



NOTTINGHAM NORTHERN SWIMMING CLUB CLUB CHAMPIONSHIPS 2009



Events for 7/U, will be swum under Club rules. All other events including Opens will be swum under FINA Law and Technical Rules. All events will be using the **One Start Rule**.

Age groups to be: 7 and under 8/9 years
 10 years 11/12 years
 13/14 years 15/16 years
 Open
 Ages as at 31st December 2009

ENTRIES:

Swimmers may enter their own age group and Open/Under 12 events 1-12 and 31-38

Entry to age group Open events 23,24,29,30,45,46,55,56 is permitted providing there is an Open swimmer (17 & over) in that event. There will be **NO** automatic entry into an Open event. Any entry fee given for these events will be refunded if no Open swimmer enters the event.

ENTRY FEE: £2.50/event entered.

CLOSING DATE: Friday October 23rd 2009 **NO LATE ENTRIES ACCEPTED**

EVENTS:

Depending upon the number of entries some age groups may be swum together. The 1st, 2nd and 3rd fastest times achieved in each age group will win a trophy. There will be **NO** finals.

AWARDS:

The following awards will be made:

7 and under	Trophies 1st, 2nd, 3rd Club Trophy for top boy and girl (points system) over all strokes
8 & 9 years	Trophies 1st, 2nd, 3rd Club Trophy for top boy and girl (points system) over all strokes
10 years	Trophies 1st, 2nd, 3rd Club Trophy for all strokes
11 & 12 years	Trophies 1st, 2nd, 3 rd + 400m freestyle 12/u Club Trophy for all strokes
13 & 14 years	Trophies 1st, 2nd, 3rd Club Trophy for all strokes
12 & under 4x1 Ind.Medley 200m breast/back/free	Trophies 1st, 2nd, 3rd Club Trophy for top boy and girl
15 & 16	Awards 1st, 2nd, 3rd Club Trophy for all strokes
Open	Awards 1st, 2nd, 3rd Club Trophy for all strokes

Trophies will be presented at the Christmas Disco on Friday November 27th 2009. Recipients are asked to have them cleaned and engraved prior to returning them in September 2010

