

SASA EAST DISTRICT AGE GROUP CHAMPIONSHIPS 2017/2018

25th & 26th November 2017
and 13th & 14th January 2018

2nd to 4th February 2018

Michael Wood Centre,
Glenrothes
Royal Commonwealth
Pool, Edinburgh

Licence Numbers: L1/564/ED/NOV17
L1/565/ED/JAN18
L1/566/ED/FEB18

Under SASA and FINA rules.

SASA East District

AGE GROUP CHAMPIONSHIPS 2017/18

INFORMATION

The East District Age Group Championships will be held over 6.5 days. The first weekend in November 2017 and second in January 2018 both at Michael Wood Centre, Glenrothes. The “Finals” weekend will be held in February 2018 at The Royal Commonwealth Pool, Edinburgh and will be over 2.5 days.

Competitors will compete in groups where age is at end of the year of competition (December 2018), as defined below:

- Group 1 - those born in 2006 & 2007
- Group 2 - those born in 2005
- Group 3 - those born in 2004
- Group 4 - those born in 2003
- Group 5 - those born in 2002
- Group 6 those born 2001 or earlier

For relay events, groupings are:

Mixed Relays (2 male, 2 female)

- those born in 2006 & 2007
- those born in 2004 & 2005
- those born in 2002 & 2003
- those born in or 2001 & 2000

Same gender relays

- those born in 2006 & 2007
- those born in 2004 & 2005
- those born in 2002 & 2003
- those born 2001 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 also from Group 2 will be seeded so that the eight fastest entry times will swim against each other as a fastest heat for each Group. The youngest age group (Group 1, those born 2006 & 2007) cannot enter the 800m or 1500m Freestyle.

All other individual events will be swum in ‘Open’ heats, with Group finals in the 50m, 100m and 200m events. For the “Finals” weekend at RCP the older age groups heats (3, 4, 5 & 6) will swim in the morning. The younger age groups will swim their heats in the afternoon (Groups 1 & 2). All age groups will swim in the Finals session.

The 200 Individual Medley events will take place on the Friday evening of 2nd February 2018 at RCP. Groups 3, 4, 5 & 6 only will proceed to finals at the end of the session.

Multi-Classification (MC) events are open to East 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 Group finals but there are no separate finals for MC competitors.

Dates / Venues: 25th & 26th November 2017: Michael Wood Centre, Glenrothes
13th & 14th January 2018: Michael Wood Centre, Glenrothes
2nd, 3rd & 4th February 2018: 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.

ENTRIES

Times submitted should be achieved after **25th November 2016**. 50m conversions 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.

TIMES SET AT LEVEL 3 MEETS CANNOT BE USED for events of 400m or less.

For 800m and longer events, swimmers may use times set:

- at Level 3 meets
- at a club time trial or a training session, where the time is verified by a British Swimming registered official or a current Swimming Official of starter level (J2S) or above
- or split times from 1500 m events.

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 of entries will be made prior to publication of the programme. In the event that entry times cannot be substantiated, or an entry time is not provided, the meet organisers reserve the right to reject the entry without refund.

Swimmers can only swim in their own Group for relay events in round 1 and round 3.

Relay swimmers, including reserves, should 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 November 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. Medals will be presented to the top 3 teams in each event. No award will be given for 4th to 8th placings. 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.

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 :

25th/26th November 2017: Noon Tuesday 31st October 2017

13th/14th January 2018: Noon Tuesday 19th December 2017

2nd/3rd/4th February 2018: Noon Tuesday 9th January 2018

ENTRY FEES:

Individual events	£8.50
Team events	£10.00 per team

SPECTATOR PASSES

Each swimmer will be entitled to one free spectator pass for each session in which they compete. Spectator passes may not be offered for resale. Any that are, may be confiscated by a steward or officer of the East District and/or the facility management.

Spectator passes will be available for collection at the entry desk each weekend. They will be allocated in line with the entry list provided.

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 Telfer Cup. 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 ie a swimmer may only swim in one relay. The exact composition for each relay event/team will be agreed at the 2017 East District AGM.

