b>	<b>10:50.00</b>	<b>10:30.00</b>
<b>1500m Freestyle</b>	<b>NA</b>	<b>21:50.00</b>	<b>21:00.00</b>	<b>20:45.00</b>	<b>20:20.00</b>	<b>20:00.00</b>
50m Backstroke	00:43.00	00:41.00	00:39.00	00:38.50	00:38.00	00:37.50
100m Backstroke	01:33.00	01:30.00	01:26.00	01:23.00	01:22.00	01:20.00
200m Backstroke	03:06.90	03:02.00	02:57.00	02:47.20	02:45.20	02:42.20
50m Butterfly	00:43.50	00:41.60	00:37.60	00:36.60	00:36.60	00:35.60
100m Butterfly	01:49.00	01:35.00	01:28.00	01:25.00	01:24.00	01:19.00
200m Butterfly	03:46.50	03:26.60	03:19.70	03:07.80	02:57.90	02:46.00
50m Breaststroke	00:49.80	00:47.80	00:44.80	00:44.30	00:43.80	00:42.40
100m Breaststroke	01:49.00	01:40.00	01:36.00	01:33.00	01:31.00	01:27.00
200m Breaststroke	03:37.50	03:19.80	03:12.90	03:07.90	03:06.00	03:01.00
200m IM	03:11.00	03:09.00	03:03.00	02:58.00	02:55.00	02:46.00
<b>400m IM</b>	<b>06:30.00</b>	<b>06:20.00</b>	<b>06:10.00</b>	<b>06:00.00</b>	<b>05:55.00</b>	<b>05:50.00</b>

NB. 400m, 800m and 1500m times are SC, all others are LC



### Appendix 3 – Multi Classification Consideration times

#### MC CONSIDERATION TIMES

50m FREE	Females	Males	100m FREE	Females	Males	200m FREE	Females	Males	400m FREE	Females	Males
S1	02:22.99	02:33.08	S1	07:04.37	05:10.91	S1	11:15.63	08:43.43	S6	08:51.88	08:38.23
S2	02:05.27	01:50.07	S2	04:45.53	03:45.13	S2	11:49.48	07:12.09	S7	08:50.21	07:54.21
S3	01:42.20	01:18.12	S3	03:06.37	03:07.42	S3	08:42.66	05:46.68	S8	08:20.85	07:36.40
S4	01:09.45	01:03.89	S4	02:41.09	02:20.98	S4	06:16.33	04:57.06	S9	07:54.84	07:11.02
S5	01:05.25	00:53.30	S5	02:18.87	02:00.36	S5	04:43.30	04:29.64	S10	07:42.04	06:54.65
S6	00:56.78	00:51.70	S6	02:06.96	01:51.26	S14	03:40.20	03:14.58	S11	08:42.85	07:47.31
S7	00:56.34	00:47.58	S7	02:01.33	01:45.30				S12	08:19.92	07:50.64
S8	00:52.97	00:46.00	S8	01:54.97	01:39.48				S13	07:48.98	06:51.88
S9	00:49.49	00:42.82	S9	01:47.76	01:35.11				S14	08:36.17	07:20.27
S10	00:47.16	00:39.95	S10	01:43.16	01:27.46						
S11	00:50.64	00:44.51	S11	01:53.15	01:40.47						
S12	00:46.89	00:40.55	S12	01:42.42	01:29.88						
S13	00:46.02	00:41.02	S13	01:41.06	01:31.10						
S14	00:48.52	00:43.18	S14	01:43.85	01:29.15						
50m BACK	Females	Males	100m BACK	Females	Males	50m BREAST	Females	Males	100m BREAST	Females	Males
S1	03:51.05	02:05.43	S1	07:37.83	04:18.54	SB1	03:50.89	03:28.13	SB4	03:07.61	02:50.34
S2	01:59.32	01:37.43	S2	04:19.15	03:27.52	SB2	03:04.31	01:45.52	SB5	02:56.14	02:31.32
S3	01:33.69	01:17.47	S6	02:17.97	02:08.76	SB3	01:40.35	01:23.84	SB6	02:42.35	02:17.87
S4	01:22.21	01:12.37	S7	02:19.43	01:59.14				SB7	02:38.64	02:10.85
S5	01:13.58	00:56.75	S8	02:13.13	01:54.05				SB8	02:22.97	01:58.85
			S9	02:00.73	01:45.33				SB9	02:11.90	01:55.70
			S10	01:57.20	01:42.68				SB11	02:26.27	02:03.45
			S11	02:10.87	01:57.91				SB12	02:13.02	01:51.79
			S12	01:57.61	01:44.16				SB13	02:07.75	01:50.45
			S13	01:53.03	01:41.76				SB14	02:09.08	01:52.05
			S14	01:55.48	01:41.01						
50m FLY	Females	Males	100m FLY	Females	Males	200m IM	Females	Males			
S1	05:00.00	05:00.00	S8	02:15.88	01:47.44	SM5	06:07.10	05:47.65			
S2	03:57.64	02:57.55	S9	01:56.33	01:42.92	SM6	05:01.61	04:34.19			
S3	01:58.41	01:33.07	S10	01:55.06	01:38.02	SM7	05:08.77	04:17.69			
S4	01:25.41	01:33.92	S11	02:59.71	01:50.11	SM8	04:45.36	04:00.60			
S5	01:17.06	00:54.18	S12	01:52.81	01:38.28	SM9	04:24.59	03:51.27			
S6	01:01.86	00:53.62	S13	01:52.98	01:36.90	SM10	04:09.95	03:43.36			
S7	00:58.34	00:49.88	S14	01:53.05	01:34.66	SM11	04:41.54	04:11.55			
						SM12	04:15.37	03:54.14			
						SM13	04:11.46	03:42.34			
						SM14	04:13.66	03:40.86			