

Thurrock Swimming Club Long Distance Gala 2019

(Held under ASA Laws and Technical Rules)

Licensed by the ASA for entry into County Championships at Level 3 under No. 3ER190523

SCHEDULE

Saturday 9th & Sunday 10th November 2019

<u>Session One Saturday 9th November</u>		<u>Session Two Sunday 10th November</u>	
Warm Up 17:00 Start 17:30 Finish xx:xx Signing in closes 17.15		Warm up 13:15 Start 13:45 Finish (TBC) Signing in Closes 13:30	
101	Girls 800m Freestyle	201	Boys 800m Freestyle
102	Boys 1500m Freestyle	202	Girls 1500m Freestyle

AGE GROUPS

11, 12, 13, 14+ Age as at midnight on the 31st December 2019

Entries will be on a **FIRST COME FIRST BASIS**

CLOSING DATE FOR ENTRIES IS 11th October 2019 or EARLIER IF GALA IS FULL

Heat Declared Winner

Awards to the top three placed swimmers in each age group

UPPER TIME LIMITS

BOYS				GIRLS				
11 Years	12 Years	13 years	14+ years	Events	11 Years	12 Year	13 Years	14+ Years
09:30.00	09:15.00	09:00.00	08:30.00	800m Free	09:30.00	09:15.00	09:00.00	08:30.00
19:00.00	18:00.00	17:30.00	16:00.00	1500m Free	19:00.00	18:00.00	17:30.00	16:00.00