



COUNTY AGE GROUPS

2010

This coming weekend the County Age Groups start. Please ensure you know which events you have entered (ask Lindsey if you have forgotten) and most importantly which days your events are on. The programme of events is on our board at Whitchurch and also on our website (www.whitchurchwasps.co.uk).

IMPORTANT

If on the day of the event you are unable to swim you must let us know by 08.30 on the day. If you don't turn up and have not informed us you are going to be late we have to withdraw you or the club is penalised.

Numbers to call

Lindsey – 07817335054

Steve - 07855327739

Info for the day

Saturday 27th Feb – warm up session 1 ~8.30am, session 2 ~12.30pm, session 3 ~2.45pm

Sunday 28th Feb - warm up session 4~ 9.00am, session 5 ~1.00pm

Saturday 13th Mar– warm up session 6 ~8.30am, session 7 ~12.45pm, session 8 ~3.15pm

Sunday 14th Mar - warm up session 9~ 9.00am, session 10 ~1.00pm

What to bring

Usual costumes, hat, goggles etc, also extra towels and warm tops if there all day. Plenty of nutritious food/snacks for little and often nibbling. Enough drink for the amount of time you are there. Remember it's easy to dehydrate in the pool environment which will lead to poor performance and headaches.

Also remember that you can buy 2010 tee-shirts usually cost between £8-10. For new swimmers to the Counties these tee-shirts have all the competing swimmers names under their clubs on the back – a nice reminder of being eligible to enter.