## Long Distance Postal Gala.

This is an event previously run via the New Mills session. The aim is everyone swims as far as they can in an hour.

This event will take place in January on 14th, 15th, 17th and 18th (New Mills). Swimmers swim once only that week for the hour, you may still swim for the hour even if you do not wish to pay and enter.

We post all the results off and they are compared with swimmers from other swimming clubs. This year we are going to extend the invitation to the whole club. The cost to enter is £5, everyone gets a badge and you may win a medal if you swim further than swimmers from other clubs.

Everyone who enters appears in the results book. Some of our swimmers have had special mentions in the past.

There will also be medals for the top 3 Glossop Swimming Club swimmers in each age group.

Tuesday 15th January: lengths and squad everyone to start at 8pm.

Wednesday 16<sup>th</sup> January: lengths and squad (no widths) everyone to start at 7.30pm.

Friday 18<sup>th</sup> January: 7.15pm widths (even he bottom group can swim with aids) 8.15pm lengths and squad.

Please all sign up, the fastest swimmers don't necessarily have the most endurance and some of you may surprise yourself. Remember choose a session and you only swim once that week. Signup sheets will be at the pool. Also I will need parents to count.