



BEXLEY SWIMMING CLUB

FOUNDED 1968 • AFFILIATED A.S.A.L.R

Licensed Long Course Distance Open Meet (License no.1LR9271)
(Under ASA Laws and ASA Technical Rules)

At: Crystal Palace National Sports Centre
On 21st & 22nd November 2009

MEET INFORMATION

- ◆ 8 Lane 50m Pool,
- ◆ Electronic Timing,
- ◆ Continuous Warm-up and swim down facilities

This Event is licensed by the ASA for entry into National Competitions and Championships.

EVENTS

- ◆ 200m, 400m, 800m & 1500m Freestyle
- ◆ 200m all other strokes
- ◆ 200m and 400m Individual Medley
- ◆ 50m Individual Medley Skins (top 8 taken from 200 IM)
(All events HDW except Skins)

AGE GROUPS

Under 11 and under, 12/13, 14/15, 16+
Ages as at – 22nd November 2009

Closing Date: 30th October 2009

For full details and entry forms send large SAE:

Mrs L Cousins, Bexley Swimming Club
37 Coniston Road, Barnehurst, Kent
DA7 6PX

Or Email windyridge37@ntlworld.com

Or visit our website – bexleyswimmingclub.com





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