

CLUB SPRINTS

What are "The Sprints"?

"The Sprints" are a Club competition made up of 50m (2 lengths) timed swims for each of the four strokes and 100m Individual Medley.

Sessions One Warm Up 2pm, 2.30pm Start	Session Two Warm Up 4.30pm, 5pm Start
Girls 100 Individual Medley	Boys 100 Individual Medley
Boys 50m Backstroke	Girls 50m Backstroke
Girls 50m Breaststroke	Boys 50m Breaststroke
Boys 50m Butterfly	Girls 50m Freestyle
Girls 50m Butterfly	Boys 50m Freestyle

Who are they for?

All swimmers are encouraged to enter from Dev2, Dev1, AGE, Club, County & Top Squad.

When?

Saturday 9th July warm up from 2:00pm estimated finish time 7:30pm. Please arrive 15 minutes early to register before each session.

How is the competition organised?

The age groups are:- 10 years and under, 11 years, 12 years, 13 years, 14 years, 15 years and over for boys and girls. Age is as of the date of the session - 9th July 2011.

For each stroke swimmers compete against others of a similar standard. Heats may therefore have swimmers from different age groups. There are no finals. Medals are awarded to the fastest three swimmers in each stroke/age group. So even if your child wins their heat they may not necessarily win a medal.

Reading Swimming Club Top Squad Challenge!

This is the chance to find Reading Swimming Clubs top squad for 2011. All squads will complete against each other in a handicapped mini gala. The Mini Gala will have the swimmers racing in

4 X 50M Medley relay
50M Butterfly
50M Back stroke
50M Breast stroke
50M Freestyle
6 X 50M Freestyle Squadron Relay
Races will be mixed.

The winner of each race will be awarded 6pts, 2nd place 5pts, 3rd place 4pts, 4th place 3pts, 5th place 2pts and 6th place 1pt.

The squad with the most points at the end of the gala will be crowned Reading Swimming Club's 'Top Squad' for 2011.

Coaches, have you done enough, will your swimmers bring your squad the ultimate Reading Swimming Club prize?

How do I enter?

Forms will be available on the website or at the club desk on Thursday evenings. Please return completed forms to the club desk by Thursday 30th June. The cost for this event is FREE as it is covered by your annual membership fee.

and finally....

As usual these events cannot run without the help of parents and therefore if you are available to help please let Sue Stewart know at sue.stewart@ntlworld.com.

CLUB SPRINTS

Name _____

Date of Birth _____

Squad _____ Male/Female

Stroke	Current PB Time
50m Freestyle	
50m Backstroke	
50m Breaststroke	
50m Butterfly	
100m Individual Medley	

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