

North Ayrshire Distance Meet – under S A S A Rules
Licence Number: WD/L2700/0910

Date	11/12 Saturday/Sunday September 2009
Venue	Auchenharvie Leisure Centre
Pool	6 lane 25m pool, anti-wave lane ropes, full electronic timing with display scoreboard, limited spectator seating.
Age	on last day of Meet
Age Groups	10 years and under, 11 years, 12 years 13years, 14 years, 15/16 years and 17 over
Events	200 Fly 200 Back, 200 Breast, 200 Free and 200 IM. 800 and 1500 Freestyle, 400 Freestyle and 400 I.M.
	Swimmers can enter all events in their age group
	Number of heats will be limited to ensure the smooth running of the competition. Heats will be swum slowest to fastest. Entries will be accepted on time basis.
Awards	Medals – 1 st , 2 nd and 3 rd .
Entry forms	Submit times on a disk, available on request from: ann_girvan@btinternet.com
Accreditation:	To ensure accreditation every club entering 5 or more swimmers to supply one judge for each session a swimmer is participating.
Closing Date	22 August 2010
Entry fee	£5.00 per event
Cheques	made payable to North Ayrshire A S C
Coaches pass	£3.00 per day (every club requires at least one coach pass this covers start sheets, results and allows a coach to accompany swimmers on poolside.)
Spare lanes	North Ayrshire A S C reserves the right of spare lanes if available.

Saturday

All events declared winner

Session One, warm-up 9am for 10am start

- 101 – Girls 1500 Freestyle
- 102 – Boys 800 Freestyle
- 103 – Girls 200 Butterfly
- 104 – Boys 200 Breast
- 105 – Girls 200 IM

Session Two, warm-up 1.30 for 2.30 start

- 201 – Girls 400 IM
- 202 – Boys 400 Freestyle
- 203 – Girls 200 Breaststroke
- 204 – Boys 200 IM

Sunday

Session Three, warm-up 9am for 10am start

- 301 – Boys 1500 Freestyle
- 302 – Girls 800 Freestyle
- 303 – Boys 200 Butterfly
- 304 – Girls 200 Backstroke
- 305 – Boys 200 Freestyle

Session 4, warm-up 1.30 for 2.30 start

- 401 – Girls 400 Freestyle
- 402 – Boys 400 IM
- 403 – Girls 200 Freestyle
- 404 – Boys 200 Backstroke