

Swim England Norfolk '*Swimability*' GALA 2023

Riverside Swimming Centre, Norwich – Saturday 8th July 2023
Warm Up 5.00pm

1. 50m Backstroke
2. 25m Breaststroke
3. 100m Freestyle
4. 100m Medley Relay
5. 25m Freestyle
6. 50 m Butterfly
7. 100m Breaststroke
8. 25m Backstroke
9. 50m Freestyle
10. 100m Individual Medley
11. 25m Butterfly
12. 100m Backstroke
13. 50m Breaststroke
14. 100m Butterfly
15. 100m Freestyle Relay

- Individual entries are £3.00 for each event
- Competitors may enter a maximum of 4 individual events
 - Relay entries are free of charge
- Participation medals will be awarded to all competitors
- Certificates will be awarded recording times for each race
 - Trophies will be awarded to relay team winners

Entry Pack available from 15th April 2023

Closing date 16th June 2023

Further information from Mr Anthony Moore at anthony.paola@btopenworld.com
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