

# NDSC 2009 Age Group Championships

Age at 31<sup>st</sup> December 2009

## Session 3: Saturday 7<sup>th</sup> November 2009, at Northcroft

<u>Event</u>	<u>Round</u>	<u>Description</u>
1	HEATS	Girls 400m Individual Medley
2	HEATS	Boys 400m Individual Medley
3	HEATS	Girls Cruisers 25m Freestyle
4	HEATS	Boys Cruisers 25m Freestyle
5	HEATS	Girls Sprinters 50m Freestyle
6	HEATS	Boys Sprinters 50m Freestyle
7	FINALS	Girls 4x25m Freestyle Relay (Inter Schools)
8	FINALS	Boys 4x25m Freestyle Relay (Inter Schools)
9	FINALS	Girls 4x25m Medley Relay (Inter Schools)
10	FINALS	Boys 4x25m Medley Relay (Inter Schools)
11	HEATS	Girls 200m Backstroke
12	HEATS	Boys 200m Backstroke
13	HEATS	Girls 100m Freestyle
14	HEATS	Boys 100m Freestyle

**Warm up starts at 5:30pm. Session starts at approx 6:00pm, estimated completion 9:30pm**

This gala is Session 3 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. This is the gala where the **senior school relays** take place. If you want to participate in a team, make contact with a senior squad member who attends your school and get your team entry together. A form will be sent to your school separately, and I encourage swimmers to submit your team entry to me **well before** the day. There is no fee required for the relays.

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 31<sup>st</sup> 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 3<sup>rd</sup> November**, 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.

<b>NDSC CLUB CHAMPIONSHIPS – Session 3</b> <b>Saturday 7<sup>th</sup> November (5:30pm warm-up)</b>						
Name:			Squad:		Date of Birth:	
Event No:		Event Description:			Submitted Time:	
<b>Cost per event: £2.50</b>			<b>Closing date: Tuesday 3<sup>rd</sup> NOVEMBER</b>			

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

<b>Total Fee</b>	<b>Method of Payment (Circle)</b>		<b>(Cruisers/Sprinters only) Please get Coaches signature for any additional events over designated events for your squad</b>
£	Cash	Cheque	<u>Coaches</u> Signature: