

TIME TRIALS @ BIDDULPH SUNDAY 30th September 2018

All Junior & Development Group swimmers aged between 7 years - 12 years are invited to do 25 metre swims on all four competitive strokes on Sunday 30th September 2018.

Try and attend as it is a good indication of the progress you are making and helps the Team Manager when selecting swimmers for team events.

Good Idea to bring T shirt to keep warm between swims.

Please note Warm Up is 6.00 p.m. for a 6.15 p.m. start – Elite Performance and Academy Squads will be training 4.00 p.m. - 6.00 p.m. for this week only.

Thanks
Peter