



WEST LOTHIAN SCHOOLS AREA SWIMMING HEATS 2017

The above Area Heats will take place at Deans Community High School, Livingston on the Sunday 05 November, 2017. 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 2018 Scottish Schools Swimming Championships to be held in January 2018(TBC), the entry age for swimmers will be calculated as at the **31st December 2018**. This means that a swimmer born in 2003 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 1st, 2nd and 3rd 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 6th October 2017**. Entries will be processed in the October holidays.

Dawn Calvert

On behalf of West Lothian Schools Swimming Association