



DEVELOPMENT 1

Sunday 6th October 2019, Omagh

AGE AS ON 31st DECEMBER 2019

SPEAK TO YOUR COACH REGARDING WHAT EVENTS TO ENTER

Session 1. –		Session 2. –	
Warm Up 9.00am		Warm Up 1.30pm	
Start 10.00am		Start 2.30pm	
Girls	10 & Over 100m IM	Boys	11 & Over 200m Freestyle
Boys	10 & Over 100m IM	Girls	11 & Over 200m Freestyle
Girls	11 & over 200IM	Boys	10 & Over 100m Backstroke
Boys	11 & over 200IM	Girls	10 & Over 100m Backstroke
Girls	10 & Over 100m Freestyle	Boys	10 & Over 100m Breaststroke
Boys	10 & Over 100m Freestyle	Girls	10 & Over 100m Breaststroke
		Boys	10 & Over 50m Butterfly
		Girls	10 & Over 50m Butterfly

SWIMMERS ARE LIMITED TO A MAXIMUM OF 3 EVENTS

CLOSING DATE FOR ENTRIES & PAYMENT BY SUNDAY 22nd SEPTEMBER

(LATE ENTRIES WILL NOT BE ACCEPTED)

Swimmers Name: _____

Fee Enclosed (€6 per event): _____