



# Thurrock Swimming Club

## Thurrock Regional Qualifier Meet 2019

(Held under ASA Laws and Technical Rules)

Licensed by the ASA for entry into Regional Championships at Level 3 under No. 3ER190014

### SCHEDULE

#### Saturday 6th April 2019

| <u>Session One</u> |                         | <u>Session Two</u> |                              |
|--------------------|-------------------------|--------------------|------------------------------|
| Warm Up tbc        | Start tbc               | Finish tbc         | Signing in closes tbc        |
| 101                | Boys 400m Freestyle     | 201                | Girls 200m Individual Medley |
| 102                | Girls 200m Backstroke   | 202                | Boys 200m Individual Medley  |
| 103                | Boys 50m Freestyle      | 203                | Girls 50m Butterfly          |
| 104                | Girls 100m Butterfly    | 204                | Boys 100m Backstroke         |
| 105                | Boys 50m Backstroke     | 205                | Girls 200m Freestyle         |
| 106                | Girls 200m Breaststroke | 206                | Boys 50m Breaststroke        |
| 107                | Boys 200m Breaststroke  | 207                | Girls 200m Butterfly         |

#### Sunday 7th April 2019

| <u>Session Three</u> |                        | <u>Session Four</u> |                              |
|----------------------|------------------------|---------------------|------------------------------|
| Warm Up tbc          | Start tbc              | Finish tbc          | Signing in closes tbc        |
| 301                  | Girls 400m Freestyle   | 401                 | Girls 400m Individual Medley |
| 302                  | Boys 200m Backstroke   | 402                 | Boys 400m Individual Medley  |
| 303                  | Girls 50m Freestyle    | 403                 | Girls 100m Breaststroke      |
| 304                  | Boys 100m Butterfly    | 404                 | Boys 50m Butterfly           |
| 305                  | Girls 50m Backstroke   | 405                 | Girls 100m Backstroke        |
| 306                  | Boys 100m Breaststroke | 406                 | Boys 200m Freestyle          |
| 307                  | Girls 100m Freestyle   | 407                 | Girls 50m Breaststroke       |
| 308                  | Boys 100m Freestyle    | 408                 | Boys 200m Butterfly          |

### AGE GROUPS

9, 10/11, 12/13, 14+ Age as at midnight on the last day of the competition 7th April 2019

9 Year old swimmers are not eligible for 400m events

400m events will be restricted to 6 heats per event

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

**CLOSING DATE FOR ENTRIES IS 8<sup>th</sup> March 2019 or EARLIER IF GALA IS FULL**

Heat Declared Winner

**Awards to the first six placed swimmers in each age group**