

**The closing date for this event is Friday 7<sup>th</sup> June 2019**

**SWIM ENGLAND SOUTH WEST REGION FAST 5 COMPETITION:**

Licensed Level 3.

Only open to swimmers who have entered in Swim England SW Region Winter or Summer Championship since November 1 2018. Swimmers who are invited to attend or enter the British Summer Championships or the Home Nations (England, Scotland or Wales) Summer meets or qualify for the British Championships or enter the British or Swim England Summer Para events are not eligible to compete.

Swimmers will enter and swim all events and results and awards will be decided on FINA points gained in all 5 events by the top 3 in each age group.

Single band age groups from 11/12yrs to 17yrs & over

Entry fee £16.50 to cover all events and spectator admission.

**Sunday July 7<sup>th</sup> 2019 at Gloucester**

Warm-up 8.50am, start 10.00am

30 minutes break and warm-up

Boy's 50m Butterfly

Girl's 50m Butterfly

Girl's 50m Breaststroke

Boy's 50m Breaststroke

Boy's 50m Freestyle

Girl's 50m Freestyle

Girl's 50m Backstroke

Boy's 50m Backstroke

Boy's 100m Ind. Medley

Girl's 100m Ind. Medley