

North Ayrshire 200 Meet – under S A S A Rules
Licence Number: WD/L2/636/0209

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| Date | Saturday/Sunday 14/15 February 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 and open events 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 to be awarded to 1 st , 2 nd and 3 rd places, |
| Entry forms | Submit times by Hy-Tek, available on request from: Ann Girvan 7 Chapelton Drive Largs Ayrshire KA30 8RD e-mail: ann_girvan@btinternet.com Tel: 01475 674971 |
| Closing Date | 19 January 2009 |
| Entry fee | £4.50 per event |
| Cheques | made payable to North Ayrshire A S C |
| Coaches pass | £5.00 per day (includes meal, refreshments and result sheets) |
| Spare lanes | North Ayrshire A S C reserves the right of spare lanes if available. |
| Trophies: | Best Age Group Champions - over all 200m events. (five) Points 6,5,4,3,2,1. Overall best performance based on broken or nearest to the meet record. |

Saturday 14 February 2009

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 15 February 2009

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