Aquasprint Squad .

Time Trial .

When

Saturday 9th April 2011

Warm up 7.30am

Where

Avoniel Leisure Centre

Who

ALL Aquasprint squad who wish to be considered for the remaining aquasprint gala's.

What

25m sprints in all four strokes

Why

To give all swimmers a chance to swim all strokes

How

The remaining team and lane selection will be based between these

And your last time in each stroke NOT your PB

Important

If you are unable to attend speak to Robin who will try to accommodate otherwise we will assume that you do not wish to be considered for Aquasprint Gala's