

# NDSC 2009 Age Group Championships

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

## Session 4: Thursday 10<sup>th</sup> December 2009

<u>Event</u>	<u>Round</u>	<u>Description</u>
1	HEATS	Girls 400m Freestyle
2	HEATS	Boys 400m Freestyle

Swimmers will not need to register at the entrance to pool, instead it will be assumed that they are in attendance and will swim every event that they have entered. Any swimmer not competing in any event will result in an empty lane. **Warm-up starts at 7:00pm**

Session 4 of the Club Championships is open to **Sprinters and above**. Sprinters will need approval from their coach to take part, please discuss with them and seek their advice. Please complete the form below with the relevant details.

**Cruisers and Sprinters (not competing) will train on this day as normal. Challengers not participating will finish 30 mins early.**

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

## Session 5: Sunday 13<sup>th</sup> December 2009

<u>Event</u>	<u>Round</u>	<u>Description</u>
1	HEATS	Mixed 800m Freestyle
2	HEATS	Mixed 1500m Freestyle (800m split can also be taken during this event)

Swimmers will not need to register at the entrance to pool, instead it will be assumed that they are in attendance and will swim every event that they have entered. Any swimmer not competing in any event will result in an empty lane. **Warm-up starts at 7:00pm**

**Cruisers, Sprinters will train on this day as normal. Challengers (not participating will finish 30mins early)**

Age Groups as Session 4

Session 5 of the Club Championships is open to **Challengers and above**. Challengers will need approval of their coach to take part, please discuss with them and seek their advice. Please complete the form below with the relevant details.

Please adhere to the return date of **Friday 4<sup>th</sup> December**. 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](mailto: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 4</b>					
<b>Thursday 10<sup>th</sup> December (7:00pm warm-up)</b>					
Name:			Squad:		
Event No:	Event Description:	400m Freestyle		Submitted Time:	
<b>Cost per event: £2.50</b>			<b>Closing date: Friday 4<sup>th</sup> DECEMBER</b>		

<b>NDSC CLUB CHAMPIONSHIPS – Session 5</b>					
<b>Sunday 13<sup>th</sup> December (7:00pm warm-up)</b>					
Name:			Squad:		
Event No:	Event Description:	Mixed 800m Freestyle		Submitted Time:	
<b>Cost per event: £2.50</b>			<b>Closing date: Friday 4<sup>th</sup> DECEMBER</b>		

<b>NDSC CLUB CHAMPIONSHIPS – Session 5</b>					
<b>Sunday 13<sup>th</sup> December (7:00pm warm-up)</b>					
Name:			Squad:		
Event No:	Event Description:	Mixed 1500m Freestyle		Submitted Time:	
<b>Cost per event: £2.50</b>			<b>Closing date: Friday 4<sup>th</sup> DECEMBER</b>		

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

<b>Total Fee</b>	<b>Method of Payment (Circle)</b>		(Sprinters & Challengers only) Please get Coaches signature for competing in 400m freestyle (Sprinters) 800m/1500m (Challengers)
£	Cash	Cheque	<u>Coaches Signature:</u>