

# National Age Group Championships

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Relay teams for the above event will now be selected based on the following criteria.

## **Stage 1.**

### **Initial Trial:**

Stonehaven Leisure Centre - Saturday 12 March - 5-7pm

For any swimmer wishing to be a member of the SAS relay team at the above event, attendance at this stage is compulsory [except in the case of an emergency, when the Head Coach must be informed immediately]. Consideration will be given to those swimmers finishing in the top 4 for form strokes [Fly ~ B/c ~ Br/s] and the top 6 in f/c.

Any one swimmer can contest any number of strokes.

## **Stage 2.**

### **Top-Up Competitions:**

North District Age Group Championships - 9-10 April 2005

Banchory Beavers DNV Meet - 23 April 2005

These will be competitions specified in advance where a swimmer has the opportunity to improve their time achieved at stage 1. These competitions can only be utilised by 11/12yrs & 13/14yrs age groups. There will usually be between two & three such competitions and will be advised in advance by the Head Coach. Only official splits can be used for events exceeding the required distance.

### **Procedure.**

1. The fastest times from stages 1 & 2 will be used in selecting the fastest teams.
2. To maximise opportunity the Head Coach reserves the right to increase the number of 11/12yrs swimmers who will be offered a relay swim. This process will be at his discretion within a very tight tolerance relevant to the overall performance.
3. All swimmers attending the trial must be willing and available to attend the meet if selected.
4. Final team selection will be completed by the Head Coach and will only be confirmed following the final stage of qualification.

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