Norwich Swan Sponsored Swim 2019

Once again, we are again running our annual sponsored swim over the Easter holidays. This is a great opportunity to raise money for your swimming club. This can also help you pass some of the distance swims for your stage 8, 9 and 10 badges. Please go to the events section of the website to enter.

**The details**

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| **Date and** **Time** | **Friday 12th April****8.00am – 12.00pm** | **Friday 12th April** **1.00pm – 5.00pm** |
| **Squads** | **Learn to swim (must be able to swim 25m)****Cygnet,** **Club Development and Challenge** | **All other squads** |

This year the events will be run in the first week of the Easter holidays at The Hewett School, Cecil Road, NR1 2PL. Squads are separated as listed in the table below.

**Fundraising**

The money you collect this year will go towards Norwich Swan Club Funds which are used for essential equipment and special events and to subsidise activities for the swimmers.

**The options**

1. Swim as far as you can by yourself (within the four hours) for as long as you are able.
2. Swim as a team (either in relay formation or at the same time) to complete a bigger distance. All members of teams still need to fill out their own form but after the event make sure you write down the total distance swum by the entire team. Teams can come up with their own team names and you can add that to the form as well.

**The rest**

Forms and money have to be handed to Tina Bedder (in a sealed envelope) by Friday 24th May at the latest to give you time to collect as much as possible! We can also take online donations through our GoFundMe page <https://www.gofundme.com/Norwich-Swan-Swimming-Club-Fundraising>

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| --- | --- | --- |
| **Meters**  | **Lengths** | **Miles** |
| 500m | 20 | 0.31 |
| 1000m | 40 | 0.62 |
| 1500m | 60 | 0.93 |
| 2000m | 80 | 1.24 |
| 3000m | 120 | 1.86 |
| 4000m | 160 | 2.49 |
| 5000m | 200 | 3.11 |
| 6000m | 240 | 3.73 |
| 7000m | 280 | 4.35 |
| 8000m | 320 | 4.97 |
| 9000m | 360 | 5.59 |
| 10000m | 400 | 6.21 |

NORWICH SWAN SWIMMING CLUB SPONSOR FORM

Name of swimmer: …………………………………………… Age: ……………

Individual distance swum: ……………… metres / ……………… lengths

Name of team:……………………………………………………

Total team distance swum: ……………… metres/……………… lengths

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| --- | --- | --- | --- | --- |
|  | Name  | Contact e-mail or telephone | Sponsor (£) | Total |
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|  |  |  | Total money raised: |  |