



WORKINGTON AMATEUR SWIMMING CLUB

PRESIDENTS OPEN MEET
(Under A.S.A. Law & Technical Rules)
MOORCLOSE POOL WORKINGTON
on
SATURDAY 18th SEPTEMBER 2010

Swimmers ages are as at 18th September 2010

ENTRIES

Cost £3.50 per event (Cheques payable to LASWPC)

POOL

25m 6 Lane Pool

TIMING

Colorado Electronic Timing

SESSION TIMES

Morning	Warm Up 9.15am	Start 10am
Afternoon	Warm Up 2.15pm	Start 3pm

AGE GROUPS & EVENTS - 9, 10, 11, 12, 13, 14yrs/ Over

9yrs - 50m All Strokes

10yrs/Over - 200m All Strokes + 50m Free, 400m Free & 400m I.M.

Awards will be given to the top 6 swimmers in each age group in each event.

Closing Date Friday 9th July 2010

Further details can be found on our website
www.workington-swimming-club.co.uk