

CUPAR AND DISTRICT SWIMMING CLUB

DISTANCE CHAMPIONSHIPS EVENTS 2011

NAME:

DATE OF BIRTH:

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

NB Age as of 31st December 2011

**ENTRY FORMS MUST BE RETURNED TO THE CLUB TABLE OR TO CATRIONA McCRONE,
THE STABLES, EDENGROVE, CUPAR, FIFE, KY15 4RP
NO LATER THAN SATURDAY 12 NOVEMBER 2011**

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

200 METRES FRONTCRAWL

TUESDAY 22ND NOVEMBER 2011

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 24TH NOVEMBER 2011

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 29TH NOVEMBER 2011

Warm up 6.30pm

10 years and under
100m - (4x25m)

15/16 years
200m - (4x50m)

11/12 years
200m - (4x50m)

17 years and over
200m - (4x50m)

13/14 years
200m - (4x50m)

400 METRES FRONTCRAWL

THURSDAY 1 DECEMBER 2011

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.