

# EALING SWIMMING CLUB

## 2024 Regional Qualifier Open

Under Swim England Laws and Swim England Technical Rules at Level 3 under no: 3LR24

**Saturday 2 & Sunday 3 March 2024**

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

Saturday 2 March		Sunday 3 March	
Session 1 Warm up 8:15am Start 9:30am		Session 3 Warm up 8:15am Start 9.15am	
101	Female 400m Freestyle	201	Open/Male 400m Freestyle
102	Open/Male 100m Butterfly	202	Female 100m Butterfly
103	Female 200m Breaststroke	203	Open/Male 200m Breaststroke
104	Open/Male 200m Backstroke	204	Female 200m Backstroke
105	Female 100m Freestyle	205	Open/Male 100m Freestyle
106	Open/Male 50m Butterfly	206	Female 50m Butterfly
107	Female 50m Breaststroke	207	Open/Male 50m Breaststroke
108	Open/Male 200m Individual Medley	208	Female 200m Individual Medley
Session 2 Warm up TBS Start TBC		Session 4 Warm up TBS Start TBC	
109	Open/Male 400m Individual Medley	209	Female 400m Individual Medley
110	Female 100m Backstroke	210	Open/Male 100m Backstroke
111	Open/Male 200m Freestyle	211	Female 200m Freestyle
112	Female 200m Butterfly	212	Open/Male 200m Butterfly
113	Open/Male 100m Breaststroke	213	Female 100m Breaststroke
114	Female 50m Freestyle	214	Open/Male 50m Freestyle
115	Open/Male 50m Backstroke	215	Female 50m Backstroke
116	Female 100m Individual Medley	216	Open/Male 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 3<sup>rd</sup> March 2024

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

**Fees:** £9.00 per event

**Awards:** Awards to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in all age groups. (HDW)

**Entries:** Electronic entries to be emailed to Ms Leah Pullen  
[meetmanager@swimesc.co.uk](mailto:meetmanager@swimesc.co.uk)

