



Swim West Lothian Time Trial – Friday 21 September 2018

Purpose

To deliver a licensed time trial that will give swimmers the opportunity to achieve EDAG consideration time.

The distance time trial will be four weeks into the new season and will focus on allowing pathway and top club swimmers the opportunity to achieve EDAG consideration times. The number of heats per event will be limited and priority will be given to swimmers who have not already achieved the consideration times.

Note to Coaches:

The time trial will run as a level 2 licensed event. Due to the limit on the number of heats coaches should ensure that all swimmers entering have a realistic chance of achieving the consideration time for the event. The consideration times are listed on page 2. At this stage entries will only be accepted for swimmers who have not achieved these times.

Venue:	St Margaret's Academy, Livingston
Pool	6 lanes, 25m with anti-wave lane ropes. Over the top starts. Manual timing. Only swimmers, coaches, technical officials and volunteers will be allowed poolside. There is no spectator area on poolside.
Time	One session. Warm up 18:00 to 18:30. Start 18:35. 2 x 15min warmups with the last 5 min given to six lane diving. Warm up lanes allocated to clubs on evening.
Ages	Minimum age 11 years (for 400m freestyle, and 400m IM) and 13 years (for 800m and 1500m freestyle). All events mixed. Age as at 31 December 2019.
Events	1500m freestyle; 800m freestyle; 400m freestyle; and 400m IM.
Entry Fee	£5 per swim. No refunds will be given for withdrawals after the draft programme has been issued.
Awards	There are no awards.
Officials	To help achieve accreditation ALL clubs must provide one volunteer, three timekeepers and at least 2 judges / technical officials.
Entries	Closing date for entries Friday 7 September .



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Entry Times must be slower than those listed in the table below.

MALE						
Year of Birth	2007-2008	2006	2005	2004	2003	2002 or earlier
1500m freestyle		21:00.00	20:30.00	19:40.00	18:50.00	18:00.00
800m freestyle		11:40.00	11:10.00	10:30.00	9:30.00	9:00.00
400m freestyle	6:20.00	5:45.00	5:15.00	4:55.00	4:49.00	4:30.00
400m IM	7:10.00	6:35.00	6:10.00	5:48.00	5:40.00	5:10.00

FEMALE						
Year of Birth	2007-2008	2006	2005	2004	2003	2002 or earlier
1500m freestyle		21:50.00	20:40.00	20:10.00	19:40.00	18:50.00
800m freestyle		11:00.00	10:30.00	10:10.00	10:00.00	9:53.00
400m freestyle	5:58.00	5:30.00	5:15.00	5:05.00	5:00.00	4:55.00
400m IM	6:30.00	6:20.00	6:04.00	5:54.00	5:48.00	5:32.00