



The Killerwhales Swim Club of Havering

AFFILIATED TO A.S.A LONDON & ESSEX (Under ASA Law and the ASA Technical Rules of Racing)
LICENCE NO: 1LR3045

The Killerwhales Winter Open Level 1 19th and 20th January 2013

At Basildon Sporting Village, Cranes Farm Road, Basildon Essex
Ages as at 20/01/2013

(8 Age Groups: 9 yrs; 10 yrs; 11yrs; 12yrs; 13yrs; 14yrs; 15yrs; 16+yrs)
Awards to the top three in each age group for each event
All Events HDW except 50m Free Skins Final

Entry fee **£5.25** per event
CLOSING DATE 14th December 2012

Programme of Events Saturday 19th January

Session 1	14:00 Warm up*	Session 2	18:00 Warm up*
15:00 Start	(Signing out by 14:45)	19:00 Start	(Signing out by 18:45)
Event 1 Boys 400m Freestyle		Event 7 Boys 100m Butterfly	
Event 2 Girls 200m Backstroke		Event 8 Girls 100m Butterfly	
Event 3 Boys 200m Backstroke		Event 9 Boys 200m Freestyle	
Event 4 Girls 100m Freestyle		Event 10 Girls 200m Freestyle	
Event 5 Boys 100m Freestyle		Event 11 Boys 100m Breaststroke	
Event 6 Girls 200m Individual Medley		Event 12 Girls 100m Breaststroke	

Sunday 20th January

Session 3	14:00 Warm up*	Session 4	18:00 Warm up*
15:00 Start	(Signing out by 14:45)	19:00 Start	(Signing out by 18:45)
Event 13 Girls 400m Freestyle		Event 19 Girls 50m Freestyle	
Event 14 Boys 200m Butterfly		Event 20 Boys 50m Freestyle	
Event 15 Girls 200m Butterfly		Event 21 Girls 200m Breaststroke	
Event 16 Boys 100m Backstroke		Event 22 Boys 200m Breaststroke	
Event 17 Girls 100m Backstroke		Event 23 Girls 50m Skins Final	
Event 18 Boys 200m Individual Medley		Event 24 Boys 50m Skins Final	

(*warm up and session times may be subject to amendment)

Entry forms, together with fees, should be sent to:
Killerwhales SwimClub
C/O 154 Romsey Road, Dagenham, Essex. RM9 6BB
Tel: 07905 200511
Entry Packs available on Website: www.killerwhallessc.co.uk