

Entries are £5 for 50m, 100m and 200m and £6 for 400m, 800m and 1500m cheques should be made payable to Chelmsford Swimming Club.

Swimmers/parents should print out the Programme of events and Highlight the events they wish to enter and hand back to Nicky Sanders with their cheque.

Age Groups are 10/11, 12/13, 14/15 and 16+ years and open for 800m and 1500m events. The 50m swims are G12+ & B12+. Ages at 18th April 2010.

Entries may be restricted in order to keep the session times within appropriate time scales. Slowest times within each age group will be rejected.

Closing date for entries is Sunday 28th February.