



# KRSC OPEN WATER



It's time to hit the OPEN WATER!

With the Summer nearing, KRSC will be targeting the London Region Open Water Championships.

All those who are interested in competing this year should contact Head Coach Damien at [damien.bryan@kingstonroyals.co.uk](mailto:damien.bryan@kingstonroyals.co.uk)

All interested swimmers must be age 12 by 31<sup>st</sup> December 2017 and capable of swimming continuously for 2km in the pool.