



NAIRN DISTRICT ASC FAST FIFTIES FRI 20 MARCH 2020

Our Annual 50m Sprint Championships.

Events 25m for 8yrs and 50m all 4 strokes all other age groups.

Age Groups 8yrs, 9/10yrs, 11/12yrs, 13/14yrs, 15/16yrs and 17yrs & over.

**Overall Age Group Medals awarded for 1st to 3rd place based on place points
awarded for 1st to 5th in each stroke.**

**Fast 50s trophy awarded to swimmer achieving most bonus points
awarded on times achieved in each stroke.**

**Record Breakers Trophy awarded to swimmer who breaks an existing NDASC Record by the widest
margin.**

TROPHIES AND MEDALS WILL BE PRESENTED AFTER RACING.

Warm Up

Warm ups will be between 4.00pm and 5.30pm. Individual squad times to be confirmed.

Enter via the Online Competition Entries

Entry Fee is £10.00 per swimmer. Entries close Fri 13 March 2020. NO LATE ENTRIES WILL BE ACCEPTED.