

3rd Annual H.E.E.A.T. Distance Challenge

Friday, July 10th, 2009
3:30pm – 5:30am, at the Essex Pool

We will be holding our HEEAT Distance Challenge again this year. There is no cost, but we need one person per family help at the meet and you must return your registration form by July 8th if your child wishes to participate. There are not many rules for this challenge.

- Age will be as of July 10th, 2009
- Any stroke, or combination of strokes, may be used
- No walking on the bottom, but resting at the wall is OK
- Swimming 2 per lane may be necessary depending on participation
- 8 & unders will swim 200 metres
- 9 & 10 and 11 & 12 year olds will swim 400 metres
- 13 & 14 and 15 & overs will swim 800 metres
- Club swimmers must swim up one age group
- Participation awards will be given to all who finish
- Awards for top 3 in each age group and gender

Return to coaches no later than July 8th, 2009

_____ will be participating in the H.E.E.A.T. Distance Challenge. He/she will be _____ years old on July 10th.

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