

West District Group 1
Tryst Swimming Pool Cumbernauld
Saturday 4th & Sunday 5th February 2012

	Session One Warm Up: 9am Start: 10am		Session Two Warm Up: 1:30pm Start: 2.30pm	Session Three Warm Up: 8am Start: 9am EARLIER WARM UP TIME		Session Four Warm Up: 1:30pm Start: 2.30pm
13-13 Female	100 Fly # 101B	100 Free # 103B	200 IM # 202B	100 Back # 302B		100 Breast # 401B
Naomi Calder (13)	***	2 nd Reserve	***	***		***
15-15 Female		100 Free # 103D	200 IM # 202D	100 Back # 302D		
Alyshia McCracken (15)		***	***	***		
16 & Over Female	100 Fly # 101E	100 Free # 103E	200 IM # 202E			
Kayleigh Reid (16)	***	***	***			
10-12 Male			100 Breast # 201A			
Nino Delrio (12)			***			
14-14 Male	100 Back # 102C		100 Breast # 201C	100 Fly # 301C	100 Free # 303C	200 IM # 402C
Ruairi Kirkwood (14)	***		***	***	***	***
15-15 Male	100 Back # 102D		100 Breast # 201D	100 Fly # 301D	100 Free # 303D	200 IM # 402D
Michael Hunter (15)	***		***	***	***	***
Alastair Kirkwood (15)	***		***	***	***	***
16 & Over Male	100 Back # 102E		100 Breast # 201E	100 Fly # 301E	100 Free # 303E	200 IM # 402E
Kyle Kotkin-Smith (17)	***		***	***	***	***

	Session One	Session Two	Session Three	Session Four
Coach				
Technical Official				

Note: There is an earlier start time on Sunday 5th February of 8am with a 9am start. This is in order to accommodate an information seminar for Coaches and Parents which will be held in the Links building immediately opposite the entrance of the Tryst pool. More information on the seminar will be issued shortly

