

'TOP GUN'



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

Friday 20th September 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** ☺