

# 'TOP GUN'



*Hey Junior Swimmers and Parents - The Next Top Gun is on:*

## Friday 19<sup>th</sup> July 2013!

This is an important part of Juniors training. Top Gun gives our Junior swimmers the opportunity to show their parents and coaches how far they have come so **100% attendance** is expected.

**Warm up is at 4.00pm.**

**Aim to start at 4.15pm.**

**Finish at 5.00pm**



Junior Parents will time keep the events. Without your help the Top Guns cannot run effectively!

National Swimmers will be there to assist where needed.

**Swimmers must do all events to be in the running for TOP GUN WINNERS.**

Results will be on display on both the notice board and on the arena swim club website within the next two weeks. Results are based on a 1 second handicap between age groups. (ie: an 8 year old does a 49.00 second time then a 9 year old must do a 48.00 second time to gain a record and a 10 year old a 47.00 second time and so on).

☺ **Good luck to all our Top Gun participants** ☺