

**Swim England East Region  
Masters 50m Development Day  
Sunday 27<sup>th</sup> March 2022  
At  
Oundle School Sports Centre, Oundle  
PE8 4AG  
1pm-7pm  
£20 Per Person**



The day will consist of presentations from various presenters and the chance to understand and develop new skills. The timetable contains a 2-hour 50m pool session which will encompass preparation for 50m racing, and technique work/ drills to build strength/ starts and turns. To sign up please visit the Swim England East Region Website and go to Masters Development.