

**North Ayrshire Age Group Development Meet**

**Licence Number: WD/L2/004/0923**

Date Saturday 2 September 2023

Venue The Portal - 60 High Street, Irvine, KA12 0AZ

Pool 6 lane, 25m, anti-wave lane ropes, full electronic timing with

Scoreboard, limited spectator seating.

Age on day of competition

Age Groups 12 years, 13 years, 14 years, 15 years, 16years and over

Events 50 Free, 100 and 200 Free, Back Breast, Fly, 400 Free,

200 and 400 IM.

Swimmers can only swim in own age group in individual events.

Relays. Mixed Girls and Boys Freestyle and medlay relays.

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 21 August

Entry Times submitted on Hy-Tek file available on request.

Entry fee Indivual events £6.00. Relays £0.00 per event

Payment BACS Transfer – Bank of Scotland, Sort Code 80-17-11 Account No. 00133737

Coaches pass £5.00 per day inlcuding coffee and lunch. Only coaches with a pass will be allowed on poolside.

Awards Medals to 1st, 2nd and 3rd places. Relays Medals to 1st, 2and and 3rd places

Spare lanes North Ayrshire A S C reserves the right of spare lane if available.

**North Ayrshire Age Group Development Meet**

**Saturday  2nd September**

Session 1 – warm-up 9am for 10am start

Event 101: Girls 12 years & over 100m Butterfly

Event 102: Boys 12 years & over 100m Butterfly

Event 103: Girls 12 years & over 200m Freestyle

Event 104: Boys 12 years & over 200m Freestyle

Event 105: Girls 12 years & over 200m IM

Event 106: Boys 12 years & over 200m IM

Event 107: Mixed 12 years & over 4x50m Freestyle Relay

Event 108: Girls 12 years & over 100m Backstroke

Event 109: Boys 12 years & over 100m Backstroke

Event 110: Girls 12 years & over 200m Breaststroke

Event 111: Boys 12 years & over 200m Breaststroke

Event 112: Girls 12 years & over 400m Freestyle

Event 113: Boys 12 years & over 400m Freestyle

Session 2 – warm-up 1.30pm for 2.30pm start

Event 201: Girls 12 years & over 100m Breaststroke

Event 202: Boys 12 years & over 100m Breaststroke

Event 203: Girls 12 years & over 200m Backstroke

Event 204: Boys 12 years & over 200m Backstroke

Event 205: Girls 12 years & over 400m IM

Event 206: Boys 12 years & over 400m IM

Event 207: Mixed 12 years & over 4x50m Medley Relay

Event 208: Girls 12 years & over 100m Freestyle

Event 209: Boys 12 years & over 100m Freestyle

Event 210: Girls 12 years & over 200m Butterfly

Event 211: Boys 12 years & over 200m Butterfly

Event 212: Girls 12 years & over 50m Freestyle

Event 213: Boys 12 years & over 50m Freestyle

Times slower than A Grade

**Girls Slower than**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **12 years** | **13 years** | **14 years** | **15 years** | **16 years & over** |
| **50m Freestyle** | 34.07 | 32.97 | 31.16 | 30.75 | 30.13 |
| **100m Freestyle** | 1.13.39 | 1.10.86 | 1.07.02 | 1.05.92 | 1.05.04 |
| **200m Freestyle** | 2.38.92 | 2.32.81 | 2.24.31 | 2.22.10 | 2.19.95 |
| **400m Freestyle** | 5.26.18 | 5.14.17 | 5.04.55 | 5.00.37 | 4.55.36 |
| **100m Backstroke** | 1.23.19 | 1.19.30 | 1.14.72 | 1.13.40 | 1.12.21 |
| **200m Backstroke** | 2.56.39 | 2.48.94 | 2.39.30 | 2.37.27 | 2.34.39 |
| **100m Breaststroke** | 1.35.12 | 1.30.50 | 1.25.78 | 1.24.35 | 1.22.97 |
| **200m Breaststroke** | 3.22.88 | 3.14.38 | 3.04.36 | 3.01.98 | 2.58.20 |
| **100m Butterfly** | 1.23.90 | 1.19.76 | 1.14.68 | 1.13.55 | 1.12.28 |
| **200m Butterfly** | 3.05.72 | 2.55.59 | 2.45.73 | 2.42.77 | 2.40.46 |
| **200m IM** | 3.00.57 | 2.53.21 | 2.43.17 | 2.41.21 | 2.38.61 |
| **400m IM** | 6.12.34 | 5.56.57 | 5.45.33 | 5.37.13 | 5.31.60 |

**Boys Slower than**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **12 years** | **13 years** | **14 years** | **15 years** | **16 years & over** |
| **50m Freestyle** | 33.44 | 31.39 | 29.14 | 28.25 | 27.33 |
| **100m Freestyle** | 1.12.88 | 1.07.78 | 1.03.21 | 1.01.03 | 59.06 |
| **200m Freestyle** | 2.36.23 | 2.26.83 | 2.16.89 | 2.12.68 | 2.08.76 |
| **400m Freestyle** | 5.23.78 | 5.04.34 | 4.49.57 | 4.42.57 | 4.28.89 |
| **100m Backstroke** | 1.23.02 | 1.17.19 | 1.11.13 | 1.08.68 | 1.06.37 |
| **200m Backstroke** | 2.55.35 | 2.44.50 | 2.32.68 | 2.27.65 | 2.23.68 |
| **100m Breaststroke** | 1.34.70 | 1.27.49 | 1.20.59 | 1.17.73 | 1.15.15 |
| **200m Breaststroke** | 3.22.93 | 3.09.52 | 2.54.03 | 2.48.93 | 2.44.40 |
| **100m Butterfly** | 1.23.25 | 1.16.45 | 1.10.70 | 1.07.54 | 1.05.57 |
| **200m Butterfly** | 3.04.00 | 2.50.58 | 2.36.99 | 2.31.33 | 2.26.36 |
| **200m IM** | 2.57.88 | 2.47.90 | 2.35.76 | 2.30.40 | 2.26.21 |
| **400m IM** | 6.11.80 | 5.47.04 | 5.29.08 | 5.16.65 | 5.08.81 |

**North Ayrshire Age Group Development Meet**

**Saturday 2 September 2023**

**Summary Sheet**

Club Name ……………………………………………………….

Contact Name …………………………………………………….

Address…………………………………………………………….

Post Code ………………………………………………………….

Telephone No. …………………………………………………….

Email address …………………………………………………….

Total Female Entries …….. @ 6.00 each = £……………

Total Male Entries ……… @ 6.00 each = £……………

Number of Relays ……….. @ £0.00 each = £ 0.00

Number of coaches passes ………@ £5.00 each = £……………

Total Amount Enclosed = £……………

Signed ……………………………………

Position in club …………………………..

**\*\*\*\*\*\*\* Payment for Entries by BACS Transfer Only \*\*\*\*\*\***

**BACS Transfer: Bank of Scotland**

**Sort Code 80-17-11**

**Acount No: 00133737**

**Identify as Dev/Club Code**

Email this form together with Entry File to:

[ann\_girvan@btinternet.com](mailto:ann_girvan@btinternet.com) Closing date 21 August 2023