



*Lutterworth & District Swimming Club*



# TIME TRIALS

## SUNDAY OCT 11<sup>TH</sup>

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## SUNDAY OCT 18<sup>TH</sup>

The Nuneaton Open Meet, to be held on Sat & Sun 4<sup>th</sup> & 5<sup>th</sup> December 2009, is open to ALL SWIMMERS regardless of the squad they are in, subject to meeting the qualifying times

In preparation for this meet we are running 200m time trials over two Sundays, to provide the opportunity for those swimmers that do not have times for this distance, or where times are more than 6 months old, to obtain a time to submit.

The strokes to be timed will be 200m Freestyle, 200m Breaststroke, 200m Backstroke and 200m IM. You are encouraged to enter the 200m Freestyle plus your "No. 1" form stroke as a minimum. It is appreciated that the second weekend is half term, so in order to give everyone the opportunity to get the times they need, the schedule will be flexible. If you are available both weekends you will have the opportunity to swim all strokes, but if you are only available on 11<sup>th</sup>, then just select freestyle and your form stroke. (Time constraints, and personal energy levels, will make it unlikely for any swimmer to swim all four strokes in the same session, so please be realistic when making your selections.)

Please indicate on the form posted on the club notice board which strokes you wish to be timed. Entries must be completed by **Wednesday 30<sup>th</sup> September 2009** when the forms will be taken down for processing. Please also indicate if you require a 400m Freestyle time, for anyone that does not have one, so that arrangements can be made for you to obtain one.

Please see Tony Hall, one of the Committee members or email Judy Leader ([judyhfc@aol.com](mailto:judyhfc@aol.com)) if you have any queries or require any further information.