



**2023 CLUB**  
**CHAMPIONSHIPS**  
**200m and Long Distance**



Name \_\_\_\_\_ open-male / female

Date of Birth \_\_\_\_\_ Group \_\_\_\_\_

Event		<u>Date</u>	✓	<u>Current PB</u> <u>Time</u>
101	200m Butterfly	Friday 15 <sup>th</sup> September 2023 7:30 pm		
102	400m IM	Sunday 17 <sup>th</sup> September 2023 4:30pm		
103	200m Backstroke	Friday 22 <sup>nd</sup> September 2023 7:30 pm		
104	200m Breaststroke	Friday 29 <sup>th</sup> September 2023 7:30 pm		
105	200m Freestyle	Friday 13 <sup>th</sup> October 2023 7:30 pm		
106	1500m Freestyle	Sunday 15 <sup>th</sup> October 2023 4:30pm		
107	400m Freestyle	Friday 20 <sup>th</sup> October 2023 7:30pm		
108	800m Freestyle	Sunday 22 <sup>nd</sup> October 2023 4:30pm		

Please complete this form, ticking the races you wish to enter and putting in your current PB times - if you have not raced this before please enter NT (No Time).

The fees have already been paid so there is no reason to not enter all races.

**The closing deadline date is Friday 8<sup>th</sup> September 2023.**

Return the form to Wendy Airey or Rob Garry.

Please note that races will be run in mixed sex heats.

**All competitors not reporting for the warm up by 7:30pm on Fridays and 4:30pm on Sundays will not be allowed to enter. Please let us know if you are unable to attend before the event. (Wendy 07568 341569)**

The presentation of the trophy and medals will be on the night.

There will be no "Time only" swims allowed under any circumstances.