



# Chepstow & District Swimming Club



## 2006 Club Championships

**Event's Programme:** *All events will be (HDW) Heat Declared Winner. There will be NO Finals*

### Part One -LYDNEY Saturday 11<sup>th</sup> November - Warm Up 3.00 pm

200m Freestyle - 9/over only  
50m Butterfly - All ages  
200m I.M. - 9/over only  
100m Backstroke - 9/over only  
50m Breaststroke - All ages  
100m Butterfly - 9/over only  
200 Breaststroke - 9/over only

### Part Two -CHEPSTOW Tuesday 14<sup>th</sup> November – Warm Up 6.00pm

1500m Freestyle - Boys 12/Over only **ALL SWIMMERS TO ATTEND AS USUAL TO WATCH AND SUPPORT.**  
Girls 400m IM - Girls 12/Over only **AFTER THE CHAMPIONSHIP RACES HAVE FINISHED, THERE WILL BE APPROXIMATELY 30 MINUTES FOR A SHORT TRAINING SESSION FOR EVERYONE. PLEASE BRING T-SHIRTS TO WEAR ON POOLSIDE WHILE YOU ARE WATCHING.**

### Part Three -CHEPSTOW Thursday 16<sup>th</sup> November – Warm Up 6.00pm

800m Freestyle - Girls 12/over only **ALL SWIMMERS TO ATTEND AS USUAL TO WATCH AND SUPPORT**  
Boys 400m IM - Boys 12/Over only **AFTER THE CHAMPIONSHIP RACES HAVE FINISHED, THERE WILL BE APPROXIMATELY 30 MINUTES FOR A SHORT TRAINING SESSION FOR EVERYONE. PLEASE BRING T-SHIRTS TO WEAR ON POOLSIDE WHILE YOU ARE WATCHING.**

### Part Four -CHEPSTOW Saturday 18<sup>th</sup> November - Warm Up 8.30am

400m Freestyle - Girls/Boys 11/over only. **THERE WILL BE NO SWIMMING UNLESS YOU HAVE ENTERED THE 400M FREESTYLE EVENT DUE TO TIME RESTRICTIONS. IF YOU WISH TO COME AND WATCH AND CHEER FOR YOUR CLUB MATES WE WOULD BE PLEASED TO SEE YOU.**

### Part Five - LYDNEY Sunday 19<sup>th</sup> November - Warm Up 1.00 pm

200m Butterfly - 11/over only  
50m Backstroke - All ages  
100m Freestyle - 9/over  
100m Breaststroke - 9/over only  
200m Backstroke - 9/over only  
100m IM - All ages  
100m Breaststroke - 9/over  
50m Freestyle - All ages