

**LANCASTER CITY AMATEUR SWIMMING AND WATER POLO CLUB - CLUB CHAMPIONSHIPS
WEEKEND 3 - 5 JULY 09**

NAME

DATE OF BIRTH _____

AGE ON DAY (5th July 09) _____

SEX: Male / Female (Please delete as appropriate)

FRIDAY 3RD JULY 09			
PLACE A ✓ IN EVENTS YOU WISH TO COMPETE IN			
AGE	7	8	9
25 FREE			X
50 FREE	X	X	
25 BACK			X
50 BACK	X	X	
25 BREAST	X		X
50 BREAST	X	X	
25 FLY	X		X
50 FLY	X	X	
TOTAL NUMBER OF EVENTS ENTERED	<input type="text"/>		

FRIDAY 3RD JULY 09

PRIMARY SCHOOLS INVITATION SHIELD

NAME OF SCHOOL:

Entry form received:

Receipt Number:

SUNDAY 5TH JULY 09					
PLACE AN 'A' IN YOUR CHOSEN 4 EVENTS					
PLACE A 'B' IN EVENTS YOU WISH TO BE CONSIDERED FOR					
AGE	9*	10	11 BOY	11 GIRL	12 AND OVER
50 FREE	X			X	X
100 FREE	X	X	X		
200 FREE	*				
50 BACK	X			X	X
100 BACK	X	X	X		
200 BACK	*				
50 BREAST	X			X	X
100 BREAST	X	X	X		
200 BREAST	*				
50 FLY	X			X	X
100 FLY	X	X	X		
200 FLY	*				
100 IM					X
200 IM	X	X	X	X	
TOTAL NUMBER OF 'A' EVENTS ENTERED	<input type="text"/>				
TOTAL NUMBER OF 'B' EVENTS ENTERED	<input type="text"/>				
* See Information Sheet					

COST

£2.00 **PER SWIMMER**

Entries will only be accepted if they are accompanied by the correct money.

CLOSING DATE

STRICTLY 7TH JUNE 2009

LANCASTER CITY CLUB CHAMPIONSHIPS WILL BE HELD ON FRIDAY 3 JULY AND SUNDAY 5 JULY 2009

The Gala will be swum under ASA laws and technical rules.

The Gala will be age on last day of competition - 5th July 2009.

Heats will be seeded. (Fastest swimmers will be in the latest heats regardless of age).

Friday 3 July 09

Gala will take place during club training session 7.00 - 8.00, finishing with the Primary Schools Invitation relay race.

Swimmers are encouraged to enter all events open to them.

9 year olds will compete for the Sheila Lynch Trophy. Points will be awarded for placings in each of the 4 events held on this evening. The swimmer (girl or boy) with the most points will win the trophy.

Medals will be awarded to the first 3 in each age group with a certificate of achievement awarded to each swimmer.

PRIMARY SCHOOLS INVITATION RELAY

You are invited to submit **one team per school** for the Primary Schools Invitation Relay. A team consists of **2 boys and 2 girls**. One swimmer, at least, from the school must be a Club member. Please co-operate with other swimmers from your school who also attend Lancaster City.

Diving from the blocks will not be permitted in this event.

The race will take place at the end of the Gala to allow the older Primary swimmers, who swim at the later Club session, to take part in this event.

Sunday 5 July 09 – CLUB CHAMPIONSHIPS

In order to offer some distance events, entries to this Gala will be limited.

9 year olds will be guaranteed an **IM** swim (A event entry). If they wish to select other events it will be on a fill up basis and at coach's discretion (B event entries). There will be no age group medals will be given at this Gala. All events are Championship events.

Swimmers **aged 10 years and above** may choose **4 events** which we will guarantee. These are your 'A' events.

You may request to swim in other events. These are your 'B' events. If you are offered these events they will be 'bonus events'. B events will be offered on a fill up basis and selection will be at coach's discretion.

Awards will be made to first 3 boys and first 3 girls in each **EVENT, regardless of age**. It is a **Club Championship Gala** – not an age group gala. Where available, trophies will be awarded to Club Champions.

CLOSING DATE FOR ENTRIES STRICTLY: 7th June 2009

ALL ENTRIES TO GILL MANKLOW OR ANDI DAYKIN AND WILL BE RECEIPTED. THIS IS YOUR PROOF OF HAVING ENTERED.

A LIST OF SWIMMERS/EVENTS WILL BE AVAILABLE TO VIEW ON SUNDAY 14th JUNE AND FRIDAY 19th JUNE. IT IS THE SWIMMER'S RESPONSIBILITY TO CHECK THEIR ENTRIES ON ONE OF THESE EVENINGS AND TO NOTIFY THE ORGANISERS OF ANY ERRORS OR OMISSIONS.

ALTERATIONS CANNOT BE MADE ON THE NIGHT OF THE GALA.