



(Affiliated to London Region and A.S.A.)

Licence No: (applied for)

(Under ASA Law and the ASA Technical Rules of Racing)

WINTER OPEN LEVEL 1 17th and 18th December 2011

At Basildon Sporting Village ,Cranes Farm Road
Basildon Essex

Ages as at 18/12/2011

(8 Age Groups: 9 yrs; 10 yrs; 11yrs; 12yrs; 13yrs; 14yrs; 15yrs; 16+yrs)

Awards to the top three in each age group for each event

All Events HDW Except 50m Free Skins Final

Entry fee £5.25 per event

CLOSING DATE 18TH NOVEMBER 2011

Programme of Events

SATURDAY 17th DECEMBER

1.20PM START

SESSION 1 *Warm up 12.30 (signing out by 12.45pm)
Event 1 Boys 400m Freestyle
Event 2 Girls 200m Backstroke
Event 3 Boys 200m Backstroke
Event 4 Girls 100m freestyle
Event 5 Boys 100m Freestyle
Event 6 Girls 200m Individual Medley

SUNDAY 18th DECEMBER

1.20PM START

SESSION 3 *Warm up 12.30pm (Signing out by 12.45pm)
Event 13 Girls 400m Freestyle
Event 14 Boys 200m Butterfly
Event 15 Girls 200m Butterfly
Event 16 Boys 100m Backstroke
Event 17 Girls 100m Backstroke
Event 18 Boys 200m Individual Medley

START – 6.20pm

SESSION 2 *Warm up 5.30pm (signing out by 5.45pm)
Event 7 Boys 100m Butterfly
Event 8 Girls 100m Butterfly
Event 9 Boys 200m Freestyle
Event 10 Girls 200m Freestyle
Event 11 Boys 100m Breaststroke
Event 12 Girls 100m Breaststroke

START – 6.20pm

SESSION 4 * Warm up 5.30pm (signing out by 5.45pm)
Event 19 Girls 50m Freestyle
Event 20 Boys 50m Freestyle
Event 21 Girls 200m Breaststroke
Event 22 Boys 200m Breaststroke
Event 23 Girls 50m Skins Final
Event 24 Boys 50m Skins Final

(*warm up and session times may be subject to amendment)

Entry forms, together with fees, should be sent to:

Killerwhales SwimClub

C/O 146 Hainault Road Collier Row

Romford RM5 3AP

Tel: 01708 755026

EntryPacks available on Website: www.killerwhallesc.co.uk