

Sunday 17th September 2017 (selected Academy swimmers only) Warm up: 5.30pm Starts: 5.50

- 101 Girls 25 Butterfly
- 102 Boys 25 Butterfly
- 103 Girls 25 Backstroke
- 104 Boys 25 Backstroke
- 105 Girls 25 Breaststroke
- 106 Boys 25 Breaststroke
- 107 Girls 25 Freestyle
- 108 Boys 25 Freestyle

Monday 18th September 2017**Warm Up: 4.45pm Start: 5.30pm**

- 111 Girls Open 100IM
- 112 Boys Open 100IM
- 113 Girls 10 yrs/Over 200 Free
- 114 Boys 10 yrs/Over 200 Free
- 115 Girls 10 yrs/Over 200 Fly
- 116 Boys 10 yrs/Over 200 Fly
- 117 Girls 10 yrs/Over 200 Breaststroke
- 118 Boys 10 yrs/Over 200 Breaststroke

Tuesday 19th September 2017**Warm Up: 4.45pm Start: 5.30pm**

- 201 Boys 11 yrs/Over 400 Free
- 202 Girls 11 yrs/Over 400 Free
- 203 Boys 10yrs/Over 200 I.M
- 204 Girls 10 yrs/Over 200 I.M
- 205 Boys 10 yrs/Over 100 Back
- 206 Girls 10 yrs/Over 100 Back
- 207 Boys 10 years/Over 100 Breaststroke
- 208 Girls 10 years/Over 100 Breaststroke

Wednesday 20th September 2017**Warm Up: 4.45PM Start: 5.30PM**
Coaches will select swimmers for these events

- 301 Girls 11 yrs/Over 800 Free
- 302 Boys 11 yrs/Over 1500 Free

Monday 25th September 2017**Warm Up: 4.45PM Start: 5.30PM**

- 401 Girls All Ages 50 Backstroke
- 402 Boys All Ages 50 Backstroke
- 403 Girls All Ages 50 Fly
- 404 Boys All Ages 50 Fly
- 405 Girls All Ages 50 Free
- 406 Boys All Ages 50 Free
- 407 Girls All Ages 50 Breaststroke
- 408 Boys All Ages 50 Breaststroke

Tuesday 26th September 2017**Warm Up: 4.45M Start: 5.30PM**

- 501 Boys 11 yrs/Over 400 IM
- 502 Girls 11 yrs/Over 400 IM
- 503 Boys 10 yrs/Over 200 Back
- 504 Girls 10 yrs/ Over 200 Back
- 505 Boys 10 yrs/over 100 Free
- 506 Girls 10 yrs/over 100 Free
- 507 Boys 10 yrs/ Over 100 Fly
- 508 Girls 10 yrs/ Over 100 Fly

PLEASE NOTE THESE EVENTS WILL BE SWAM IN STANDARD COSTUMES NOT RACE COSTUMES
COACHES WILL ALSO HAVE DISCRETION OVER WHICH EVENTS SWIMMERS TAKE PART IN
Age as of the 26th September 2017

Swimmers should complete entry forms online using the new swim manager system

Fee will be £20.00 inclusive of all events

Everyone will be required to help at least one session so please sign up to the helpers section on a day that suits you.

EMPTY LANES SLOW DOWN THE MEET!