



Stowmarket Swimming Club

IMPORTANT NOTICES

Keep up to date with us on Facebook.com and on the website stowmarketswimmingclub.co.uk

If you don't receive emails from me and would like to please email me at sscmeetsecretary@gmail.com and I will add you to the list.

Term Dates – Training will all take place in the main pool on 25th February when the County Championships are taking place.

Time Trials 23rd February – Open to swimmers in the Bronze Seals, Silver Seals, Black (Fitness Squad) Seals, Pre-Comp & Development B Squads, i.e. all swimmers who swim in the main pool 7-8pm, and also those new to the club invited by Sylvia. Please arrive on poolside by 6.45pm for a short warm up session followed by time trials of 50m events for everyone and the 100IM for all except Bronze and Silver Seals. When you arrive please register to swim in the changing rooms (near the mirrors). The session is estimated to finish at 8pm and we will do as many time trials as we can in that time. **Entry is automatic so if you cannot make the date, please let Sandra know by the 16th February.** Times recorded will not be licensed but can be used for meet entry for most future open meets including County Developments.

Ipswich March Open Meet – The accepted entries for this meet are on the club website. The updated schedule will be posted on the website as soon as it is received.

Sprint into Spring Meet - This is a meet we are hosting on Saturday 21st April. It is open to 10 year olds and above in the Pre-Competition Squad up to Top Squad and including Masters. 'No Time' entries are not accepted for this meet. Information and Entry forms are on our website. Please use the internal entry form to enter and not the form in the pack, deadline for entries is **Friday 16th February.**

Norwich Easter Meet - This meet is open to all qualifying 10 year olds and above, information pack containing the qualifying times and entry forms are on the website. The deadline for entries is **Friday 2nd March.** Please use the internal entry form and not the form in the information pack.

West Suffolk A'May'zing Open Meet - This is open to all those in the pre-competition squad up to top squad. The dates are Saturday 12th May & Sunday 13th May and the schedule includes 50m/100m/200m All Strokes and 100/200m IM. Closing date for entries is **30th March.** Entry forms are on the website. Times will be updated following the Norwich Easter meet before submission.

East Region Championships - Please see the club website for Qualifying times, rules and schedule for these championships taking place in May. Entry is open to all those who qualify. To enter please print a copy of the schedule, indicate which swims you would like to swim and return the form and fee to the Team Manager. Please remember to add £2 admin fee to your total. Deadline for entry is **2nd April** for weekend 1 (15/over) and **22nd April** for weekend 2 (14/under).

Norwich Summer Madness Meet July - This long course meet is open to swimmers in the Development B Squad up to Top Squad. The information pack on the club website contains QTs, schedule, rules etc. This a popular meet so to ensure we get in we will be submitting after the closing date of **16th February** (same day as the Sprint into Spring forms). 'No Time' entries will be accepted for this meet. This will be the last meet before the summer holidays.

Summer league – more information to follow soon

Ipswich Novice Gala – taking place on Saturday 14th April, this event is by invitation only, details will be sent to all those invited to swim.

Club Kit Shop – The club kit shop is open via the club website from now until 23rd February.

Yoga – dates for 2018, 2nd March.

A new calendar of fixtures is on the website. Please make a note of deadlines and retain a copy of your entry form for reference. Any questions please contact Sandra or Sylvia. Dated 14th February 2018.