

NDSC 2009 Age Group Championships

Age at 31st December 2009

Session 1: Sunday 4th October 2009, at Northcroft

<u>Event</u>	<u>Round</u>	<u>Description</u>
101	HEATS	Girls 100m I.M.
102	HEATS	Boys 100m I.M.
103	HEATS	Girls Cruisers 25m Butterfly
104	HEATS	Boys Cruisers 25m Butterfly
105	HEATS	Girls 200m Breaststroke
106	HEATS	Boys 200m Breaststroke
107	HEATS	Girls Sprinters 50m Butterfly
108	HEATS	Boys Sprinters 50m Butterfly
109	HEATS	Girls 100m Butterfly
110	HEATS	Boys 100m Butterfly
111	HEATS	Girls 200m Freestyle
112	HEATS	Boys 200m Freestyle

Warm up starts at 5:45pm. Session starts at approx 6:00pm, estimated completion 9:00pm

This gala is Session 1 of the Club Championships, part of a total of 5 sessions leading up to Christmas. All dates are listed on the web site. Please complete the form below with the relevant details. Cruiser and Sprinter squad members will swim in their respective designated events, but in addition (unlike the Novice & Sprints Gala) at the discretion of your coach some swimmers may also be able to swim some 100m/200m events. This will require your coaches sign off, please discuss with them and seek their advice. **No** registration on the night will be required, it will be assumed that all those entered will participate. If you need to withdraw from the session altogether please let me know in advance.

All other swimmers will swim in the Age Group events, and each event will break down into the Age Groups are follows:

A = 9 yr old and under

B = 10 yr old

C = 11 yr old

D = 12 yr old

E = 13 yr old

F = 14 yr old

G = 15 yr old

H = 16 yr old and older All ages as at 31st December 2009

For those of you who are new to the club or perhaps were not aware. This gala is first of the main Club Championships following on from the Novice and Sprints Gala in the summer. Similarly, the Club Championships count towards various trophies including 100m Awards (for each stroke), Aggregate Trophies and BAGCAT Trophies, that are presented annually at the presentation evening normally held in January. For full details on trophies discuss with your squad rep.

Please adhere to the return date of Tuesday 29th Sept, as the event program will need to be created and printed in the remaining few days before the weekend of the gala. Please return your forms to your squad rep along with correct monies. If you prefer, post form with correct money (cheque), ensuring it arrives before the close date to:

Neville Glanville

96 Craven Road

Newbury

Berks, RG14 5NP

Tel: 01635 37003

email: neville@glanvilleweb.co.uk

PLEASE COMPLETE ALL BOXES OR YOU MAY BE ENTERED INCORRECTLY.
IF YOU ARE UNSURE OF ANYTHING PLEASE ASK YOUR SQUAD REP.

NDSC CLUB CHAMPIONSHIPS – Session 1					
Sunday 4th October (5:45pm warm-up)					
Name:				Date of Birth	
Event No:		Event Description:		Submitted Time:	
Cost per event: £2.50			Closing date: Tues 29th SEPTEMBER		

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Late entries & entries without fees will not be accepted					

Please submit entire form, even if you are entering only one or two events.

Total Fee	Method of Payment (Circle)	
£	Cash	Cheque