

SOMERSET AMATEUR SWIMMING ASSOCIATION

Present

THE COUNTY AGE GROUPS & CHAMPIONSHIPS 2010

At Millfield

GROUP ONE

Session 1	31 st January	Warm up	12.00 Noon
Session 2		Warm up	3.30 pm Approx

At Hutton Moor

GROUP TWO

Session 1	20 th February	Warm up	11.00 am
Session 2		Warm up	2.30 pm Approx

GROUP THREE

Session 1	21 st February	Warm up	10.00 am
Session 2		Warm up	2.00 pm Approx

GROUP FOUR

Session 1	6 th March	Warm up	11.00 am
Session 2		Warm up	3.00 pm Approx

GROUP FIVE

Session 1	7 th March	Warm up	10.00am
Session 2		Warm up	1.45 pm Approx

GROUP SIX

Session 1	13 th March	Warm up	11.00 am
Session 2		Warm up	3.30 pm Approx

GROUP SEVEN

Session 1	14 th March	Warm up	10.00 am
Session 2		Warm up	2.00 pm Approx

Entry Fee: £4.50 per Individual Event £5.00 per Team Event

Coaches and Team Managers passes (max of four per Club) £10.00 each

This is a designated event under ASA Laws and ASA Technical Rules

CLOSING DATE FOR ENTRIES – Distance Events Thursday 2nd January 2010
All other Events Thursday 2nd January 2010