



Chepstow & District Swimming Club



2011 Long Distance Club Championships 6th, 13th, 20th and 27th July

To be held at Haberdashers' Monmouth School for Girls, Hereford Road, Monmouth, NP25 5XT

Age Groups (based on your age on 31st December 2011):

Girls – 10, 11, 12, 13, 14, 15/Over - 400m freestyle

Boys – 10, 11, 12, 13, 14, 15/Over - 400m freestyle

Girls – 11-13 (Junior) & 14/Over (Senior) - 400m I.M., 800m & 1500m freestyle

Boys – 11-13 (Junior) & 14/Over (Senior) - 400m I.M., 800m & 1500m freestyle

“Champion” trophies and medals (1 - 3) will be awarded to both boys & girls for each distance in the age groups as shown above. All awards will be presented at the Presentation Evening in the Autumn – (date & venue to be confirmed).

Entry Fee - £1.50 per Event

Closing Date for Entries - 7.15pm Thursday 23rd June

Please hand in your entry form & fees at training. Cheques made payable to CDSC. No late entries will be accepted.

Programme of Events: All events are Heat Declared Winner (HDW). There will be NO Finals.

Session/Day	Warm Up	Est. Finish	Venue	Event	M/F	Distance	Stroke
Session 1 6 July Wednesday	6.30 pm	8.00 pm	HMSG MONMOUTH	1	M/F	400m	Freestyle
Session 2 13 July Wednesday	7.30 pm	9.00 pm	HMSG MONMOUTH	2	M/F	400m	I.M.
Session 3 20 July Wednesday	7.30 pm	9.00 pm	HMSG MONMOUTH	3	M/F	800m	Freestyle
Session 4 27 July Wednesday	6.30 pm	8.00 pm	HMSG MONMOUTH	4	M/F	1500m	Freestyle

2011 Long Distance Club Championships

Closing date for Entries

7.15pm Thursday, 23rd June 2011
(NO late entries will be accepted)

Entry Form: Age Up Date – 31st December 2011

Name: DoB:

Age:
(31 Dec 2011)

Total number of Events Total Amount £.
(£1.50 per event)

	Please delete as appropriate
400m Free	YES / NO
400m I.M.	YES / NO
800m Free	YES / NO
1500m Free	YES / NO