



## *S.A.S.A North District*

### **DEVELOPMENT MEET 2018 – 23/24 JUNE – INVERNESS LEISURE**

#### **WARM UPS**

**\*\*Please note that the age groupings are different!! \*\***

<b>Session 1</b> Saturday Morning	9.30 – 9.50am	Girls 11 – 13
	9.50 – 10.10am	All Boys
	10.10 – 10.30am	Girls 14 and over
<b>Session 2</b> Saturday Afternoon	2.00 – 2.20pm	Boys 14 and over
	2.20 – 2.40pm	Girls 14 and over
	2.40 – 3.00pm	All swimmers 11 - 13
<b>Session 3</b> Sunday Morning	8.30 – 8.50am	Boys 11 – 13
	8.50 – 9.10am	Girls 11 – 13
	9.10 – 9.30am	All swimmers 14 and over
<b>Session 4</b> Sunday Afternoon	1.00 – 1.20pm	Girls 14 and over
	1.20 – 1.40pm	All Boys
	1.40 – 2.00pm	Girls 11 – 13

All sessions –

15 minutes	Lanes 1-8	Continuous swimming (no diving) Lanes 1, 3, 5, 7 Clockwise Lanes 2, 4, 6, 8 Anticlockwise
Final 5 minutes	Lanes 1-2 Lanes 3-8	Continuous swimming (no diving) 1 way sprints

#### **PRESENTATIONS**

There are no medal presentations at this meet. Medals can be collected from the desk on the Upper Deck.