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 no 4th to 8th 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 four groups:

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

Note: there are only three point scoring groups for swimmers born in 2006 and 2007, namely:

- Best from Backstroke, Breaststroke, Butterfly or Freestyle) 200m only
- Best sprint swim (Freestyle, Breaststroke, Backstroke or Butterfly) 100m swims 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 2006 or 2007) 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, and emailed to entry secretaries.

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:

- 2017 and 2018 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. 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 £18 per day (RCP) and £13 per day (MWC). At the RCP a light snack will also be served to coaches with weekend meal tickets before the start of each evening session, including on Friday. 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 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, START SHEETS AND RESULTS

Programmes and start sheets will be available for each session. Results will be available on the swimscotland website, www.swimscotland.org.uk

RULES

All competitors must have paid the annual membership fee for 2017/2018 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

For enquiries about entries
and the draft programme

Susan Liddle

sasaeastdistrictsecretary@gmail.com

For coaches'/poolside passes

Tony Dane

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**

25th & 26th November 2017, 13th& 14th January 2018, 2nd,3rd& 4th February 2018

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			

	Snack Friday pm (RCP only)	Meals Saturday	Meals Sunday
Totals			

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

No. of Boys Entries		@ £ 8.50 each	£ -
No. of Girls Entries		@ £ 8.50 each	£ -
No. of Relay Entries		@ £10.00 each	£ -
No. of Coaches Lunches - MWC		@ £ 13.00 each	£ -
No. of Coaches Lunches - RCP		@ £ 18.00 each	£ -
Total Remittance			£ -

Click anywhere outside the grid to return to normal mode.

Please make cheque payable to "SASA East District"

I confirm that all swimmers entered have paid the correct level of SASA membership fee for 2017/2018 and all entry times have been achieved since 25th November 2016 as laid out on the attached sheets. Results sheets have been provided as requested by the meet organizers.

I confirm that all poolside personnel have a current PVG.

Signed: _____ Position: _____ Date: _____

CONSIDERATION TIMES

EAST DISTRICT AGE GROUP CHAMPIONSHIPS 2017/2018

Year of birth	2006 & 2007	2005	2004	2003	2002	2001 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	01:30.00	01:19.00	01:13.00	01:09.00	01:05.00	01:00.00
200m Freestyle	03:05.00	02:45.00	02:32.00	02:23.00	02:15.00	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		11:40.00	11:10.00	10:30.00	09:30.00	09:00.00
1500m Freestyle		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	01:42.00	01:33.00	01:26.00	01:18.00	01:15.00	01:12.00
200m Backstroke	03:25.00	03:08.00	03:05.00	02:57.00	02:43.00	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	01:50.00	01:32.00	01:26.00	01:20.00	01:16.00	01:08.00
200m Butterfly	03:45.00	03:20.00	03:08.00	03:03.00	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	03:50.00	03:35.00	03:15.00	03:09.00	03:05.00	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	2006 & 2007	2005	2004	2003	2002	2001 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	01:16.00	01:11.00	01:10.50	01:10.00	01:07.00
200m Freestyle	02:52.00	02:40.00	02:32.00	02:28.00	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		11:00.00	10:30.00	10:10.00	10:00.00	09:53.00
1500m Freestyle		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	01:29.00	01:25.00	01:22.00	01:21.00	01:19.00
200m Backstroke	03:13.00	03:06.00	02:55.00	02:50.00	02:48.00	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	01:48.00	01:34.00	01:27.00	01:24.00	01:23.00	01:18.00
200m Butterfly	03:45.00	03:25.00	03:18.00	03:06.00	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	03:45.00	03:25.00	03:15.00	03:10.00	03:08.00	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 50m and 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-S13
- 100m Freestyle – S1-S13
- 200m Freestyle – S1-S5 & S14
- 400m Freestyle – S6-S13
- 50m Backstroke – S1-S5
- 100m Backstroke – S6-S14
- 50m Butterfly – S1-S7
- 100m Butterfly – S8-S13
- 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 26th November 2016 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:-

