



SOUTH TYNESIDE SWIMMING CLUB

Annual Club Championship
Sunday 21st November 2021
Haven Point, South Shields

Warm-up will be split into two time slots:-

2.00pm to 2.15pm

Lane 1 & 2	Learn To Swim	Continuous Swimming 2.00pm – 2.15pm
Lane 3 - 6	D Squad	Continuous Swimming 2.00pm – 2.10pm Dive Starts from Changing Village end of pool 2.10pm – 2.15pm
Lane 7 & 8	Learn To Swim	Continuous Swimming 2.00pm – 2.15pm

2.15pm to 2.30pm

Lane 1 - 2	A, B, C, P & Sprint Squads	Continuous Swimming 2.15pm – 2.30pm
Lane 3 - 8		Continuous Swimming 2.15pm – 2.25pm Dive Starts from Scoreboard end of pool 2.25pm – 2.30pm

