



Dear Parent/Guardian

It's time to start thinking about our annual Club Championships again!

Like last year we are licensing most of the Club Championships so swimmers will be able to use times obtained at Club Championships for the counties and other galas, a few are not.

Club Championships is a way of preparing swimmers for competitive galas. It also enables swimmers to swim different lengths and strokes whilst trying to achieve new Personal Best times. With this in mind, we encourage all those who are able to swim 25m to participate in as many events as possible. It is not all about winning it is the taking part, and achieving new Personal Bests and being part of a team that counts.

There are the four strokes for each age group.

Do remember however, that there are other events; Individual Medley 4 x1, 200m Freestyle, Backstroke and Breaststrokes, 400m Freestyle, 800m Freestyle and also 50m Freestyle (for those that 50m Free isn't an event in their own age group). The age groups vary: Under 13 or under 12 and Open (13 and over). There are also 200m and 400m Individual Medley events.

We also have for 11 years and over events in 50m breaststroke and backstroke. For 13 years and over 50m butterfly.

Please note that the committee have decided that only club swimmers who have attended regularly can enter club championships.

If you are unsure whether to enter an event, please ask your child's coach.

Clare Soar
NNSC President



NOTTINGHAM NORTHERN SWIMMING CLUB CLUB CHAMPIONSHIPS 2017



Events for 7/U, will be swum under Club rules. All other events including Opens will be swum under FINA Law and Technical Rules.

Age groups are:

7 and under	8/9 years
10 years	11/12 years
13/14 years	15/16 years
17 and over	Open

The age of the swimmer is determined as at **31st December 2017**

ENTRY FEE: £3.25 per event entered.

CLOSING DATE: Friday 22nd September 2017. **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, 3rd + 400m freestyle 12/u Club Trophy for all strokes
13 & 14 years	Trophies 1st, 2nd, 3rd Club Trophy for all strokes
13 & under 4x1 Ind.Medley	
12 & under 200m breast/back/free	Trophies 1st, 2nd, 3rd Club Trophy for top boy and girl
11 & over 50m breast/free	
13 & over 50m Butterfly	
15 & 16 years	Awards 1st, 2nd, 3rd Club Trophy for all strokes
17 and over	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 Presentation evening on Saturday 25th November 2017. Recipients of trophies are asked to have them cleaned and engraved prior to returning them in September 2018.

There will be no training on the Fridays of the Club Championships. At High School, if there is time, training will commence after the events. At Ken Martin there will be a shorter training session after the events.

Gala 1 Ken Martin Monday October 2nd 7pm – NOT LICENCED

1	Boys	12/u and open	800m	freestyle
2	Girls	12/u and open	800m	freestyle

Gala 2 Ken Martin Monday October 9th 7pm – LICENCE 4EM171939

3	Boys	Open	200m	backstroke
4	Boys	12/u	200m	backstroke
5	Girls	Open	200m	backstroke
6	Girls	12/u	200m	backstroke
7	Boys	13 and over	50m	Butterfly
8	Girls	13 and over	50m	Butterfly

Gala 3 High School Thursday October 12th 6.45pm - NOT LICENCED

9	Boys	All ages	400m	IND Medley
10	Girls	All ages	400m	IND Medley

Gala 4 Ken Martin Monday November 6th 7pm – LICENCE 4EM171940

11	Boys	11 and over	50m	breaststroke
12	Girls	11 and over	50m	breaststroke
13	Boys	11 and over	50m	backstroke
14	Girls	11 and over	50m	backstroke

Gala 5 High School Thursday November 9th 6.45pm – LICENCE 4EM171941

15	Boys	All ages	200m	IND Medley
16	Girls	All ages	200m	IND Medley

Gala 6 Harvey Hadden Friday November 10th 6.30pm – LICENCE 4EM171942

17	Girls	7 and under	25m	freestyle
18	Boys	7 and under	25m	freestyle
19	Girls	8/9	25m	freestyle
20	Boys	8/9	25m	freestyle
21	Girls	10	50m	freestyle
22	Boys	10	50m	freestyle
23	Girls	11/12, 13/14, 15/16, open	100m	freestyle
24	Boys	11/12, 13/14, 15/16, open	100m	freestyle
25	Girls	8/9	25m	Backstroke
26	Boys	8/9	25m	Backstroke
27	Girls	10	50m	Backstroke
28	Boys	10	50m	Backstroke
29	Girls	11/12, 13/14, 15/16, open	100m	Backstroke
30	Boys	11/12, 13/14, 15/16, open	100m	Backstroke

Gala 7 Ken Martin Monday November 13th 7pm – LICENCE 4EM171943

31	Girls	12/u	200m	Breaststroke
32	Girls	Open	200m	Breaststroke
33	Boys	12/u	200m	Breaststroke
34	Boys	Open	200m	Breaststroke
35	Girls	12/u	200m	Freestyle
36	Girls	Open	200m	Freestyle
37	Boys	12/u	200m	Freestyle
38	Boys	Open	200m	Freestyle

Gala 8 High School Thursday November 16th 6.45pm – NOT LICENCED

39	Girls	12/u	400m	Freestyle
40	Boys	12/u	400m	Freestyle
41	Girls	Open	400m	Freestyle
42	Boys	Open	400m	Freestyle

Gala 9 Harvey Hadden Friday November 17th 6.30pm – LICENCE 4EM171944

43	Girls	7 and under	25m	Breaststroke
44	Boys	7 and under	25m	Breaststroke
45	Girls	8/9	25m	Breaststroke
46	Boys	8/9	25m	Breaststroke
47	Girls	10	50m	Breaststroke
48	Boys	10	50m	Breaststroke
49	Girls	11/12, 13/14, 15/16, open	100m	Breaststroke
50	Boys	11/12, 13/14, 15/16, open	100m	Breaststroke
51	Girls	7/u	25m	Backstroke
52	Boys	7/u	25m	Backstroke
53	Girls	8/9	25m	Butterfly
54	Boys	8/9	25m	Butterfly
55	Girls	10, 11/12	50m	Butterfly
56	Boys	10, 11/12	50m	Butterfly
57	Girls	13/14, 15/16, open	100m	Butterfly
58	Boys	13/14, 15/16, open	100m	Butterfly

Gala 10 Ken Martin Monday November 20th 7pm – LICENCE 4EM171945

59	Girls	13/u	4X1	Ind Medley
60	Girls	Open	4X1	Ind Medley
61	Boys	13/u	4X1	Ind Medley
62	Boys	Open	4X1	Ind Medley
63	Girls	12/u	50m	Freestyle
64	Girls	Open	50m	Freestyle
65	Boys	12/u	50m	Freestyle
66	Boys	Open	50m	Freestyle

Please note Gala start times are different to some of the swimming session times

