

TAWA SWIMMING CLUB

TIME TRIALS

Thursday 23 November 2017

Warm up 6.00pm

Start 6.30 pm

Order of Events

1	100	Free
2	25	Breast
3	50	Back
4	100	Breast
5	25	Back
6	50	Free
7	200	Free
8	25	Fly
9	50	Breast
10	100	IM

Conditions of Entry

- You must enter online at <http://www.swimtawa.org.nz/meetinformation.php>
- Entries close online at 6pm on Tuesday 21st November.
- You must be at the pool by 6.00pm
- You can swim a maximum of 3 events
- You must have a **100m time to swim the 200m event**
- **Squad** swimmers are not allowed to enter 25m events
- This is not an official meet so your times **cannot** be used when entering other meets

If, after entering, you need to make any changes then email our Time Trials coordinator – Natasha natashamcg@gmail.com by Tuesday 21st November.

- **It is a requirement of entering, that a parent or caregiver must be able to stay to assist with running time trials** – this is a great way to learn what the various roles are ☺