

Derwentside ASC



Affiliated to Northumberland and Durham Counties and ASANER

5th Annual Charity Swim

Patron: Miss Jenny Agutter O.B.E.



All proceeds in aid of the Cystic Fibrosis Trust and Sands

(licensed by ASANER 3NE4108 and swum under ASA laws)

at

The Louisa Centre, Stanley

7-8 June 2014

Saturday

Session 1

Warmup 8:00 Start 9:00

1	200m Backstroke	Girls	Open
2	200m IM	Boys	Open
3	50m Frontcrawl	Girls	Open
4	50m Backstroke	Boys	Open
5	100m Breaststroke	Girls	10/Over
6	200m Butterfly	Boys	Open
7	100m Frontcrawl	Girls	10/Over

Session 2

TBA

8	200m Breaststroke	Boys	Open
9	200m Frontcrawl	Girls	Open
10	50m Butterfly	Boys	Open
11	50m Breaststroke	Girls	Open
12	100m Backstroke	Boys	10/Over
13	100m Butterfly	Girls	10/Over

Sportssystem entries £4.50

Paper entries £5:00

Sunday

Session 3

Warmup 8:00 Start 9:00

14	200m Backstroke	Boys	Open
15	200m IM	Girls	Open
16	50m Frontcrawl	Boys	Open
17	50m Backstroke	Girls	Open
18	100m Breaststroke	Boys	10/Over
19	200m Butterfly	Girls	Open
20	100m Frontcrawl	Boys	10/Over

Session 4

TBA

21	200m Breaststroke	Girls	Open
22	200m Frontcrawl	Boys	Open
23	50m Butterfly	Girls	Open
24	50m Breaststroke	Boys	Open
25	100m Backstroke	Girls	10/Over
26	100m Butterfly	Boys	10/Over

This meet is "first come, first served"

Closing date: when full