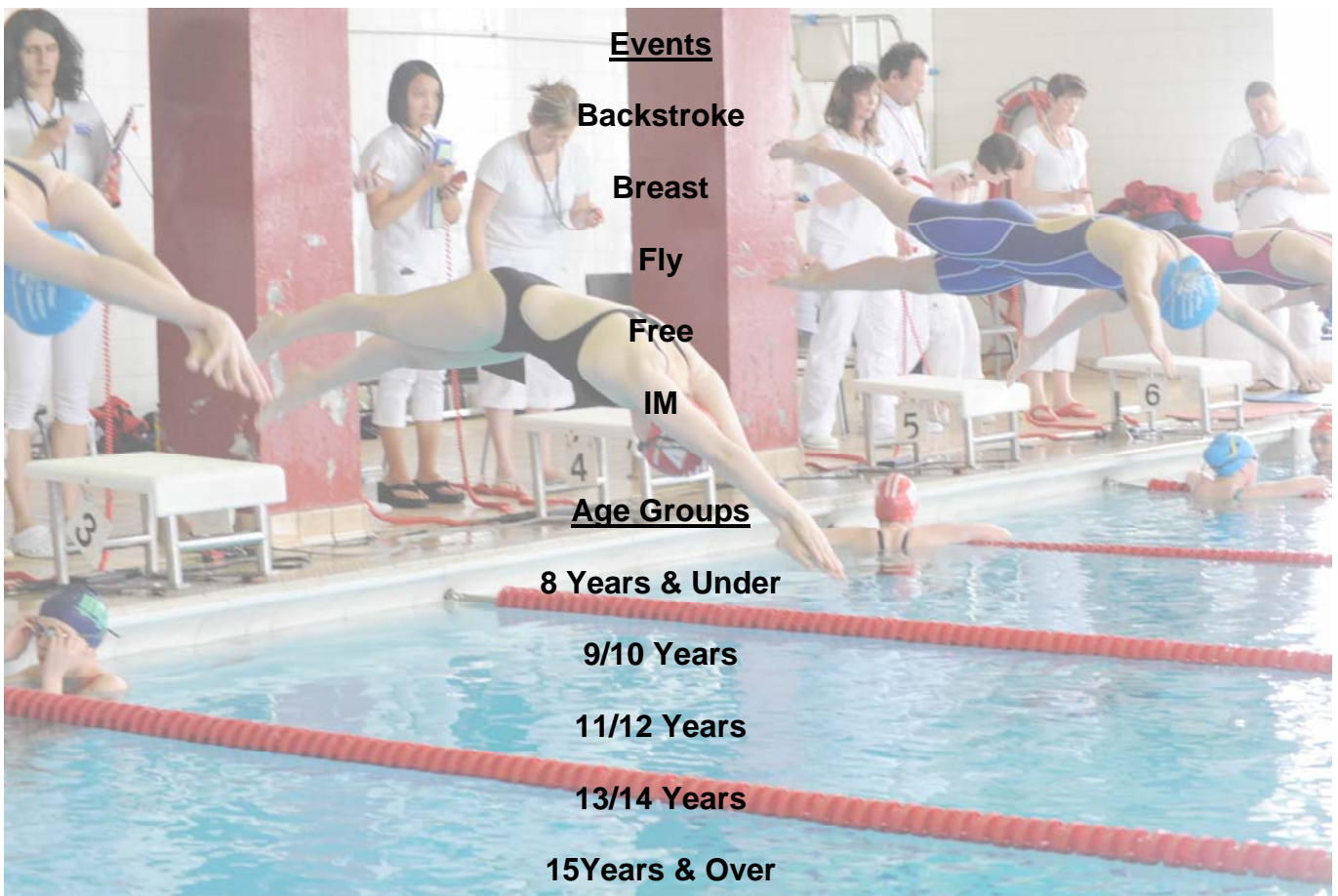




Notice of InCAS Club Championships

All Club Swimmers are invited to attend the Annual Club Championships to be held at HMS Caledonia
On Saturday 26 June 2010 from 12.00- 15.00hrs.



Events

Backstroke

Breast

Fly

Free

IM

Age Groups

8 Years & Under

9/10 Years

11/12 Years

13/14 Years

15Years & Over

Swimmers are encouraged to partake in all events to allow them to be considered for the Age Group Club Champion as only those who compete in all strokes shall be eligible to be Age Group Club Champion.

Novice swimmers shall compete in single length races.

Warm-up Commences at 12 noon sharp therefore please arrive punctually.

All parents are requested to assist with timekeeping, marshalling, and referring duties.
Please contact Queenie Bruce.

CLUB CHAMPIONSHIPS – PROGRAMME OF EVENTS

Event	F/M	Distance/Stroke	Novice/Club	Age/Group
1 - 2	F – M	33yrds – Bc	Novice	
3 - 4	F – M	66yrds - Bc	Club	8 & U
5 - 6	F – M	100yrds - Bc	Club	9 - 10
7 - 8	F – M	100yrds - Bc	Club	11 - 12
9 - 10	F – M	100yrds - Bc	Club	13 - 14
11 - 12	F – M	100yrds - Bc	Club	15+
13 - 14	F – M	33yrds – Br	Novice	
15 - 16	F – M	66yrds - Br	Club	8 & U
17 - 18	F – M	100yrds - Br	Club	9 - 10
19 - 20	F – M	100yrds - Br	Club	11 - 12
21 - 22	F – M	100yrds - Br	Club	13 - 14
23 - 24	F – M	100yrds - Br	Club	15+
25 - 26	F – M	33yrds – Fly	Novice	
27 - 28	F – M	66yrds - Fly	Club	8 & U
29 - 30	F – M	66yrds - Fly	Club	9 - 10
31 - 32	F – M	100yrds - Fly	Club	11 - 12
33 - 34	F – M	100yrds - Fly	Club	13 - 14
35 - 36	F – M	100yrds - Fly	Club	15+
37 - 38	F – M	33yrds – Fc	Novice	
39 - 40	F – M	66yrds - Fc	Club	8 & U
41 - 42	F – M	00yrds - Fc	Club	9 - 10
43 - 44	F – M	100yrds - Fc	Club	11 - 12
45 - 46	F – M	100yrds - Fc	Club	13 - 14
47 - 48	F – M	100yrds - Fc	Club	15+
49 - 50	F – M	200 yrds - Fc	Club	8 & U
51 - 52	F – M	200yrds - Fc	Club	9 - 10
53 - 54	F – M	200yrds - Fc	Club	11 - 12
55 - 56	F – M	200yrds - Fc	Club	13 - 14
57 - 58	F – M	200yrds - Fc	Club	15+
59 - 60	F – M	4x33yrds IM Kick	Novice	
61 - 62	F – M	4x33yrds IM	Club	8 & U
63 - 64	F – M	4x33yrds IM	Club	9 - 10
65 - 66	F – M	4x33yrds IM	Club	11 - 12
67 - 68	F – M	4x33yrds IM	Club	13 - 14
69 - 70	F – M	4x33yrds IM	Club	15+