

CUPAR AND DISTRICT SWIMMING CLUB

DISTANCE CHAMPIONSHIPS EVENTS 2010

NAME:

DATE OF BIRTH:

Please tick the boxes for the events you wish to enter.

NB Age as of 31st December 2010

**ENTRY FORMS MUST BE RETURNED TO THE CLUB TABLE OR TO SARAH BOYTER, 44 GOLF STREET,
LADYBANK, FIFE, KY15 7NT
NO LATER THAN SATURDAY 13th March 2010**

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

200 METRES FRONTCRAWL TUESDAY 16TH MARCH 2010

Warm up 6.30pm

10 years and under

15/16 years

11/12 years

17 years and over

13/14 years

800 METRES FRONTCRAWL

THURSDAY 18TH MARCH 2010

Warm up 6.00pm

12 years and under

15/16 years

(Entry at discretion of squad controllers)

13/14 years

17 years and over

INDIVIDUAL MEDLEY

TUESDAY 23RD MARCH 2010

Warm up 6.30pm

10 years and under

15/16 years

100m - (4x25m)

200m - (4x50m)

11/12 years

17 years and over

200m - (4x50m)

200m - (4x50m)

13/14 years

200m - (4x50m)

400 METRES FRONTCRAWL

THURSDAY 25TH MARCH 2010

Warm up 6.00pm

10 years and under

15/16 years

11/12 years

17 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.