

SASA East District Age Groups ***9 -10 February 2019***

Location: Royal Commonwealth Pool, Edinburgh

Time:

Session 1	Sat 9th Feb warm up 0900 tbc – 100m Heats
Session 2	Sat 9th Feb warm up 1300 tbc -Girls 200m IM
Session 3	Sat 9 th Feb warm up 1630 tbc – 100m Finals
Session 4	Sun 10th Feb warm up 0900 tbc – 100m Heats
Session 5	Sun 10th Feb warm up 1300 tbc – Boys 200m IM
Session 6	Sun 10 th Feb warm up 1630 tbc – 100m Finals

Finals of 100m events for all age groups are held in an early evening session on both Sat & Sun.

Eligibility: Open to all SWL swimmers who have achieved the necessary consideration times. Times must have been achieved at level 1 or 2 Meet since 24 Nov 17. Please refer to your squad's eligibility list. **All times converted to Long Course.**

Cost: £8.00 per swim.

Events & Age Groups

100m Free, Back, Fly, Breast (Heats & Finals)

200IM HDW Group 1 & 2 (HDW) – Groups 3,4,5 & 6 (Heats & Finals)

- Group 1: those born in 2007 & 2008
- Group 2: those born in 2006
- Group 3: those born in 2005
- Group 4: those born in 2004
- Group 5: those born in 2003
- Group 6: those born 2002 or earlier

Event Selection: CLOSING DATE 9pm FRI 4th Jan

Full Meet info on [swimscotland web-site](http://swimscotland.com)

East District Age Groups Pt4 9/10 February 2019

Closing Date: 9pm Friday 4th January

Name _____ Date of Birth _____ Age _____

Swimmers Signature _____ Date _____

Parent/Guardian Signature _____ Date _____

Sat 9 February	
Session 1 0900 (tbc)	
Girls 100m Fly Heats*	
Boys 100m Back Heats*	
Girls 100m Free Heats*	
Boys 100m Breast Heats*	
Session 2 1300 (tbc)	
Girls 200m IM Heats & Finals**	

Sun 10 February	
Session 5 0900 (tbc)	
Boys 100m Fly Heats*	
Girls 100m Back Heats*	
Boys 100m Free Heats*	
Girls 100m Breast Heats *	
Session 6 1300 (tbc)	
Boys 200m IM Heats & Finals**	

Notes: * All 100m Finals in Evening Sessions 3 & 6 Warm-Up 4.30pm (tbc)

** 200m IM Groups 1 & 2 HDW – Groups 3,4,5,& 6 Heats & Finals