



To: All Parents
 From: Miss Carol Chan, P.E. Teacher
 Date: 2nd September 2019

2019-2020 Inter-school Swimming Competition Selection Day

The Hong Kong Island East Area Inter-school Swimming Competition will be held on 25th October 2019 (Friday). We are going to organize a time trial to select swimmers to represent our School to participate in the inter-school swimming competition. Please note the following details:

Date: 8th September 2019 (Sunday)
 Time: 12:00 noon - 1:30 pm
 Venue: SCAA Swimming Pool (88 Caroline Hill Road, Causeway Bay)
 Eligibility: Students are welcome to join our selection **ONLY IF** he/she is able to meet **ANY ONE** of the below time standards in their age group.

	Grade A (Birth after 1-1-2007)	Grade B (Birth after 1-1-2009)	Grade C (Birth after 1-1-2010)
50M Freestyle	40"	43"	48"
50M Breaststroke	50"	55"	1'05"
50M Backstroke	48"	52"	1'00"
50M Butterfly	48"	55"	/

- * Please remind your child to bring along the swimming gear and arrange transportation for him/her
- * All selected swimmers are required to attend training sessions arranged by our coach in October. (5th, 12th, 19th October 2019 (Saturday) at 12:00 noon – 2:00 pm, SCAA Swimming Pool)

Interested parties ***please complete the Google Form below*** by 6th September 2019 (Friday). Should there be any queries, please feel free to contact me on 2813 8410.

Google Form Link: <https://forms.gle/e59Qsg52L2mb1UVy7>