

Updated 12/1



CLUB

CHAMPIONSHIPS 09

This years Club Championships will be held over 7 days of competition:

- 3 short distance championships held at Sovereign Centre (Eastbourne) and
- 4 long distance championships held at Battle Abbey swimming pool during the normal Sunday swimming sessions.

Each race entry will cost £1.50 (long distance events are free)

1st Championships	100 Back, 50 Fly, 100 Free, 50 Breast, 200 Fly (10/U 25 Free, 25 Back)	Sat 27 th June 6:00-9:00pm
2nd Championships	100 Breast, 200 Back, 100 IM, 200 Free	Sat 5 th September 6:00-9:00pm
Forms available soon. Return by 30 th August		
3rd Championships	100 Fly, 50 Back, 200 Breast, 50 Free, 200 IM (10/U 25 Fly, 25 Breast)	Sat 12 th September 5:00-9:00pm
Forms available soon. Return by 30 th August		
Long distance	400m	Sun 20 th September 5:00-8:00pm
Long distance	400m IM	Sun 11 th October 5:00-8:00pm
Long distance	800m	Sun 29 th November 5:00-8:00pm
Long distance	1500m	Sun 13 th December 5:00-8:00pm

Once completed with your chosen events specified hand them in with fees to Jayne Cannon, Anne Welford.

No entry forms are required for long distance events.