

EALING SWIMMING CLUB

SHORT COURSE LICENSED OPEN MEET

Affiliated to ASA London Region, Under ASA Laws and FINA Technical Rules of Swimming.
Licensed by the ASA at Level 3 under number 3LR3642

Saturday 2nd & Sunday 3rd November 2013

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

Saturday 2 nd November	Sunday 3 rd November
Session 1 Warm up 8:45am Start 9.30am (TBC)	Session 3 Warm up 8:45am Start 9:30am (TBC)
Boys 400m Freestyle	Girls 400m Freestyle
Girls 50m Butterfly	Boys 50m Butterfly
Boys 200m Backstroke	Girls 200m Backstroke
Girls 100m Freestyle 10 years and over	Boys 100m Freestyle 10 years and over
Boys 100m Individual Medley	Girls 100m Individual Medley
Girls 200m Butterfly	Boys 200m Butterfly
Boys 50m Breaststroke	Girls 50m Breaststroke
Girls 100m Breaststroke 10 Years and over	Boys 100m Breaststroke 10 years and over
Session 2 Warm up tbc Start tbc	Session 4 Warm up tbc Start tbc
Girls 200m Individual Medley	Boys 200m Individual Medley
Boys 200m Freestyle	Girls 200m Freestyle
Girls 50m Backstroke	Boys 50m Backstroke
Boys 100m Butterfly 10 years and over	Girls 100m Butterfly 10 years and over
Girls 200m Breaststroke	Boys 200m Breaststroke
Boys 50m Freestyle	Girls 50m Freestyle
Girls 100m Backstroke 10 years and over	Boys 100m Backstroke 10 years and over

* 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: 9/10, 11, 12, 13, 14, 15 and 16/o. Ages at 3rd November 2013

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

Fees: £5.75.00 per event (£6.50 400s) (cheques payable to Ealing Swimming Club)

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

Entries: Electronic entries to be sent to Mrs Leah Pullen
meetmanager@swimesc.co.uk

