

Reading Swimming Club: Club Championships 2009

There is NO FEE for Club Championships, except for Masters and the Learn-to-Swim programme, as YOU HAVE ALREADY PAID FOR ENTRY for all events in your Club membership fee.

All entries will be accepted. It is a card-less meet. Swimmers must sign in on the sheets provided in the foyer.

Surname		First Name	
Date of Birth		Age on 31 st October	
ASA Number		Squad	

Session 1 – Central Pool

1415 warm up

Saturday 31st October

- Girls 400m Freestyle
- Boys 200m Butterfly
- Girls 100m Breaststroke
- Boys 100m Backstroke

Session 2 – Central Pool

1600 warm up

Saturday 31st October

- Girls 200m Butterfly
- Boys 400m Freestyle
- Girls 100m Backstroke
- Boys 100m Breaststroke

Session 3 – Central Pool

0930 warm up

Sunday 1st November

- Boys 400m IM
- Girls 200m IM
- Boys 100m Butterfly
- Girls 200m Breaststroke
- Boys 200m Freestyle

Session 4 – Central Pool

1300 warm up

Sunday 1st November

- Girls 400m IM
- Boys 200m IM
- Girls 100m Butterfly
- Boys 200m Breaststroke
- Girls 200m Freestyle

Session 5 – Central Pool

1630 warm up

Sunday 1st November

- Girls 200m Backstroke
- Boys 200m Backstroke
- Girls 100m Freestyle*
- Boys 100m Freestyle*

* The 100m Freestyle will be swum as alternate heats of Girls/Boys

Signature Date

Notes:

1. Entry to an event should be indicated by inserting the current best time which has been achieved in the last 12 months (converted if necessary to the equivalent time for 25m pool) in the appropriate box in the grid. These will be checked against the Club's data. If you are not aware of a time please tick the entry time box and this will be checked with your coach. You may tick a box and the time will be taken from competitions entered over the last 12 months.
2. Age groups are as at 31st October 2009
3. These galas require substantial help and support from parents and others. We would therefore appreciate any help offered – on the job training available! Please complete the form below

I am able to help at the following sessions as indicated by a tick in the appropriate box

	Session 1	Session 2	Session 3	Session 4	Session 5
Poolside official					
Poolside helper					
Meet office					
Helper					

Name Child's Squad