

Affiliated to Essex County ASA & the ASA East Region

# HALSTEAD

A m a t e u r S w i m m i n g C l u b



## 1<sup>st</sup> SHORT COURSE LICENSED OPEN MEET

(HELD UNDER ASA LAWS AND ASA TECHNICAL RULES OF SWIMMING)

Licence No: 3ER0015

---

### SUNDAY 18<sup>th</sup> APRIL, 2010

BRAINTREE SWIMMING CENTRE, FREEPORT

---

ENTRY FEE	:	£4.00 per event.
EVENTS	:	50m and 100m all strokes (100m strokes excl. 9yr olds) plus 100m and 200m IM All events will be heat declared winners.
AGES	:	9, 10, 11, 12, 13, 14, 15, 16+ (Age @ 18 <sup>th</sup> April, 2010)
AWARDS	:	Top 6 in each age group + Top boy and girl awards



[www.hasc.co.uk](http://www.hasc.co.uk)

Enquires : [theresarulton@aol.com](mailto:theresarulton@aol.com) or [dsdtdkjwhall@tiscali.co.uk](mailto:dsdtdkjwhall@tiscali.co.uk)

All Events will be pre-seeded : No late entries will be accepted

## CLOSING DATE FOR ENTRIES: 1st March 2010