

London Borough of Redbridge Swimming Club's

Last Chance Regional Qualifying Meet 2018

Level 3 (Licence 3LR180313)

Date: 24th and 25th March 2018

Venue: Fullwell Cross Leisure Centre, Barkingside

Pool: 25m Short Course

Age on day: 25th March 2018

Race entry fee: £6 per event

Race Schedule

Age 9 All 50m, 100m, 200m and 400 Free events

Ages 10+ All 50m, 100m, 200m & 400m events.

Session 1 – Saturday 24th March 2018
Warm up 0800

1. Boys 200m Individual Medley
2. Girls 100m Backstroke
3. Boys 50m Freestyle
4. Girls 50m Breast
5. Boys 200m Butterfly
6. Girls 200m Breaststroke
7. Boys 100m Freestyle
8. Girls 100m Butterfly

Session 3 – Sunday 25th March 2018
Warm up 0800

16. Girls 200m Individual Medley
17. Boys 100m Backstroke
18. Girls 50m Freestyle
19. Boys 50m Breast
20. Girls 200m Butterfly
21. Boys 200m Breaststroke
22. Girls 100m Freestyle
23. Boys 100m Butterfly

Session 2 – Saturday 24th March 2018
Warm up 1300

9. Boys 400m Freestyle
10. Girls 400m Individual Medley
11. Boys 50m Backstroke
12. Girls 50m Butterfly
13. Boys 200m Freestyle
14. Girls 200m Backstroke
15. Boys 100m Breaststroke

Session 4 – Sunday 25th March 2018
Warm up 1300

24. Girls 400m Freestyle
25. Boys 400m Individual Medley
26. Girls 50m Backstroke
27. Boys 50m Butterfly
28. Girls 200m Freestyle
29. Boys 200m Backstroke
30. Girls 100m Breaststroke

To enter, please email SOSSC@live.co.uk with your entries by no later than midnight 2nd February. Entries will not be accepted after this date.

The subject to your email must be “**Redbridge Gala**” and if you are entering multiple galas, please email separately for each one.

You are reminded that once entries have been submitted to the host club, you must make payment for your entries, even if your child ends up not swimming on the day. Payment for your entries do not need to be made until you have received my email to say our entries have been accepted by the host club.