

# LONDON YOUTH GAMES 2009

## Swimming Team 2009



**Team Selection:**  
Please submit your  
times by:  
**Friday 15 May**

**Juniors - Born after 1 September 1994**

**Seniors - Born between 1 September  
1991 and 31 August 1994**

**Boys & Girls**

**All swimmers MUST be able to Swim  
100m & dive confidently**



**LYG Competition - Saturday 4 July, Crystal  
Palace National. Transport will be available**

Due to the high number of galas and other events taking place this spring we are unable to hold a trial for the London Youth Games.

Selection for team members will be made using submitted times. These times must be verified by your coach before being sent in.

Please complete the reverse registration form including your recent personal best times for the four strokes (submitted times should be since January 09)

For more information please call Emma at Sports Development on 020 8227 3980.

To submit your times please complete the registration form on the reverse and send to:

**Emma Gillan, Sports Development  
Officer, Sports Development Unit,  
Goresbrook Leisure Centre, Ripple Road,  
Dagenham RM9 6XW**