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	02:13.89	S1	07:04.37	04:35.33	S1	11:15.63	09:31.00	S6	09:27.34	08:49.70
S2	01:58.71	01:43.78	S2	03:58.32	03:34.34	S2	09:47.64	07:49.51	S7	09:02.18	08:00.32
S3	01:21.57	01:16.28	S3	02:59.20	02:48.23	S3	06:57.01	06:10.24	S8	08:37.74	07:39.88
S4	01:16.19	01:06.40	S4	02:44.44	02:24.45	S4	05:46.24	05:08.75	S9	07:56.02	07:12.58
S5	01:02.05	00:56.85	S5	02:18.87	02:08.15	S5	04:53.88	04:37.34	S10	07:51.29	06:59.19
S6	00:59.82	00:51.10	S6	02:06.63	01:55.62	S14	03:44.11	03:23.69	S11	08:57.78	07:58.94
S7	00:56.61	00:47.75	S7	02:02.50	01:44.55				S12	07:55.57	07:13.11
S8	00:52.92	00:44.73	S8	01:51.74	01:38.29				S13	08:06.40	06:57.95
S9	00:49.66	00:43.47	S9	01:47.93	01:35.98						
S10	00:48.18	00:40.09	S10	01:43.84	01:29.71						
S11	00:52.72	00:44.74	S11	01:57.95	01:41.32						
S12	00:46.77	00:40.83	S12	01:42.00	01:29.86						
S13	00:47.21	00:40.80	S13	01:43.89	01:28.93						
<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	02:17.29	S1	07:37.83	04:34.02	SB1	04:00.00	03:39.21	SB4	03:17.49	02:45.29
S2	01:50.77	01:43.53	S2	04:05.75	03:42.48	SB2	02:09.74	01:39.47	SB5	03:05.79	02:42.64
S3	01:52.32	01:19.02	S6	02:26.59	02:07.02	SB3	01:52.27	01:25.31	SB6	02:50.51	02:21.05
S4	01:31.48	01:17.93	S7	02:24.43	02:01.23				SB7	02:38.44	02:19.47
S5	01:14.58	01:03.85	S8	02:13.74	01:50.33				SB8	02:20.16	02:00.73
			S9	02:00.67	01:48.34				SB9	02:12.28	01:54.58
			S10	01:57.33	01:43.24				SB11	02:32.98	02:02.88
			S11	02:15.39	01:55.97				SB12	02:15.57	01:53.85
			S12	01:57.78	01:43.33				SB13	02:15.24	01:54.00
			S13	02:05.90	01:41.03				SB14	02:11.70	01:55.52
			S14	01:53.42	01:47.12						
<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	01:58.32	01:44.01	SM5	05:54.59	05:38.78			
S2	03:15.38	04:05.11	S9	01:59.12	01:41.85	SM6	05:30.28	04:39.45			
S3	01:57.32	01:47.87	S10	01:57.18	01:36.73	SM7	05:11.17	04:27.21			
S4	02:52.11	01:21.01	S11	02:24.06	01:48.14	SM8	04:35.04	04:09.25			
S5	01:14.82	01:03.24	S12	01:56.57	01:38.89	SM9	04:25.56	03:54.29			
S6	01:04.45	00:53.43	S13	01:54.89	01:35.81	SM10	04:17.26	03:45.01			
S7	01:00.69	00:52.28				SM11	05:02.33	04:08.96			
						SM12	04:12.84	03:46.10			
						SM13	04:15.61	03:41.27			
						SM14	04:15.73	03:55.11			

SCHEDULE OF EVENTS (pg 1)

