

Pre-competitive Skills Championships

All pre-competitive swimmers from the province are invited to attend our Skills
Championship!!

December 5th, 2009 12:00 to 2:00pm.

\$5.00 per swimmer.

Coaches please email a list of attending swimmers to
duffy.earle@gmail.com by December 2nd at 6:00pm.

Events:

10m turn for time

25 meter flutter kick

50 meter time plus stroke count

Dive and Glide for distance

Push and Glide for distance

100 IM by birth year

Underwater Breaststroke pull outs for distance

Boat Races

Clothing Relay

The session will include swimmers moving through stations and completing the various events. We will then have a final for each event and a final for each birthyear male and female for 100IM.

There will be certificates for all participating swimmers and prizes for the top three in each final.