

Updated 6 November  
2024



**WHATS ON AT IASC**

1st -14th November 2024

Did anyone say Christmas!!!!!!"Allens Swimwear 20% discount on all purchases and 10% commission for the club to spend in vouchers - so we can use it to buy training kits for the coaches/swimmers.

**USE CODE- INVERNESS20**



Wednesday 13th November 2024

IASC AGM 6pm to 8pm - Venue to be confirmed - Please come along.



Saturday 23rd and Sunday 24th  
November 2024

HST Autumn Meet, Inverness Leisure - Open Event for Age 10+. Entries now closed.





Wednesday 27th November &  
Wednesday 4th December 2024

IASC CLUB Championships will be held over two Club Nights - Wednesday 27th November 2024 and Wednesday 4th December 2024. Emails have been sent and Events Registration is now open.



Saturday 7th and Sunday 8th  
December 2024

IASC Host the ND Age Group Meet - IASC are hosting this event so we need volunteers to make this successful. This is a huge fundraiser for the club and by volunteering this ensures that IASC continue to host future events for ND. No experience is needed. For ages 10 - 12 years and 13/14 years as at 8th December 2024 - Registration Closed. Job sign up closes 12th November 2024 - we need volunteers for Front Desk, Runners, General Helpers, Marshalling. If you are interested in Marshalling please contact our WPO's if you require a club PVG.



Friday 10th January 2025

Club Awards and Party Night - Inverness Rugby Club from 7pm. Bring your dancing shoes



Friday 24th January 2025

Scottish Schools Finals Day - Finalists will be announced after all Regional Heats have been completed during the month of November

**2025 Championship Finals Day**

24th January 2025

Dollan Centre, East Kilbride



Saturday and Sunday 8/9th  
February 2025

ND Age Group Championships 2025 -Part 1 - Aberdeen Sports Village - Further information  
on Team News Upcoming Meets or SASA ND Meets 2025.

Consideration Times

- Accredited Times swum at meets (licensed at level 1 or level 2 or a foreign equivalent) are required for Age Group Championships events.
- These times must have been achieved since 1 January 2024 for both rounds.
- You must send a proof of time report with your entries.
- Times which cannot be verified as accredited will automatically be rejected.

Times below are long course times. Times converted from short course accredited competitions will also be accepted.

Times must be equal to or faster than:

Female						2025 Times	Male & Open					
≤2008	2009	2010	2011	2012	2013/14	Event	2013/14	2012	2011	2010	2009	≤2008
00:32.90	00:33.00	00:34.30	00:35.40	00:37.10	00:39.70	50m Freestyle	00:40.00	00:37.20	00:34.30	00:32.00	00:30.60	00:29.40
01:12.20	01:13.30	01:15.00	01:18.70	01:22.20	01:31.90	100m Freestyle	01:32.50	01:23.40	01:17.30	01:11.70	01:07.50	01:05.30
02:39.10	02:42.60	02:45.00	02:50.80	02:58.90	03:19.90	200m Freestyle	03:19.90	03:04.80	02:49.80	02:45.40	02:28.90	02:24.70
05:10.70	05:26.30	05:34.90	05:39.40	06:09.30	06:38.50	400m Freestyle	06:38.50	06:09.30	05:52.10	05:32.20	05:16.70	05:06.90
11:03.10	11:19.40	11:24.70	11:35.00	12:20.40**	12:20.40**	800m Freestyle	12:20.40**	12:20.40**	12:01.90	11:29.50	10:52.30	10:36.10
21:05.70	21:36.20	22:12.90	22:56.10	23:30.70**	23:30.70**	1500m Freestyle	23:30.70**	23:30.70**	22:56.10	21:55.40	20:55.50	20:15.00
00:37.20	00:38.30	00:39.30	00:41.00	00:42.90	00:46.10	50m Backstroke	00:47.30	00:43.70	00:40.10	00:38.10	00:36.20	00:34.00
01:20.50	01:21.80	01:22.60	01:29.20	01:35.90	01:42.20	100m Backstroke	01:48.40	01:36.10	01:27.30	01:22.50	01:17.80	01:14.80
02:55.50	03:00.10	03:01.90	03:15.60	03:21.70	03:36.10	200m Backstroke	03:36.10	03:21.70	03:10.30	02:55.90	02:53.80	02:47.40
00:43.10	00:43.70	00:45.50	00:47.00	00:49.00	00:53.90	50m Breaststroke	00:55.10	00:50.10	00:45.20	00:42.70	00:40.60	00:38.10
01:35.40	01:36.80	01:38.80	01:42.40	01:47.80	01:59.30	100m Breaststroke	02:12.90	01:54.30	01:44.80	01:36.60	01:32.10	01:27.70
03:24.00	03:24.10	03:33.80	03:48.50	04:00.40	04:24.60	200m Breaststroke	04:24.60	04:00.40	03:48.50	03:31.00	03:18.50	03:10.20
00:35.30	00:36.60	00:38.30	00:39.60	00:43.10	00:48.30	50m Butterfly	00:48.30	00:43.10	00:38.60	00:36.20	00:33.60	00:31.50
01:20.60	01:23.60	01:26.70	01:32.00	01:40.40	01:57.10	100m Butterfly	01:57.10	01:40.40	01:30.70	01:22.40	01:15.60	01:11.60
03:02.30	03:08.80	03:17.80	03:33.40	03:41.70	04:06.00	200m Butterfly	04:06.00	03:41.70	03:33.00	03:12.80	03:00.00	02:50.50
03:00.10	03:00.20	03:04.80	03:07.00	03:28.30	03:41.00	200m I.M.	03:48.80	03:29.00	03:17.60	02:56.40	02:48.60	02:46.70
06:11.80	06:19.60	06:25.60	06:35.30	07:12.80	07:54.10	400m I.M.	07:54.10	07:12.80	06:26.00	06:09.00	05:53.60	05:48.50

\*\*Please note that in recognition of the limited opportunities for swimmers in the younger age groups to compete in 800m and 1500m events, entries will be accepted for these events only with times that are within the time standard and that are real but have not been performed at accredited meets. Entries that are made in this way will only be accepted only if all other entries into the events have been accepted and there is still capacity.



Saturday and Sunday 8/9th March  
2025

ND Age Group Championships 2025 - Part 2 -Aberdeen Sports Village - See Meet Information  
on Team News or SASA ND Meets 2025



Saturday 29th March 2025

Our Annual Inverness Graded Meet, Inverness Leisure- Further Information to Follow



Saturday 5th April to Wednesday  
9th April 2025

Scottish National Age Group Swimming Championships, ASV. Eligible times only - Entry via  
HST

[Scottish National Age Group Swimming Championships](#) | [Scottish Swimming](#)



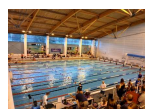
6th June 2024

Schools Team Relay Championships - 2025 - being Held at Inverness Leisure. Entry will be via  
Individual Schools



Saturday and Sunday 21st/22nd  
June 2025

North District Development Meet, Inverness Leisure - Further information to follow



For future Meets and Events please continue to check Emails and Social Feed