

Competitive time trials 2010

for

Gold, Black, Blue and Red Squads,
Yellow Hats, Masters and Divers.

Friday 15 th January 2010	50m Freestyle 50m Breaststroke
Friday 29 th January 2010	50m Backstroke 25m Butterfly *** 50m Butterfly
Friday 23 rd April 2010	50m Breaststroke 50m Freestyle
Friday 14 th May 2010	50m Butterfly 25m Butterfly *** 50m Backstroke
Friday 25 th June 2010	50m Freestyle 50m Breaststroke
Friday 16 th July 2010	50m Backstroke 25m Butterfly *** 50m Butterfly
Friday 12 th November 2010	50m Butterfly 25m Butterfly *** 50m Backstroke
Friday 19 th November 2010	50m Breaststroke 50m Freestyle

Registration starts 6.30pm
closes 7.00pm

Late arrivals will be accommodated where ever possible but will probably be in the slowest heats/swimming alone and will only be swimming for times

Swimmers are able to chose which strokes they want to swim, but the times of all swimmers who successfully complete 50m in all four strokes will be added up and the fastest swimmer in each age group (9/U, 10-11, 12-13, 14-15, 16+) will have their name displayed on the board.

*** The 25m Butterfly event is intended for swimmers who are not yet able to do 50m butterfly, and will be on a time only basis and not count as part of the competition (swimmers are only allowed to enter one butterfly event).

If there is time left at the end of any time trial evening selected swimmers from the top squads will be invited to do longer distance time trials.

As always we will need help with running the AOE, time keeping, and recording. Please ring me if you are able to help in any way.

NB These events are a very important way of measuring a swimmers progress

Gold, Black, Blue, Yellow 2 and Yellow 3 swimmers are expected to attend.

Red Squad, Masters, Squad Divers and Yellow 1's (including swimmers who have their lessons in the boom) are welcome to attend.

Please be aware that there will be no lessons in the boom or main fitness pool on time trial evenings.