



Southend on Sea Swimming Club

www.southendswimmingclub.co.uk

Licence No: 3ER181243

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Summer Sprint Meet

Sunday 15th July 2018

Garons Pool, Southend

1pm warm up



Time to put your swimming training skills into race action!

Come and compete in our very own Summer Sprint Meet

(for 9 year olds and above by the 15th July 2018)

Details on how to enter will be emailed out to all membership and placed on our website very soon.

SESSION 1

Girls 50m Freestyle

Boys 50m Freestyle

Girls 50m Breaststroke

Boys 50m Breaststroke

Girls 100m Individual Medley

Boys 100m Individual Medley

Girls 50m Backstroke

Boys 50m Backstroke

Girls 50m Butterfly

Boys 50m Butterfly

Medals awarded to the 1st, 2nd and 3rd in each age group for each event



£5.50 per event

AGE GROUPS: 9/10 years, 11, 12, 13, 14, 15, 16 and over

Age on day: 15th July 2018