

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 2
Sunday 16th October 2011 (5:30pm warm-up)

Name:			Date of Birth	
Event No:		Event Description		Submitted Time
Cost per event: £2.50			Closing date: Thursday 13th 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 coach's signature for any additional events over designated events for your squad
£	Cash Cheque	Signature:

NDSC 2011 Age Group Championships

Age at 31st December 2011

Session 2: Sunday 16th October 2011, at Northcroft

Event Round Description

- 201 HEATS Girls 200m Individual Medley
- 202 HEATS Boys 200m Individual Medley
- 203 HEATS Girls Cruisers 25m Breaststroke
- 204 HEATS Boys Cruisers 25m Breaststroke
- 205 HEATS Girls Sprinters 50m Breaststroke
- 206 HEATS Boys Sprinters 50m Breaststroke
- 207 HEATS Girls 100m Backstroke
- 208 HEATS Boys 100m Backstroke
- 209 HEATS Girls Cruisers 25m Backstroke
- 210 HEATS Boys Cruisers 25m Backstroke
- 211 HEATS Girls 100m Breaststroke
- 212 HEATS Boys 100m Breaststroke
- 213 HEATS Girls Sprinters 50m Backstroke
- 214 HEATS Boys Sprinters 50m Backstroke
- 215 HEATS Girls 200m Butterfly
- 216 HEATS Boys 200m Butterfly

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

This gala is Session 2 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 2011

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 Thursday 13th October, 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 need any further information please contact your squad rep or email Janet Hopkins. (janhopkins@gmail.com)