

Suffolk County ASA

Open Water Championships 2019

to be held at

**Whitlingham Outdoor Education Centre
Whitlingham Lane,
Trowse,
Norwich
NR14 8TR**

on

SUNDAY 21 JULY 2019

All Suffolk swimmers competing in the Swim England East Region Open Water Championships will automatically be entered in the Suffolk County ASA Championships with medals awarded for the first three in each event in age group categories as determined by the Suffolk County Open Water Secretary and approved by the County Executive. The overall Suffolk County ASA Champion in each event will be the fastest swimmer from all age groups.

The 2019 Age Groups for both sexes will be the same as for the Swim England East Region Championships.

For entry details visit the Open Water section on the Swim England East Region website.