



# 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: 1LR1534

## The Killerwhales Winter Open Level 1 17<sup>th</sup> and 18<sup>th</sup> December 2011

At Basildon Sporting Village, Cranes Farm Road, Basildon Essex

Ages as at 18/12/2011

(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 18<sup>TH</sup> NOVEMBER 2011**

### Programme of Events

#### Saturday 17<sup>th</sup> December

<b>Session 1</b> 13:20 Start	12:30 Warm up* (Signing out by 12:45)	<b>Session 2</b> 18:20 Start	17:30 Warm up* (Signing out by 17:45)
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 18<sup>th</sup> December

<b>Session 3</b> 13:20 Start	12:30 Warm up* (Signing out by 12:45)	<b>Session 4</b> 18:20 Start	17:30 Warm up* (Signing out by 17:45)
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 146 Hainault Road Collier Row**

**Romford RM5 3AP**

**Tel: 01708 755026**

**Entry Packs available on Website: [www.killerwhallessc.co.uk](http://www.killerwhallessc.co.uk)**