

FLEETWOOD & DISTRICT AMATEUR SWIMMING CLUB

Affiliated North West Region ASA - Under ASA Laws and ASA Technical Rules of Swimming

34th ANNUAL CLUB CHAMPIONSHIPS

(Club Time Trials for North Lancs Level 2 Age Groups & Micro League Teams 2010)

SESSION 2 (Distance Development) - Friday 16th October 2009 - 5.45 p.m Warm-up

SESSION 3 (Championship Events) - Sunday 18th October 2009 - 2.30 p.m Warm-up

2009 ENTRY FORM

SURNAME		FIRST NAME									
E-MAIL ADDRESS (Notify changes only)											
FLEETWOOD : Groups A, B & D		TELEPHONE No.				DATE OF BIRTH					
POULTON : 6.50pm 7.45pm		NO ENTRY FEES SESSION ADMISSION CHARGES - £2.00				d	d	m	m	y	y
PLEASE ENTER ONLY TWO EVENTS IN EACH OF THE SPRINTS, 100s & 200 FORM EVENTS											
CATEGORY	EVENT	BAGPOINTS						GB POINTS			
		8/9 years born 01/00	10 years born 99	11 years born 98	12 years born 97	13 years born 96	14 years born 95	Youth 15/18 years born 94/91			
ALL EVENTS ARE HEAT DECLARED – AGES AS AT 31.12.2009											
MEDLEY <i>Trophy and Medal Awards only</i>	100 IND. MED								No Events		
	200 IND. MED	No Events									
DISTANCE <i>200 Free Points only awards</i>	200 FREE										
	400 FREE										
FORM <i>Enter up to two events only Points only awards</i>	200 FLY										
	200 BACK										
	200 BREAST										
SPRINTS <i>Enter up to two events only Trophy and Medal Awards only</i>	50 FLY								200 POINTS AWARDS Top Boy/Girl 8/9 years through to Youth Points Total of 200m Free + 2 Form Events <input type="checkbox"/> Shaded Boxes - S2 Distance Dev. <input type="checkbox"/> Clear Boxes - S3 Championships		
	50 BACK										
	50 FREE										
	50 BREAST										
100s <i>Enter up to two events only Trophy and Medal Awards only</i>	100 FLY	No Events									
	100 BACK	No Events									
	100 FREE	No Events									
	100 BREAST	No Events									
ENTRY CONDITIONS, GUIDELINES & RESULTS SERVICE						POINTS SCORING					
i) Open to 1 st Claim Members of Fleetwood & District Amateur Swimming Club. ii) Session 2 Entry - Swimming the 200m Free is mandatory . iii) Session 3 Entry - Swimming an Individual Medley Event is mandatory . iv) Gain full advantage of Points Scoring enter 200m Free plus 2 other Form swims v) Competitors <u>may</u> only enter two events in either the SPRINTS, 100's & 200 Form events vi) FOR HEAT START LIST & RESULTS INSERT CHANGES IN E-MAIL ADDRESS ABOVE.						BAG Points are age/degree of difficulty adjusted GB Points and relate to performance over a range of events. i.e. Total Points = Sum of swims in 200 Free plus 2 other Form events					
200 AWARDS Remember faster swims-more points	Session 2 Points Awards for sum of 3 x 200m swims in each of above ages (i.e. 200 Free plus 2 Form Swims) Session 3 Trophy to the winner of each event. Medals 1 st , 2 nd & 3 rd . (No Points Awards). Please see Club Notice Board for full details of Record Times, Trophies and all awards to be made.										

RETURN FORM TO ALISON LAWSON BY SUNDAY 11th OCTOBER