



## CLUB CHAMPIONSHIP 2023 ENTRY FORM

Every swimmer in the Club Championships has the chance to swim 10 races. The 9 years and under swim 25m and 50m races, whilst 10 years and over swim 50m and 100m. Return form by **Sunday 29<sup>th</sup> October 2023**, to Wendy Airey or Rob Garry. The fee has already been paid.

<b>Name</b>			open-male /female
<b>Age</b> (as at 31 <sup>st</sup> December 2023)		<b>Swim group</b>	
<b>Date of Birth</b>		<b>Phone No.</b>	

### SATURDAY 11<sup>TH</sup> NOVEMBER 2023

Event No.	Race	Who can enter race	Tick to enter	Current PB
201	50m Freestyle	Any swimmer		
202	25m Breaststroke	9 years and under		
203	100m Backstroke	10 years and over		
204	50m Butterfly	Any swimmer		
205	25m Freestyle	9 years and under		
206	100m Breaststroke	10 years and over		

### SATURDAY 18<sup>TH</sup> NOVEMBER 2023

Event No.	Race	Who can enter race	Tick to enter	Current PB
307	50m Backstroke	Any swimmer		
308	25m Butterfly	9 years and under		
309	100m Freestyle	10 years and over		
310	50m Breaststroke	Any swimmer		
311	25m Backstroke	9 years and under		
312	100m Butterfly	10 years and over		

### SUNDAY 19<sup>TH</sup> NOVEMBER 2023

Event No.	Race	Who can enter race	Tick to enter	Current PB
Spec 1	Mixed 1 width race	Minnow group only (armbands can be worn)		
Spec 2	Mixed 1 width race	Catfish group only		
Spec 3	Girls 2 widths	Width swimmers only		
Spec 4	Open-Boys 2 widths	Width swimmers only		
413	100m Individual Medley	Any swimmer		
414	25m Novice	Lesson swimmers only Cut off time 20 seconds		
415	50m Freestyle	30 years +		
416	200m Individual Medley	Any swimmer		
Spec 5	Family Relay			

Please note races in blue are not run under Swim England technical rules and are outside of this licence.

Age groups shall be as at the 31<sup>st</sup> December in the year of the competition, (i.e. a 12-year age group swimmer shall not have reached the age of 13 years by the 31<sup>st</sup> December in the year of the competition).

Races will be run as mixed sex heats. FULL COPY OF CLUB RULES CAN BE FOUND ON THE NOTICE BOARD AND WEBSITE.

If you are not sure which races to enter please speak to your teacher who will advise you.

**Warm up is at 5pm, Saturday and Sunday. Please ensure you are on poolside by this time, or you will be withdrawn from the race.**