

**North Ayrshire Distance Meet – under S A S A Rules**  
**Licence Number: WD/L2/933/0814**

|                |   |
|----------------|---|
| Date           | Saturday/Sunday 30 and 31 August 2014   |
| 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.<br>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 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> .  |
| Entry forms    | Hy-Tek files available on request from:<br>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   | 14 August   |
| Entry fee      | £5.00 per event   |
| Cheques        | made payable to <b>North Ayrshire A S C</b>   |
| Coaches pass   | £3.00 per day (only coaches with a pass will be allowed 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

Session 4, warm-up 1.30 for 2.30 start

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