

Crawley Open Challenge 2009



Invitation to Interclub Competition

To be held in the 50m 8 lane Pool at the K2 Leisure Centre, Crawley, RH11 9BQ
Electronic Timing

5 December 2009

Briefings start at 1.00pm, SERC starts at 2.20pm

Interval 4.45 to 5.30pm

Speed Events start 5.40pm

Teams to be maximum of 6 Mixed (Any combination)

Events include:

SERC (Incident)

6 x 50m Obstacle Relay

200m Obstacles (1 member)

4 x 25 Manikin Relay

50m Manikin Carry (1 member)

4 x 12m Line Relay

12m Line Throw (1 member + body)

4 x 50 Medley Relay

100m Manikin Carry with Fins (1 member)

6 x 50 Freestyle Relay (With or without Fins)

For further information and entry forms contact:

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