	Round 1 Michael Wood Centre		Round 2 Michael Wood Centre		Round 3 Royal Commonwealth Pool		
	Sat 25 th November	Sun 26 th November	Sat 13 th January	Sun 14 th January	Fri 2 nd February	Sat 3 rd February	Sun 4 th February
Morning Warm up 9:00 am (tbc)	All Groups		All Groups			Groups 3,4,5 & 6	
	Boys 1500m Freestyle HDW	Girls 1500m Freestyle HDW	Girls 200m Freestyle (groups 1 & 2 HDW)	Boys 200m Butterfly (groups 1 & 2 HDW)		Heats	Heats
Girls 400m Individual Medley HDW	Boys 400m Individual medley HDW	Boys 200m Breaststroke (groups 1 & 2 HDW)	Girls 200m Backstroke (groups 1 & 2 HDW)	Boys 50m Breast Girls 50m Breast Boys 100m Back Girls 100m Back Boys 50m Fly Girl 50m Fly Boy 100m Free Girls 100m Free		Girls 100 m Breast Boys 100m Breast Girls 50m Back Boys 50m Back Girls 100m Fly Boys 100m Fly Girls 50m Free Boys 50m Free	
		Finals of above. Event order as above, starting with Group 3 for each event.	Finals of above. Event order as above, starting with Group 3 for each event.				
Afternoon Warm up 1:45 pm (tbc)	All Groups		All Groups			Groups 1 & 2	
	Boys 400m Freestyle HDW	Girls 400m Freestyle HDW	Girls 200m Breaststroke (groups 1 & 2 HDW)	Boys 200m Backstroke (groups 1 & 2 HDW)		Heats	Heats
	Girls 800m Freestyle HDW	Boys 800m Freestyle HDW	Boys 200m Freestyle (groups 1 & 2 HDW)	Girls 200m Butterfly (groups 1 & 2 HDW)		Boys 50m Breast Girls 50m Breast Boys 100m Back Girls 100m Back Boys 50m Fly Girls 50m Fly Boys 100m Free Girls 100m Free	Girls 100m Breast Boys 100m Breast Girls 50m Back Boys 50m Back Girls 100m Fly Boys 100m Fly Girls 50m Free Boys 50m Free
	4 x 50 mixed medley relay those born 2006 & 2007 and those born 2001 & 2000 HDW	4 x 50 Mixed medley relay those born 2004 & 2005 and those born 2002 & 2003 HDW	Finals of above. Event order as above, starting with Group 3 for each event.	Finals of above. Event order as above, starting with Group 3 for each event.			
	4 x 50 mixed freestyle relay. those born 2004 & 2005 and those born 2002 & 2003 HDW	4 x50 mixed freestyle relay those born 2006 & 2007 and those born 2001& 2000 HDW	Telfer Cup mixed relays; 4 x 50 freestyle relay 4 x 100 medley relay	Telfer Cup mixed relays; 4 x 50 medley relay 4 x 100 freestyle relay			

SCHEDULE OF EVENTS (pg 2)

Evening Warm up time (tbc)	Round 1 Michael Wood Centre	Round 2 Michael Wood Centre	Round 3 Royal Commonwealth Pool		
			Fri 3 rd February	Sat 4 th February	Sun 5 th February
			<p><u>Heats</u></p> <p>Groups 3,4,5 & 6 200m Individual Medley Swum in that order. (Finals to be swum at the end of the session).</p> <p>Groups 1 & 2 200m Individual Medley HDW</p> <p>Fastest 8 swimmers in each group swimming against each other in a fastest heat. HDW</p> <p>Finals for groups 3-6.</p>	<p><u>Finals. All Groups</u></p> <p>Boys 50m Breast Girls 50m Breast Boys 100m Back Girls 100m Back Boys 50m Fly Girls 50m Fly Boys 100m Free Girls 100m Free</p> <p><u>Relays</u></p> <p>4 X 50 Medley Relay those born 2004 & 2005 and those born 2001 or earlier HDW</p> <p>4 X 50 Freestyle Relay those born 2004 & 2005 those born 2002 & 2003 HDW</p>	<p><u>Finals. All Groups</u></p> <p>Girls 100m Breast Boys 100m Breast Girls 50m Back Boys 50m Back Girls 100m Fly Boys 100m Fly Girls 50m Free Boys 50m Free</p> <p><u>Relays</u></p> <p>4 X 50 Medley Relay those born 2006 & 2007 and those born 2002 & 2003 HDW</p> <p>4 X 50 Freestyle relay those born 2004 & 2005) and those born 2001 or earlier HDW</p>