

EALING SWIMMING CLUB

2023 Regional Qualifier

Under Swim England Laws and Swim England Technical Rules at Level 3 under no: 3LR230113

Saturday 4 & Sunday 5 March 2023

The Northolt Leisure Centre, Eastcote Lane North, Northolt, Middx UB5 4AB

Saturday 4 March		Sunday 5 March	
Session 1 Warm up 8:00am Start 9:30am		Session 3 Warm up 8:00am Start 9.15am	
101	Girls 400m Freestyle	201	Boys 400m Freestyle
102	Boys 50m Butterfly	202	Girls 50m Butterfly
103	Girls 50m Breaststroke	203	Boys 50m Breaststroke
104	Boys 100m Freestyle	204	Girls 100m Freestyle
105	Girls 200m Backstroke	205	Boys 200m Backstroke
106	Boys 200m Breaststroke	206	Girls 200m Breaststroke
107	Girls 200m Individual Medley	207	Boys 200m Individual Medley
Session 2 Warm up TBS Start TBC		Session 4 Warm up TBS Start TBC	
108	Girls 100m Butterfly	208	Boys 100m Butterfly
109	Boys 100m Backstroke	209	Girls 100m Backstroke
110	Girls 200m Freestyle	210	Boys 200m Freestyle
111	Boys 200m Butterfly	211	Girls 200m Butterfly
112	Girls 100m Breaststroke	212	Boys 100m Breaststroke
113	Boys 50m Freestyle	213	Girls 50m Freestyle
114	Girls 50m Backstroke	214	Boys 50m Backstroke
115	Boys 100m Individual Medley	215	Girls 100m Individual Medley

* Please note times are tentative and will be confirmed once all of the entries for the Meet have been processed. Full details will be sent with confirmation of entries.

Venue: The New Northolt Leisure Centre,
Eastcote Lane North, Northolt, Middx UB5
25m Pool, 8 Lanes, full electronic timing with anti-turbulence lane ropes Age Groups:

Age bands 9/10, 11, 12, 13, 14, 15 and 16+. Ages as at midnight 5 March 2023

Events: 50m, 100m and 200m all strokes
plus 100m IM, 200m IM, 400m Freestyle
All events will be heat declared winners.

Fees: £9.00 per event

Awards: Awards to 1st, 2nd and 3rd in all age groups. (HDW)

Entries: Electronic entries to be emailed to Ms Leah Pullen
meetmanager@swimesc.co.uk

