



CITY OF LEICESTER SWIMMING CLUB LIMITED

(Affiliated to ASA East Midland Region & Leicestershire ASA)

PRESENTS

THE 2010 LEICESTER DISTANCE MEET

(Under ASA Laws & The Technical Rules of Swimming)

3rd/4th/5th DECEMBER 2010

BRAUNSTONE LEISURE CENTRE ~ LEICESTER

This event is Licensed @ L2 (EM) by the A.S.A. For Entry into Regional & National Championships

- DATE:** Friday 3rd - Saturday 4th - Sunday 5th December 2010
- VENUE:** Braunstone Leisure Centre ~ Leicester ~ 8 Lane 25m
Competition Pool – Omega Electronic Timing
- AGE GROUPS:** Male / Female ~ 9/10yrs – 11/12yrs – 13/14yrs – 15/Ov – As at 6th December
Female ~ 10yrs 800m Freestyle – As at 6th December
- EVENTS:** 800m Freestyle ~ 1500m ~ Freestyle
400m ~ Freestyle ~ Individual Medley
200m ~ Freestyle ~ Backstroke ~ Breaststroke ~ Butterfly ~ Individual Medley
- 1500m/800m:** *THE 800m & 1500m EVENTS ARE NOT OPEN TO MALE SWIMMERS AGED 9/10yrs & FEMALE SWIMMERS AGE 9yrs ON 5th DECEMBER 2010.*
- HDW:** 200m Butterfly ~ Backstroke ~ Breaststroke
400m Freestyle ~ Ind. Medley
800m/1500m Freestyle
- FINALS:** 200m Freestyle and 200m Ind. Medley Events have final in the following age bands: - 9/10yrs ~ 11/12yrs ~ 13/14yrs ~ 15/Ov
- AWARDS:** HDW EVENTS: To the first three in each age group
FINAL EVENTS: To the first three in each final age band
- SESSIONS:** One Friday 3rd December ~ Two Saturday 4th ~ Two Sunday 5th December
- SWIM DOWN:** Separate 4 lane 25m Swim-Down Pool, available at specified times on Saturday & Sunday
- CLOSING DATE:** Monday 1st November 2010

Entry information available soon by:

Web: www.cityofleicesterswimmingclub.com ~ Email: pstooke@googlemail.com

Or: send a large sae to: -

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