

## SCOTTISH GAS INTER DISTRICT CHAMPIONSHIPS 2015

### **General rules**

- A maximum of twelve Competitors per District for each Competition ( Skills 1/2 and Skills 3/4/5)
- Recreation Competitors must hold the relevant Recreation Grade.
- All competitors must compete in the figure competition.

### **Additional statement for inclusion in North District Team**

All swimmers wishing to be considered for the North District Team must make themselves available to have their figures assessed by the North District coach. Swimmers should hold the relevant skills level for the level of competition they wish to enter

For inclusion in the team, individual swimmers figures should be assessed as of a high enough standard to have the potential to achieve a mark of 5.0 in each of the figures required .

The North District coach will advise on best solo/ duet/ trio and group combinations of swimmers bearing in mind training opportunities and strengths of the individual swimmers.

Sharon Hamilton,  
North District Synchro Convenor