

SASC Level X Champs 2021 – Dolphins

Please contact Tom by **Wednesday 14th July** via email or text/whatsapp message to confirm your swimmer's attendance at this competition:
tompope@btinternet.com or 07895268043

Events – All swimmers are encouraged to swim all events for their swimming group, but please discuss with Tom if a swimmer is reluctant with one specific race.

Medals will be awarded separately for Boys/Girls in each swim group Mini Dolphins/Junior Dolphins.

There will be 15 mins swim warm up at the start of the session.

Social distancing must be maintained at all times whilst on poolside – swimmers at their cones except when they are in the pool

Sunday 18th July – 5.00-6.50pm

Event no	Group	Stroke
Event 1	Junior Dolphins	50 Free
Event 2	Mini Dolphins	50 Free
Event 3	Junior Dolphins	50 Back
Event 4	Mini Dolphins	25 Back
Event 5	Junior Dolphins	50 Fly
Event 6	Mini Dolphins	25 Fly
Event 7	Junior Dolphins	50 Breast
Event 8	Mini Dolphins	25 Breast
Event 9	Junior Dolphins	100 Free
Event 10	Mini Dolphins	25 Free

Best practice at swimming competitions

- Bring a drink to keep hydrated
- Bring a spare towel – dry off between races to keep warm
- Bring a t-shirt to wear on poolside to keep warm
- Watch the other races and cheer on your teammates