



Haslemere Swimming Club's

Very own

Duel In The Pool

Two teams of Haslemere Swimmers will fight it out over a varied and fun program of events to see which claims the

Duel in the Pool Crown

- Teams:** Blue & White
When: Sunday 11th June
Time: 5-7pm (usual training time)
Open to: All squad swimmers of all ages

Proposed events to Include:

- | | |
|----------------------|---------------------------|
| 25m & 50m Kick Races | 25m FC & Form races |
| Form & FC Relays | 50m FC & Form races |
| Furthest Underwater | Kick Relays |
| T-Shirt Relay | Float Races |
| 100m IM | Biggest Splash (oh yes!!) |
| Tandem relay | Hat race |

Each Team will have:

- A lead Coaches
- 2 Team Captains
- 2 Joker cards to double their points for an event

Family Relay

We are also looking for Family teams of 2 adults (16yrs and over) and 2 children for a final Family relay (4 x 25m FC) (Mixed families are allowed)

