

# WEST LOTHIAN SCHOOLS AREA SWIMMING HEATS 2018



Entries to: Dawn Calvert, 26 Croft Place, Eliburn, Livingston, EH54 6RJ  
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## To Whom it May Concern

The above Area Heats will take place at Deans Community High School, Livingston on the Sunday 04 November, 2018. They will run over two sessions; session 1 - warm up 9.15 start 10.00 and session 2 - warm up 13.00 start 13.45.

As these act as the qualifying heats for the 2019 Scottish Schools Swimming Championships to be held on January 26<sup>th</sup> 2019 at Tollcross pool Glasgow the entry age for swimmers will be calculated as at the **31<sup>st</sup> December 2019**. This means that a swimmer born in 2004 is classed as 15 years old not 14 years and will therefore swim in the 15/16 years age category at the heats. Once again the Scottish School's sponsor; Brodies Solicitors will provide medals for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places.

In order to comply with time constraints, and also Health & Safety requirements, it will be necessary to limit the number of competitors in each event. To enable this to be done fairly, there are consideration times for this event and therefore entry times must be submitted with entries. You will find a copy of the consideration times along with the entry forms on the attached spreadsheet. Swimmers will swim according to their entry time.

## **Entries:**

**12 and under swimmers may enter a maximum of two events.**

**13 and over swimmers may enter a maximum of four events, two of which MUST be 200m or over.**

**Swimmers can only enter a maximum of two 100m events.**

The first three swimmers from each event will be put forward to the Scottish Schools finals as long as they have achieved the qualifying time. Unfortunately, this does not always guarantee them a swim at the finals as three swimmers from all areas in Scotland are put forward and only the fastest 12 are selected (*fastest 6 in open events and 17/19 age group*). Information on finalists will be relayed to the schools as soon as possible. Swimmers will be asked to select entry for final. Entry forms should be completed before leaving the meet.

***Please note: There will be a Boys and Girls 12 & under relay events this year***

There will be no cost of entry this year.

Closing date for entries is **Friday 5<sup>th</sup> October 2018**. Entries can be emailed to me. Entries will be processed in the October holidays.

A list of confirmed swimmers will be issued to school representatives for checking of any anomalies. I would ask that this is done timeously to avoid swimmers missing out. Withdrawals should be made as soon as representatives are aware of them, although this can be done on the day.

To enable easier contact between myself and school reps, It would be beneficial to add a contact email to all entry forms. Contact to schools will be made by email. All questions should go through school Active school or designated staff.

I would like to take this opportunity to thank you on behalf of the swimmers for collating this information and if you require any further clarification please don't hesitate to contact me. **Please note I am only contactable on the above email address, Only schools should contact me. Only times entered by schools will be used**

Yours in swimming.....

Dawn Calvert  
On behalf of West Lothian Schools Swimming Association

## West Lothian Schools Swimming Time Trial 2018

### **Session One**

Sunday 04/11/18

warm up 0915, start 1000

- 101 Girls 400m Freestyle**
- 102 Boys 400m Freestyle**
- 103 Girls 12u 50m Freestyle**
- 104 Boys 12u 50m Freestyle**
- 105 Girls 100m Freestyle**
- 106 Boys 100m Freestyle**
- 107 Girls 12u 50m Backstroke**
- 108 Boys 12u 50m Backstroke**
- 109 Girls 200m Backstroke**
- 110 Boys 200m Backstroke**
- 111 Girls 12u 50m Butterfly**
- 112 Boys 12u 50m Butterfly**
- 113 Girls 200m Butterfly**
- 114 Boys 200m Butterfly**
- 115 Girls 12u 50m Breaststroke**
- 116 Boys 12u 50m Breaststroke**

### **Session Two**

Sunday 04/11/18

warm up 1230, start 1315

- 201 Boys Open 400m IM**
- 202 Girls Open 400m IM**
- 203 Boys 100m Butterfly**
- 204 Girls 100m Butterfly**
- 205 Boys 200m Breaststroke**
- 206 Girls 200m Breaststroke**
- 207 Boys 100m Backstroke**
- 208 Girls 100m Backstroke**
- 209 Boys 200m IM**
- 210 Girls 200m IM**
- 211 Boys 100m Breaststroke**
- 212 Girls 100m Breaststroke**
- 213 Boys 200m Freestyle**
- 214 Girls 200m Freestyle**

<b>West Lothian Schools Swimming Time Trial 2018</b>				
	<b>Session One</b>			
			<b>Scottish Schools</b>	<b>WL Schools</b>
			<b>Qualification time</b>	<b>Consideration time</b>
101	Girls 400m Freestyle	Open	04.55.00	05.00.00
102	Boys 400m Freestyle	Open	04.40.00	04.50.00
103	Girls 12u 50m Freestyle		00.36.00	00.44.00
104	Boys 12u 50m Freestyle		00.36.00	00.44.00
105	Girls 100m Freestyle	13/14 yrs	01.10.00	01.20.00
		15/16 yrs	01.08.00	01.18.00
		17/19 yrs	01.06.00	01.18.00
106	Boys 100m Freestyle	13/14 yrs	01.10.00	01.18.00
		15/16 yrs	01.04.00	01.14.00
		17/19 yrs	01.02.00	01.10.00
107	Girls 12u 50m Backstroke		00.42.00	00.50.00
108	Boys 12u 50m Backstroke		00.42.00	00.50.00
109	Girls 200m Backstroke	13/14 yrs	02.50.00	03.10.00
		15/16 yrs	02.45.00	03.05.00
		17/19 yrs	02.35.00	03.00.00
110	Boys 200m Backstroke	13/14 yrs	02.50.00	03.10.00
		15/16 yrs	02.35.00	02.50.00
		17/19 yrs	02.30.00	02.45.00
111	Girls 12u 50m Butterfly		00.41.00	00.49.00
112	Boys 12u 50m Butterfly		00.41.00	00.49.00
113	Girls 200m Butterfly	13/14 yrs	03.03.00	03.15.00
		15/16 yrs	02.58.00	03.10.00
		17/19 yrs	02.55.00	03.05.00
114	Boys 200m Butterfly	13/14 yrs	03.03.00	03.15.00
		15/16 yrs	02.50.00	03.05.00
		17/19 yrs	02.40.00	02.55.00
115	Girls 12u 50m Breaststroke		00.45.00	00.52.00
116	Boys 12u 50m Breaststroke		00.45.00	00.52.00

<b>West Lothian Schools Swimming Time Trial 2018</b>				
	<b>Session Two</b>		<b>Scottish Schools</b>	<b>WL Schools</b>
			<b>Qualification time</b>	<b>Consideration time</b>
201	Boys Open 400m IM	Open	05.10.00	05.50.00
202	Girls Open 400m IM	Open	05.30.00	06.00.00
203	Boys 100m Butterfly	13/14 yrs	01.25.00	01.35.00
		15/16 yrs	01.15.00	01.25.00
		17/19 yrs	01.08.00	01.20.00
204	Girls 100m Butterfly	13/14 yrs	01.25.00	01.35.00
		15/16 yrs	01.20.00	01.30.00
		17/19 yrs	01.15.00	01.25.00
205	Boys 200m Breaststroke	13/14 yrs	03.15.00	03.30.00
		15/16 yrs	03.00.00	03.20.00
		17/19 yrs	02.50.00	03.10.00
206	Girls 200m Breaststroke	13/14 yrs	03.15.00	03.30.00
		15/16 yrs	03.10.00	03.25.00
		17/19 yrs	03.05.00	03.20.00
207	Boys 100m Backstroke	13/14 yrs	01.20.00	01.30.00
		15/16 yrs	01.14.00	01.16.00
		17/19 yrs	01.10.00	01.14.00
208	Girls 100m Backstroke	13/14 yrs	01.19.00	01.30.00
		15/16 yrs	01.15.00	01.16.00
		17/19 yrs	01.12.00	01.14.00
209	Boys 200m IM	13/14 yrs	02.50.00	03.15.00
		15/16 yrs	02.40.00	03.00.00
		17/19 yrs	02.35.00	02.55.00
210	Girls 200m IM	13/14 yrs	02.52.00	03.15.00
		15/16 yrs	02.48.00	03.00.00
		17/19 yrs	02.45.00	02.50.00
211	Boys 100m Breaststroke	13/14 yrs	01.33.00	01.42.00
		15/16 yrs	01.22.00	01.32.00
		17/19 yrs	01.15.00	01.25.00
212	Girls 100m Breaststroke	13/14 yrs	01.32.00	01.42.00
		15/16 yrs	01.28.00	01.40.00
		17/19 yrs	01.24.00	01.38.00
213	Boys 200m Freestyle	13/14 yrs	02.25.00	02.40.00
		15/16 yrs	02.20.00	02.35.00
		17/19 yrs	02.15.00	02.30.00
214	Girls 200m Freestyle	13/14 yrs	02.30.00	02.45.00
		15/16 yrs	02.25.00	02.40.00
		17/19 yrs	02.20.00	02.35.00