

NDSC 2011 Age Group Championships

Age at 31st December 2011

Session 3: Saturday 5th November 2011, 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 9:00pm

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 31st December 2011

Please adhere to the return date of Sunday 30th October as the event program will need to be created and printed in the week before the gala. Please return your forms to your squad rep along with correct monies.

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 3 Saturday 5th November (5:30pm warm-up)					
Name:			Squad:		
Event No:	Event Description:				Date of Birth:
Cost per event: £2.50			Closing date: Sunday 30th October		

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

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