

PCA IN HOUSE LEAGUE

*3rd October, 7th November & 28th November
All Monday nights*

Replacing squad training and our normal club night.

Cannons Creek Pool, 6.00pm Warm Up – 6.30pm Start

THREE FUN NIGHTS – OPEN TO ALL CLUB MEMBERS

This is a team competition, run over three Monday nights (replacing normal club night and squad training). Everyone entering is put into one of six teams. Each team is managed by one or two of our older swimmers who organise their swimmers into their events, and then try to ensure all swimmers have a similar number of swims.

Everyone swimming earns points for their team – first 6 points, 2nd 5 points, etc, down to 6th place one point. Individual events on the programme are over 25m and 50m in various strokes with a number of age and open relays in various strokes.

While swimmers will not be asked to swim anything they aren't capable of, we will expect them to come along with a '*have a go attitude*' and/or '*I'll give it a go for the good of the team*'. Teams do much better when they have a swimmer in each race, rather than someone being fussy about what they swim.

Team selections are based on the expectation that swimmers are making a commitment and will be at each meet. Every effort is made to ensure teams have a similar spread of age groups that will give a balanced competition. We appreciate that at times things do crop up and missing a league night is unavoidable, but swimmers who forget and/or just don't turn up are letting their team down.

We need help on the night with judging the finishes. Timekeepers are not needed.

To enter, please enter your name on the entry sheet on the noticeboards at each pool.