

## SASC Level X Champs 2021 – Intermediate

Please return forms in person, via email or via WhatsApp picture to Tom **by Wed 14<sup>th</sup> July**

Swimmer Name: \_\_\_\_\_

Group: \_\_\_\_\_

Events – Please tick those you wish to enter.

Medals will be awarded separately for Boys/Girls in each swim group Intermediate 1/Intermediate 2.

Start times for events are estimates, but will not be earlier than the time stated.

There will be 15 mins warm up at the start of each session, with swim down in any spare time we have.

**Social distancing must be maintained at all times on poolside**

Friday 16<sup>th</sup> July – 6.45-7.55pm

Event no	Stroke	Event start time	Tick to enter
Event 1	200 Fly (Int 2 only)	7.00pm	
Event 2	100 Free	7.10pm	
Event 3	100 Breast	7.25pm	
Event 4	200 Back	7.40pm	

Saturday 17<sup>th</sup> July – 5.20-7.10pm

Event no	Stroke	Event start time	Tick to enter
Event 1	100 IM	5.25pm	
Event 2	200 Free	5.40pm	
Event 3	100 Fly	6.00pm	
	Swim down if time	6.10pm	
Event 4	200 Breast	6.20pm	
Event 5	100 Back	6.35pm	
Event 6	200 IM	6.50pm	

Sunday 18<sup>th</sup> July – 7.00-8.00pm

Event no	Stroke	Event start time	Tick to enter
Event 1	50 Fly	7.15pm	
Event 2	50 Back	7.26pm	
Event 3	50 Breast	7.37pm	
Event 4	50 Free	7.48pm	