

NDSC 2011 Age Group Championships

Age at 31st December 2011

Session 4: Thursday 8th December 2011, at Northcroft

Event

401 HEATS Girls 400m Freestyle

402 HEATS Boys 400m Freestyle

403 HEATS Time Trial 50m Butterfly

404 HEATS Time Trial 50m Backstroke

405 HEATS Time Trial 50m Breaststroke

406 HEATS Time Trial 50m Freestyle

Warm up starts at 7.00pm. Session starts at approx 7:30pm, estimated completion 9:00pm

400m Events are open to Sprinters and upwards. 50m Time Trials are open to any swimmer, subject to Coach's signature.

50m Time Trials have been added to allow those swimmers who are close to County entry times another chance to achieve them, or to record a time in a licensed meet. Please confirm with your squad coach that it is appropriate for you to enter a time trial, and ask them to sign your entry form.

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.

Swimmers will swim in the Age Group events, and each event will break down into the Age Groups as 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 Monday 4th December, as the event program will need to be created and printed in the remaining few days before the gala. Please return your forms to your squad rep along with correct monies.

Cruisers and Sprinters (not competing) will train on this day as normal. Challengers not participating will swim until 7.00pm.

Session 5: Sunday 11th December 2011

Event

501 HEATS Girls 800m Freestyle

502 HEATS Boys 1500m Freestyle

Warm-up starts at 6.30pm

Cruisers and Sprinters will train together at 5.30pm on this day. Challengers not participating will swim at Kennet as normal.

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 with the relevant details.

Please adhere to the return date of Mon 5th December. 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)

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

| NDSC CLUB CHAMPIONSHIPS – Sessions 4 & 5 | | | | | |
|--|--|-------------------|--|-----------------------------------|--|
| Thursday 8th December 2011 (7.00pm warm-up) Sunday 11th December 2011 (6.30pm warm-up) | | | | | |
| Name: | | | | Date of Birth | |
| Event No: | | Event Description | | Submitted Time | |
| Cost per event: £2.50 | | | | Closing date: Monday 5th December | |

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

| Total fee | Method of Payment (circle) | Please get coach's signature for 50m Time Trials |
|-----------|----------------------------|--|
| £ | Cash Cheque | Signature: |