

North Ayrshire Foundation Meet – under S A S A Rules
Licence Number: WD/L3/004/0919

Date	Sunday 15th September 20189 66 High Street, Irvine, KA12 0AZ
Pool	6 lane 25m pool, anti-wave lane ropes, full electronic timing with scoreboard, limited spectator seating.
Age	on day of competition
Age Groups/Events	10 years and under 50m and 100 all strokes +100 IM+200IM +200 and 400 Free Swimmers can only swim in own age group in individual events Relays: Girls and Boys, freestyle and medley. Swimmers can swim up age groups in relays 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
Closing date	1 September
Entry	Submit times on Hy-Tek 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.
Entry fee	Individual £5.50 per event. Relays £0.00 per event.
BACS Transfer	Bank of Scotland, Sort Code 80-17-11, Account No. 00133737
Coaches pass	£3.00 per day (only coaches with a pass will be allowed on poolside)
Awards	Medals to 1 st , 2 nd and 3 rd places Relays: Medals to 1 st , 2 nd and 3 rd places
Spare lanes	North Ayrshire A S C reserves the right of spare lanes if available.

North Ayrshire Foundation Meet

Order of events

All events are declared winner

Sunday

Session One, warm-up 9.00am for 10.00am start

Girls 101 – 50 Back	10 years and under
Boys 102 – 50 Breast	10 years and under
Girls 103 – 100 IM	10 years and under
Boys 104 – 100 IM	10 years and under
Mixed 105 – 4 x 50 Free Relay	10 years and under
Girls 106 – 100 Fly	10 years and under
Boys 107 – 100 Back	10 years and under
Girls 108 – 50 Free	10 years and under
Boys 109 – 50 Fly	10 years and under
Girls 110 – 100 Breast	10 years and under
Boys 111 – 100 Free	10 years and under.
Girls 112 – 200 Free	10 years and under
Boys 113 – 200 Free	10 years and under

Saturday - Session Two, warm-up 1.30pm for 2.30pm start

Girls 201 – 50 Fly	10 years and under
Boys 202 -50 Free	10 years and under
Girls 203 – 200 IM	10 years and under
Boys 204 – 200IM	10 years and under
Mixed 205 – 4 x 50 Medley Relay	10 years and under
Girls 206 – 100 Back	10 years and under
Boys 207 – 100 Fly	10 years and under
Girls 208 – 400 Free	10 years and under
Boys 209 – 400 Free	10 years and under
Girls 210 - 50 Breast	10 years and under
Boys 211 – 50 Backstroke	10 years and under
Girls 212 – 100 Freestyle	10 years and under
Boys 213 - 100 Breaststroke	10 years and under

Times slower than.**50m****100m****10 years and under**

	Girls	Boys	Girls	Boys
Butterfly	00.44.00	00.44.00	01.44.50	01.44.50
Backstroke	00.41.00	00.41.00	01.35.00	01.35.50
Breaststroke	00.47.00	00.47.00	01.39.00	01.41.00
Freestyle	00.36.00	00.36.00	01.21.00	01.21.00
Individual Medley (100)	01.30.00	01.30.00	03.00.00	03.00.00
200 Freestyle			03.04.00	03.04.00
400 Freestyle			05.41.00	05.40.00