

Winsford Swim Team Club Champs 2015-2016

Sat 12th September

Session 1 Warm Up 4.30 PM (TBC)

Event No.	Gender	Age	Event
1	Girls	10 Over	400 IM
2	Boys	9 Over	200 IM
3	Mixed	8 Under	25 Fly
4	Girls	9 Over	100 Fly
5	Boys	9 Over	100 Free
6	Mixed	8 Under	25 BK
10 Minute Break for Warm up/Swim Down			
7	Girls	9 Over	100 Brst
8	Boys	9 Over	200 BK
9	Girls	9 Over	50 Fly
10	Boys	9 Over	50 BK
10 Minute Break for Warm up/Swim Down			
11	Girls	10 Over	800 Free

Sun 13th September

Session 2 Warm Up 4.30 PM (TBC)

Event No.	Gender	Age	Event
12	Boys	10 Over	400 Free
13	Girls	9 Over	200 Free
14	Mixed	8 Under	25 Brst
15	Boys	9 Over	200 Brst
16	Mixed	8 Under	25 Free
10 Minute Break for Warm Up/Swim Down			
17	Boys	9 Over	100 BK
18	Girls	9 Over	200 Fly
19	Boys	9 Over	50 Free
20	Girls	9 Over	50 Brst
10 Minute Break for Warm Up/Swim Down			
21	Boys	10 Over	1500 Free

Sat 19th September

Session 3 Warm Up 11.30am (TBC)

Event No.	Gender	Age	Event
22	Boys	10 Over	400 IM
23	Girls	9 Over	200 IM
24	Boys	9 Over	100 Fly
25	Girls	9 Over	100 Free
10 Minute Break for Warm Up/Swim Down			
26	Boys	9 Over	100 Brst
27	Girls	9 Over	200 BK
28	Boys	9 Over	50 Fly
29	Girls	9 Over	50 BK
30	Boys	9 Over	100 IM

Sat 19th September

Session 4 Warm Up TBC - PM

Event No.	Gender	Age	Event
31	Girls	10 Over	400 Free
32	Boys	9 Over	200 Free
33	Girls	9 Over	200 Brst
10 Minute Break for Warm Up/Swim Down			
34	Girls	9 Over	100 BK
35	Boys	9 Over	200 Fly
36	Girls	9 Over	50 Free
37	Boys	9 Over	50 Brst
38	Girls	9 Over	100 IM
10 Minute Break for Warm Up/Swim Down			
39	Girls	14 under	SKINS
40	Boys	14 under	SKINS
41	Girls	15 over	SKINS
42	Boys	15 over	SKINS
43	Ladies	Parents	50 Free
44	Gents	Parents	50 Free

Restrictions

Transition Squads A, B & C:

8 & Under may do 4 x 25m unless they are 9 by 31/12/16

- then they can also do 4 x 50m & 100IM. 100s and 200s with written permission from Michael.

9 & Over may only do 4 x 50m races and 100IM. 100s and 200s with written permission from Michael.

Development Squad:

8 year olds may do 4 x 25m & any 9 & over race & any 10 & over race if they will be 10 by 31/12/16

- with written permission from the coaches.

9 year olds may also swim any 10 & over event with written permission from the coaches.

Distance races - 400IM, 400Free, 800Free and 1500Free

- written permission must be gained from the coach to enter these races.

Swimmers who swim up an age group will not be eligible for awards in events they swim up in. If in doubt - ask your coach.

Fee: £2.00 per entry.

Age on 19/09/15

Closing Date: 22nd July 2015

Email entries to: winngalaentries@gmail.com & winsac2011@gmail.com unless need written permission.

