

SOUTH EAST WALES REGION AQUATIC PENTATHLON

10th and 17th February 2008

at

South East Wales Regional Pool, Newport

Swimmers must be at least 7 years of age on last day of the Meet (17th February)

AIM :

“To provide an all round competition that encourages swimmers and coaches to train and compete on all 4 strokes with correct technique, starts and turns at an early age”

PROGRAMME:

Girls 7 - 8yrs and Boys 7 - 9yrs	Girls 9 years and Boys 10 years
25m Frontcrawl	50m Frontcrawl
25m Backstroke	50m Backstroke
25m Breaststroke	50m Breaststroke
25m Butterfly	50m Butterfly
100m Individual Medley	200m Individual Medley

1. Swum under Swim Wales Laws
2. Entry Fee £8.00 per person
3. Swimmers must swim in all individual events including the Individual Medley to be eligible for an award
4. In the Individual event all 4 strokes (Fly, Back, Breast, Frontcrawl) must be swum
5. Run as separate Girls and Boys events for each of the above age groups.
6. The organizers retain the right to restrict numbers taking part,
7. Each swimmers' times are totalled up for **all five** events and are ranked fastest to slowest.
8. Awards to the swimmers ranked from 1st – 10th in each Age Group, Boys and Girls.
9. In the event of disqualification the competitor will be given the slowest time for the event plus a 5 seconds penalty.

Session: 1 Sunday 10th February 2008

Day: 1	Warm up at 1.00pm	To be confirmed
Finals	1	Girls 9 Year Olds 50m Backstroke
Finals	2	Boys 10 Year Olds 50m Backstroke
Finals	3	Girls 7 – 8yrs 25m Frontcrawl
Finals	4	Boys 7 – 9yrs 25m Frontcrawl
Finals	5	Girls 9 Year Olds 50m Breaststroke
Finals	6	Boys 10 Year Olds 50m Breaststroke
Finals	7	Girls 7 – 8yrs 25m Butterfly
Finals	8	Boys 7 – 9yrs 25m Butterfly
Finals	9	Girls 9 Year Olds 200m IM (Fly, Back, Breast, Frontcrawl)
Finals	10	Boys 10Year Olds 200m IM (Fly, Back, Breast, Frontcrawl)

Session: 2 Sunday 17th February 2008

Day: 2	Warm up at 1:00pm	To be confirmed
Finals	11	Girls 7 – 8yrs 25m Backstroke
Finals	12	Boys 7 – 9yrs 25m Backstroke
Finals	13	Girls 9 Year Olds 50m Frontcrawl
Finals	14	Boys 10 Year Olds 50m Frontcrawl
Finals	15	Girls 7 – 8 yrs 25m Breaststroke
Finals	16	Boys 7 – 9yrs 25m Breaststroke
Finals	17	Girls 9 Year Olds 50m Butterfly
Finals	18	Boys 10 Year Olds 50m Butterfly
Finals	19	Girls 7 – 8yrs 100m IM (Fly, Back, Breast, Frontcrawl)
Finals	20	Boys 7 – 9yrs 100m IM (Fly, Back, Breast, Frontcrawl)