

CUPAR AND DISTRICT SWIMMING CLUB

DISTANCE CHAMPIONSHIP EVENTS 2009

NAME

DATE OF BIRTH

Please tick the box for the events you wish to enter: **NB - age as at 31 December 2009**

ENTRY FORMS MUST BE RETURNED TO THE CLUB TABLE OR TO SARAH BOYTER, 44 GOLF STREET,

LADYBANK, FIFE, KY15 7NT.

NO LATER THAN SATURDAY 14TH MARCH 2009

Presentations for these events will take place at a later date (details in due course)

200 METRES FREESTYLE

TUESDAY 17th MARCH

Warm Up 6.30pm

12 years and Under

15 years and over

13/14 years

800 METRES FREESTYLE

THURSDAY 19th MARCH

Warm Up 6.00pm

12 years and Under

15 years and over

(Entry at discretion of squad controllers)

13/14 years

INDIVIDUAL MEDLEY

TUESDAY 24th MARCH

Warm Up 6.30pm

10 years and Under

13/14 years

100m - (4 x 25m)

200m - (4 x 50m)

11/12 years

15 years and over

200m - (4 x 50m)

200m - (4 x 50m)

400 METRES FREESTYLE

THURSDAY 26th MARCH

Warm Up 6.00pm

12 years and under

15 years and over

13/14 years

**IF YOU ARE IN ANY DOUBT ABOUT ENTERING THE ABOVE EVENTS THEN PLEASE
SPEAK TO YOUR SQUAD CONTROLLER WHO WILL BE ABLE TO ADVISE YOU.**