# Summer Sprints - 19th May 2019

# Warm-up 4:30pm, Start 5:00pm

#

## Entries

1. Races will be 25m (All Strokes), 50m (All Strokes) and 100m IM.
2. Enter a maximum of 5 events. Experienced swimmers are not expected to enter 25m events; experienced is defined as having swum the stroke at a L3 Gala.
3. Competitors’ ages shall be as at 19th May 2019.
4. Open to all swimmers, including the older Competition Squad Swimmers.
5. Swimming for times only, no medals or trophies will be awarded.

**For any queries regarding entry, please speak to Elliott or Ian**

**Please return entry forms to Diane Kaley / Dave Woods (@ Fleetwood) or Barrie Rayner (@ Poulton) by Sunday 12th May 2019.**