

**North Ayrshire Foundation Meet(11&under)**

**Licence Number WD/L3/005/092**

**Date** Sunday 1st September 2024

**Venue** The Portal, 60 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** 9 and under, 10 years 11 years

**Events** 50 and 100m Free, Back, Breast, Fly, 100 and 200 IM, and 200 and 400 Free.

Swimmers can 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. Entires will be accepted on time basis.

**Awards** Medals to 1st, 2nd and 3rd places. Individual and relay events.

**Closing date** 17 August 2024

**Entry** Submit times by HY-Tek provided or available from [admin@northayrshireswimming.com](mailto:admin@northayrshireswimming.com)

**Entry fee** Individual events £7.00. Relays £0

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

**Poolside pass**£10.00 per day per person (coach/team manager). Provides breakfast roll, tea/coffee through the day an d lunch. Includes start sheet, results and paperwork.

**Accreditation** To ensure accreditation every club with 5 or more swimmers entered to supply one judge for each session that the club has a swimmer participating.

**Spare lanes** North Ayrshire ASC reserves the right of spare lane if available.

**Withdrawals** Withdrawals will be accepted (in writing to [admin@northayrshireswimming.com](mailto:admin@northayrshireswimming.com)) up to 19th August 2024 to allow necessary time for MM file preparation.

**Marshalling** Marshalling is compulsory. Swimmers will be called for in whole events at least one event prior to their swim and marshalled into heats in the designated marshalling area. Swimmers will then be sent in heat order to the starting blocks.

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Session 1 warm-up 9am for 10am start

Event 101: Girls 11 years & under 50m Butterfly

Event 102: Boys 11 years & under 50m Butterfly

Event 103: Girls 11 years & under 100m Freestyle

Event 104: Boys 11 years & under 100m Freestyle

Event 105: Girls 11 years & under 100m IM

Event 106: Boys 11 years & under 100m IM

Event 107: Mixed 11 years & under 4x50m Freestyle Relay

Event 108: Girls 11 years & under 50m Backstroke

Event 109: Boys 11 years & under 50m Backstroke

Event 110: Girls 11 years & under 100m Breaststroke

Event 111: Boys 11 years & under 100m Breaststroke

Event 112: Girls 10/11 years 400m Freestyle

Event 113: Boys 10/11 years 400m Freestyle

Session 2 - 1.30 warm-up for 2.30pm start

Event 201: Girls 11 years & under 50m Breaststroke

Event 202: Boys 11 years & under 50m Breaststroke

Event 203: Girls 11 years & under 100m Backstroke

Event 204: Boys 11 years & under 100m Backstroke

Event 205: Girls 10/11 years 200m IM

Event 206: Boys 10/11 years 200m IM

Event 207: Mixed 11 years & under 4x50 Medley Relay

Event 208: Girls 11 years & under 50m Freestyle

Event 209: Boys 11 years & under 50m Freestyle

Event 210: Girls 11 years & under 100m Butterfly

Event 211: Boys 11 years & under 100m Butterfly

Event 212: Girls 10/11 years 200m Freestyle

Event 213: Boys 10/11 years 200m Freestyle

**Times slower than AA Grade**

**Girls Slower than**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **9 years & under** | **10 years** | **11 years** |
| **50m Butterfly** | 47.52 | 41.05 | 37.54 |
| **50m Backstroke** | 47.44 | 42.28 | 38.89 |
| **50m Breaststroke** | 54.17 | 48.56 | 43.77 |
| **50m Freestyle** | 40.56 | 36.26 | 33.48 |
| **100m Butterfly** | 1.59.74 | 1.40.14 | 1.24.97 |
| **100m Backstroke** | 1.48.00 | 1.32.95 | 1.23.10 |
| **100m Breaststroke** | 2.04.99 | 1.47.12 | 1.35.65 |
| **100m Freestyle** | 1.35.09 | 1.21.64 | 1.13.69 |
| **100m IM** | 1.45.75 | 1.34.55 | 1.25.91 |
| **200m IM** | N/A | 3.19.30 | 3.00.11 |
| **200m Freestyle** | N/A | 2.55.93 | 2.38.05 |
| **400m Freestyle** | N/A | 6.22.61 | 5.33.93 |

**Boys slower than**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **9 years & under** | **10 years** | **11 years** |
| **50m Butterfly** | 48.72 | 41.40 | 37.61 |
| **50m Backstroke** | 47.36 | 42.50 | 39.19 |
| **50m Breaststroke** | 54.94 | 48.90 | 44.52 |
| **50m Freestyle** | 40.22 | 36.18 | 33.38 |
| **100m Butterfly** | 2.03.18 | 1.40.25 | 1.25.29 |
| **100m Backstroke** | 1.47.00 | 1.33.90 | 1.24.01 |
| **100m Breaststroke** | 2.05.78 | 1.48.94 | 1.37.24 |
| **100m Freestyle** | 1.33.10 | 1.21.74 | 1.13.41 |
| **100m IM** | 1.44.96 | 1.34.34 | 1.26.47 |
| **200m IM** | N/A | 3.21.68 | 3.00.09 |
| **200m Freestyle** | N/A | 2.54.16 | 2.37.87 |
| **400m Freestyle** | N/A | 6.18.63 | 5.32.89 |

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**Sunday 1 September 2024**

**Meet Entry Summary Sheet**

**This form should be completed and returned by 17th August 2024 to admin@northayrshireswimming.com**

|  |  |
| --- | --- |
| CLUB |  |
| CONTACT NAME |  |
| ADDRESS |  |
| POSTCODE |  |
| TEL NO. |  |
| E-mail |  |
| Club STO contact and email |  |

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Number** | **Each** | **Total £** |
| Male Entries |  | £ 7.00 |  |
| Female Entries |  | £ 7.00 |  |
| Poolside pass |  | £10.00 |  |
|  |  | **TOTAL DUE** |  |

**Pay by** -

BACS Transfer Bank of Scotland, Sort code 80-17-11, Account No. 00133737. Mark payment Club Code e.g. WNAX/FdnMet

**Return form to**: [admin@northayrshireswimming.com](mailto:admin@northayrshireswimming.com)

Each Club requires at least one poolside pass per day. This covers start sheets, results and allows a coach/team manager to accompany swimmers on poolside. The cost of meals is included and cover breakfast and lunch. Only swimmers, holders of poolside passes, technical officials, meet and venue personnel are allowed poolside.