

KILLERWHALES SWIM CLUB OF HAVERING

(Affiliated to London Region and A.S.A.)

Licence No:

5th Annual Meet

(Under ASA Law and the ASA Technical Rules of Racing)



25m Pool

Sunday 10th October 2010

At Blackshots Leisure Centre
Blackshots Lane, Grays, Thurrock

Age as at 10/10/2010

(8 Age Groups: 9 yrs; 10 yrs; 11yrs; 12yrs; 13yrs; 14yrs; 15yrs; 16+yrs)

Awards to the top six in each age group for each event

Programme of Events over 2 Sessions

Session 1 Warm up 8.15am*					Session 2 Warm up 1.30pm*				
Event	G/B	Age	Dist	Stroke	Event	G/B	Age	Dist	Stroke
1	Girls	9-10	100m	Ind. Medley (HDW)	12	Boys	9-11	100m	Individual Medley (HDW)
2	Girls	11+	200m	Ind. Medley (HDW)	13	Boys	12+	200m	Individual Medley (HDW)
3	Boys	9-11	50m	Breaststroke (HDW)	14	Girls	9-10	50m	Freestyle (HDW)
4	Girls	9-10	50m	Backstroke (HDW)	15	Boys	9-11	50m	Butterfly (HDW)
5	Boys	12+	100m	Breaststroke (HDW)	16	Girls	11+	100m	Freestyle (HDW)
6	Girls	11+	100m	Backstroke (HDW)	17	Boys	12+	100m	Butterfly (HDW)
7	Boys	9-11	50m	Freestyle (HDW)	18	Girls	9-10	50m	Breaststroke (HDW)
8	Girls	9-10	50m	Butterfly (HDW)	19	Boys	9-11	50m	Backstroke (HDW)
9	Boys	12+	100m	Freestyle (HDW)	20	Girls	11+	100m	Breaststroke (HDW)
10	Girls	11+	100m	Butterfly (HDW)	21	Boys	12+	100m	Backstroke (HDW)
11	8 x 25m Squadron Freestyle Relay HEATS				22	8 x 25m Squadron Freestyle Relay FINAL			

HDW = Heat Declared Winner
amendment)

(*warm up and session times may be subject to

This competition will be a card-less, signing out gala.

Closing Date for Entries 18th Sept 2010 - Entry Fee £4.50 per event (Relay - Free of charge)

Completed entry forms, together with fees, should be sent to:

Killerwhales Swim Club
27 Hall Lane, Upminster, Essex RM14 1AF
Tel: 01708 640569
email: gala10@killerwhallessc.co.uk