



LINCOLN VULCANS SWIMMING CLUB

(AFFILIATED TO THE LINCOLNSHIRE AND EAST MIDLANDS REGION)

LONG COURSE LICENSED OPEN MEET 2007

(HELD UNDER ASA LAWS AND ASA TECHNICAL RULES OF SWIMMING)

THIS IS A LEVEL 1 EVENT AND IS LICENSED BY THE ASA FOR ENTRY
INTO DISTRICT AND NATIONAL CHAMPIONSHIPS

SATURDAY 20th OCTOBER 2007 PONDS FORGE INTERNATIONAL SPORTS CENTRE SHEFFIELD

- ENTRY TIMES All entries must meet the published times.
- ENTRY FEE £4.75 PER EVENT
All entries will be accepted on a first come first serve basis.
- EVENTS: 50 Free, 100 and 200 all strokes, plus 200 IM
All events will be heat declared winners.
- AGES: 9, 10, 11, 12, 13, 14, 15, 16 and 17/Over
Age at 20th October 2007
- SESSIONS: 1st session will commence at 9.30 am,
Warm-up: 8.30am
2nd session will commence at 1.40 pm,
Warm-up: 12.45 pm
3rd session will commence at 5.40 pm,
Warm-up: 4.45 pm
All warm-up sessions will be supervised.
- ENTRY CARDS: All cards to be posted no later than 45 minutes
before the start of each session.

No late entries will be accepted.

CLOSING DATE FOR ENTRIES 31st AUGUST 2007

www.lvsc.co.uk