

# EALING SWIMMING CLUB

## 2024 Summer Invitational

Under Swim England Laws and Swim England Technical Rules at Level 3 under no: 4LR24

Sunday 7<sup>th</sup> July 2024

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

| Saturday 7 July 2024        |                                  |
|-----------------------------|----------------------------------|
| Session 1                   |                                  |
| Warm up 8:15am Start 9:30am |                                  |
| 101                         | FEMALE 100m Breaststroke         |
| 102                         | OPEN/MALE 100m Butterfly         |
| 103                         | FEMALE 50m Backstroke            |
| 104                         | OPEN/MALE 50m Freestyle          |
| 105                         | FEMALE 50m Butterfly             |
| 106                         | OPEN/MALE 50m Breaststroke       |
| 107                         | FEMALE 100m Backstroke           |
| 108                         | OPEN/MALE 100m Freestyle         |
| 109                         | FEMALE 100m Individual Medley    |
| Session 2                   |                                  |
| Warm up TBS Start TBC       |                                  |
| 110                         | OPEN/MALE 100m Breaststroke      |
| 111                         | FEMALE 100m Butterfly            |
| 112                         | OPEN/MALE 50m Backstroke         |
| 113                         | FEMALE 50m Freestyle             |
| 114                         | OPEN/MALE 50m Butterfly          |
| 115                         | FEMALE 50m Breaststroke          |
| 116                         | OPEN/MALE 100m Backstroke        |
| 117                         | FEMALE 100m Freestyle            |
| 118                         | 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 bands 8, 9, 10, 11, 12, 13, 14, 15 and 16+. Ages as at midnight 7<sup>th</sup> July 2024

Events: 50m all strokes and 100IM (8yrs+) 100m all strokes (9yrs+).  
All events will be heat declared winners.

Fees: £6.00 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)

