

**ASA South West Region Fast 5 Competition  
Under ASA Laws & Regulation of Racing  
President: Paul Robbins  
Sunday 8 July 2018 at 10.15am at GL1, Gloucester**

**WARM UP**

Lane 1 – 6 Continuous swimming for 9 minutes followed by Sprints for 9 minutes from start end.

Lane 7 25m sprint with dives

Lane 8 25m sprints Backstroke ONLY

Start times from scoreboard end:

**BOYS**

8.50 11/12yrs Boys 38

8.59 13yrs Boys 52

9.08 14 & 15yrs Boys 31

9.17 16yrs and over Boys 21

**GIRLS**

9.26 11/12yrs Girls 47

9.35 13yrs Girls 42

9.44 14 & 15yrs Girls 42

9.53 16yrs and over Girls 25

10.11 Warm up finishes

10.15 Morning session starts

12.40 Break and lunch, pool not available for swimming due to numbers

1.30 Afternoon session starts

3.45 Presentation of Awards to top 3 in each age group

The programme will be printed with heats already seeded and there will be no marshalling and swimmers must report to their lane 2 heats before their own.

Seating on the poolside and the front rows of the spectator's area are for swimmers and coaches ONLY.

Swimmers MUST NOT climb over the barrier to enter the spectator area.