

CUPAR AND DISTRICT SWIMMING CLUB

CLUB CHAMPIONSHIP ENTRY FORMS 2009

Please Tick	AGE GROUPS (Age as at 31st December 2009)	DISTANCE
<input type="checkbox"/>	8 years and under	25 metres
<input type="checkbox"/>	9/10 years	50 metres
<input type="checkbox"/>	11/12 years	100 metres
<input type="checkbox"/>	13/14 years	100 metres
<input type="checkbox"/>	15/16 years	100 metres
<input type="checkbox"/>	17 years and over	100 metres

Heats will be held as follows - please tick the boxes for the events you wish to enter:

BREAST STROKE HEATS

THURSDAY 1ST OCTOBER 2009

WARM UP 6 PM

BUTTERFLY HEATS

THURSDAY 1ST OCTOBER 2009

WARM UP 6 PM

INDIVIDUAL MEDLEY HEATS
(11 YEARS AND OVER ONLY)

THURSDAY 1ST OCTOBER 2009

WARM UP 6 PM

BACKSTROKE HEATS

TUESDAY 6TH OCTOBER 2009

WARM UP 6.30 PM

FRONTCRAWL HEATS

TUESDAY 6TH OCTOBER 2009

WARM UP 6.30 PM

Trophies and medal awards will be presented only to Cupar and District Swimming Club "first claim" members.

"Second claim" members are permitted to enter on a "time only" basis, and will not be eligible for medals, ribbons, or trophies. All entrants must have paid their annual membership fee to S.A.S.A. (through paying their annual fee to this or another Club) and their annual and monthly Cupar and District Swimming Club fees.

NAME _____

MALE/FEMALE _____

DATE OF BIRTH _____

SQUAD _____

**ENTRY FORMS MUST BE RETURNED TO THE CLUB TABLE OR TO
SARAH BOYTER, 44 GOLF STREET, LADYBANK, KY15 7NT
NO LATER THAN SATURDAY 26TH SEPTEMBER 2009
FINALS WILL BE HELD ON SATURDAY 31ST OCTOBER 2009 - WARM UP 1PM**