



# C.H.S.C and C.H.E.S.C.



## Long Distance Club Championships

It's winter, which means only one thing ..... Long Distance Club Championships! These championships are the **perfect** opportunity to qualify for the 'Warwickshire County Championships' in March. However these championships are open to any member who wishes to swim, **no matter what your age or ability!** The events available to each age group are the same as the County Championships. Each swimmer is expected to swim all of the events available to them; **however it is the swimmers final decision!**

**The entry form will be available at the pool or to download from the website/Facebook. Please return to Jane by TUESDAY 28<sup>TH</sup> OCTOBER.**

### Events available: Age on Sept 1<sup>st</sup> 2015

**8/under:** 50m of all strokes

**9/10 years:** 200m of all strokes + IM, 400m FC + IM, 800m FC

**11/12 years:** 100m of all strokes, 200m of all strokes + IM, 400m FC + IM, 800m FC

**13/14 years:** 100m of all strokes, 200m of all strokes + IM, 400m FC + IM, 800m FC

**15/16 years:** 100m of all strokes, 200m of all strokes + IM, 400m FC + IM, 800m FC

**17/over:** 100m of all strokes, 200m of all strokes + IM, 400m FC + IM, 800m FC

### Program of events

Friday 7 <sup>th</sup> Nov W/Up: 5:30pm	Sat 8 <sup>th</sup> Nov W/Up: 8:30am	Friday 14 <sup>th</sup> Nov W/Up: 5:30pm	Sat 15 <sup>th</sup> Nov W/Up: 8:30am	Wed 19 <sup>th</sup> Nov W/Up: 6:00pm	Fri 21 <sup>st</sup> Nov W/Up: 5:30pm
400m FC	100m Fly	200m FC	400m IM	800m FC	200m Fly
200m Back	50m Back	50m Brst	50m Fly		100m Back
	200m Brst	200m IM	100m FC		50m FC
					100m Brst



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## Long Distance Club Championships



Name: \_\_\_\_\_ DoB: \_\_\_\_/\_\_\_\_/\_\_\_\_

Age (on 1<sup>st</sup> Sept 2015): \_\_\_\_\_ Male/Female: \_\_\_\_\_

ASA Number: \_\_\_\_\_ Email Address: \_\_\_\_\_

New members may not have P.Bs. Please fill in the form to your best ability and ✓ the other events you wish to swim. P.Bs are on the club board at the pool and on the website in the 'Club Room'. If you have swum these events before PLEASE enter your PBs otherwise you will be entered with NO time!

There will be **NO** changes to the program on the day, so please make it clear which events you wish to swim.

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400m FC _:__:__	100m Fly _:__:__	200m FC _:__:__	400m IM _:__:__	800m FC _:__:__	200m Fly _:__:__
200m Back _:__:__	50m Back _:__:__	50m Brst _:__:__	50m Fly _:__:__		100m Back _:__:__
	200m Brst _:__:__	200m IM _:__:__	100m FC _:__:__		50m FC _:__:__
					100m Brst _:__:__

### C.H.S.C and C.H.E.S.C Long Distance Club Championships 2014

Fee Enclosed £7.00 (please circle) Cheque / Cash (Cheque made payable to CHESC)

Signature of Competitor: \_\_\_\_\_

Please return To Jane Stalker by **Tuesday 28<sup>th</sup> October 2014**

35b Rhayader Road, Northfield, Birmingham, B31 1TX

[chesc@office.org.uk](mailto:chesc@office.org.uk)

Or at the POOL!