

# Newham and East London

## National Qualifying Meet 2018

Level 1 (Licence 1LR180247)

Date: 14<sup>th</sup> and 15<sup>th</sup> April 2018

Venue: London Aquatics Centre, London

Pool: 50m Long Course

Age on day: 15<sup>th</sup> April 2018

Race entry fee: £8 per event (50m, 100m, 200m and 400m) and £15 (800m and 1500m)

### Race Schedule

| <b><u>PROGRAMME OF EVENTS</u></b> |                        |                                |                        |
|-----------------------------------|------------------------|--------------------------------|------------------------|
| 1 hour Warm Up                    |                        |                                |                        |
| Session 1 – Start 09.45 SATURDAY  |                        | Session 4 – Start 09.45 SUNDAY |                        |
| Girls                             | 400m Individual Medley | Boys                           | 400m Individual Medley |
| Boys                              | 100m Freestyle         | Girls                          | 100m Freestyle         |
| Girls                             | 50m Freestyle          | Boys                           | 50m Freestyle          |
| Boys                              | 50m Butterfly          | Girls                          | 50m Butterfly          |
| Girls                             | 200m Breaststroke      | Boys                           | 200m Breaststroke      |
| Boys                              | 200m Individual Medley | Girls                          | 200m Individual Medley |
| 1 hour Warm Up                    |                        |                                |                        |
| Session 2 – Start TBA             |                        | Session 4 – Start TBA          |                        |
| Boys                              | 200m Butterfly         | Girls                          | 200m Butterfly         |
| Girls                             | 200m Freestyle         | Boys                           | 200m Freestyle         |
| Boys                              | 50m Backstroke         | Girls                          | 50m Backstroke         |
| Girls                             | 50m Breaststroke       | Boys                           | 50m Breaststroke       |
| Boys                              | 1500m Freestyle        | Girls                          | 800m Freestyle         |
| 1 hour Warm Up                    |                        |                                |                        |
| Session 3 – Start TBA             |                        | Session 6 – Start TBA          |                        |
| Girls                             | 400m Freestyle         | Boys                           | 400m Freestyle         |
| Boys                              | 100m Breaststroke      | Girls                          | 100m Breaststroke      |
| Girls                             | 100m Backstroke        | Boys                           | 100m Backstroke        |
| Boys                              | 200m Backstroke        | Girls                          | 200m Backstroke        |
| Girls                             | 100m Butterfly         | Boys                           | 100m Butterfly         |

To enter, please email [SOSSC@live.co.uk](mailto:SOSSC@live.co.uk) with your entries by no later than midnight Friday 2<sup>nd</sup> February. Entries will not be accepted after this date.

The subject to your email must be “**Newham 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.