

Thurrock Swimming Club

Alan Mitchell Memorial County Qualifier 2019

(Held under ASA Laws and Technical Rules)

Licensed by the ASA for entry into County Championships at Level 3 under No. 3ER190363

SCHEDULE

Saturday 5th October 2019

<u>Session One</u>		<u>Session Two</u>	
Warm Up 13:30	Start 14:20	Finish xx:xx	Warm up (TBC)
Signing in closes 13.30		Start (TBC)	
		Finish (TBC)	
		Signing in Closes (TBC)	
101	Boys 400m Freestyle	201	Girls 200m Individual
102	Girls 200m Backstroke	Medley	
103	Boys 50m Freestyle	202	Boys 200m Individual
104	Girls 100m Butterfly	Medley	
105	Boys 50m Backstroke	203	Girls 50m Butterfly
106	Girls 200m Breaststroke	204	Boys 100m Backstroke
107	Boys 200m Breaststroke	205	Girls 200m Freestyle
		206	Boys 50m Breaststroke
		207	Girls 200m Butterfly

Sunday 6th October 2019

<u>Session Three</u>		<u>Session Four</u>	
Warm Up 09.00	Start 09:50	Finish xx:xx	Warm up (TBC)
Signing in closes 09.00		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 6th October 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 6th September 2019 or

EARLIER IF GALA IS FULL

Heat Declared Winner

Awards to the first six placed swimmers in each age group