

# IMPORTANT INFO

## TIME TRIAL

SUNDAY 8<sup>TH</sup> MARCH

6 – 9PM (1 additional hour)

The time trial will primarily be for estimating times for the April open meet; we would like to encourage participation for all swimmers 9 & over.

If you do not swim on a Sunday pm and would like to take part (JA & A squad swimmers please add your name on the additional sheet).

Please note: We would like all Sunday pm swimmers to attend the entire 3 hour session.

To be able to operate an effective time trial we will require help. If you are able to help please add your name to the additional sheet.

Any questions please see Roger/Dan or Donna