

REGIONAL LC QUALIFYING MEET

Run over 2 days

Dates: 6 & 7 April 2019 Venue: LA

Times: Warm Up Session 1 Sat 12 noon, Start 1pm

Warm Up Session 2 Sun 9am, Start 10am

Warm up times for Session 2 & 4 will be advised when entries have been received.

Write Gala Date, Name and Events on the outside of envelope. Money Inside. Seal and Post in the Postbox at the pool reception

Closing Date Tuesday 17th March 2019

Fees: £6 per event.

Entries without fees and LATE ENTRIES NOT BE ACCEPTED.

Swimmers may enter in events in which they qualify (to a maximum of 6 events).

Females who qualify for 800m Freestyle may also enter the 1000m Freestyle and Males who qualify for 1000m Freestyle may also swim 800m Freestyle.

All times should be submitted as either LC or SC as they were achieved. There are SC and LC consideration times for this meet. SC entries will be seeded in the first heats. Swimmers will NOT be accepted.

Swimmers who fail to scratch by the designated time, but do not make an event will be fined £10 per event not swum.

One set of medals will be presented to each swimmer i.e. one gold, one silver, one bronze.

All events will be 100%

Session 1

1. Boys 1000m Freestyle
2. Girls 400m Ind. Medley
3. Boys 200m Breaststroke
4. Girls 100m Freestyle
5. Boys 100m Butterfly
6. Girls 100m Backswim
7. Boys 50m Freestyle

Session 2

14. Girls 1000m Freestyle
15. Boys 400m Ind. Medley
16. Girls 200m Breaststroke
17. Boys 100m Freestyle
18. Girls 100m Butterfly
19. Boys 100m Backswim
20. Girls 50m Freestyle