



Dear Parent/Guardian

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

This year we are licensing all the Club Championships so swimmers will be able to use times obtained at Club Championships for the counties and other galas. Events will take place over 8 sessions, so please check which events are taking place on which dates.

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 2019



Events for 7/U, will be swum under Club rules. All other events including Opens will be swum under Swim England Regulations 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 2019**

ENTRY FEE: £3.25 per event entered.

CLOSING DATE: Friday 27th September 2019. **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 16th November 2019. Recipients of trophies are asked to have them cleaned and engraved prior to returning them in September 2020.

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 7th 7pm – LICENCE 4EM192885

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

Gala 2 Harvey Hadden Friday October 11th 6.30pm – LICENCE 4EM192886

3	Girls	7 and under	25m	Freestyle
4	Boys	7 and under	25m	Freestyle
5	Girls	8/9	25m	Freestyle
6	Boys	8/9	25m	Freestyle
7	Girls	10	50m	Freestyle
8	Boys	10	50m	Freestyle
9	Girls	11/12, 13/14, 15/16, open	100m	Freestyle
10	Boys	11/12, 13/14, 15/16, open	100m	Freestyle
11	Girls	8/9	25m	Backstroke
12	Boys	8/9	25m	Backstroke
13	Girls	10	50m	Backstroke
14	Boys	10	50m	Backstroke
15	Girls	11/12, 13/14, 15/16, open	100m	Backstroke
16	Boys	11/12, 13/14, 15/16, open	100m	Backstroke
17	Boys	13 and over	50m	Butterfly
18	Girls	13 and over	50m	Butterfly

Gala 3 Ken Martin Monday October 14th 7pm – LICENCE 4EM192887

19	Boys	Open	200m	Backstroke
20	Boys	12/u	200m	Backstroke
21	Girls	open	200m	Backstroke
22	Girls	12/u	200m	Backstroke
23	Boys	All ages	200m	Ind Medley
24	Girls	All ages	200m	Ind Medley

Gala 4 Harvey Hadden Friday October 18th 6.30pm – LICENCE 4EM192888

25	Girls	7 and under	25m	Breaststroke
26	Boys	7 and under	25m	Breaststroke
27	Girls	8/9	25m	Breaststroke
28	Boys	8/9	25m	Breaststroke
29	Girls	10	50m	Breaststroke
30	Boys	10	50m	Breaststroke
31	Girls	11/12, 13/14, 15/16, open	100m	Breaststroke
32	Boys	11/12, 13/14, 15/16, open	100m	Breaststroke
33	Girls	7/u	25m	Backstroke
34	Boys	7/u	25m	Backstroke
35	Girls	8/9	25m	Butterfly
36	Boys	8/9	25m	Butterfly
37	Girls	10, 11/12	50m	Butterfly
38	Boys	10, 11/12	50m	Butterfly
39	Girls	13/14, 15/16, open	100m	Butterfly

40	Boys	13/14, 15/16, open	100m	Butterfly
41	Girls	11 and over	50m	Backstroke
42	Boys	11 and over	50m	Backstroke

Gala 5 Ken Martin Monday November 4th 7pm – LICENCE 4EM192889

43	Girls	12/u	200m	Breaststroke
44	Girls	Open	200m	Breaststroke
45	Boys	12/u	200m	Breaststroke
46	Boys	Open	200m	Breaststroke
47	Girls	12/u	200m	Freestyle
48	Girls	Open	200m	Freestyle
49	Boys	12/u	200m	Freestyle
50	Boys	Open	200m	Freestyle

Gala 6 Nottingham High School Thursday November 7th 6.45pm – LICENCE 4EM192890

51	Boys	All ages	400m	Ind Medley
52	Girls	All ages	400m	Ind Medley

Gala 7 Harvey Hadden Friday November 8th 6.30pm – LICENCE 4EM192891

53	Girls	13/u	4X1	Ind Medley
54	Girls	Open	4X1	Ind Medley
55	Boys	13/u	4X1	Ind Medley
56	Boys	Open	4X1	Ind Medley
57	Girls	12/u	50m	Freestyle
58	Girls	Open	50m	Freestyle
59	Boys	12/u	50m	Freestyle
60	Boys	Open	50m	Freestyle
61	Girls	11 and over	50m	Breaststroke
62	Boys	11 and over	50m	Breaststroke

Gala 8 Ken Martin Monday November 11th 7pm – LICENCE 4EM192892

63	Girls	12/u	400m	Freestyle
64	Girls	Open	400m	Freestyle
65	Boys	12/u	400m	Freestyle
66	Boys	Open	400m	Freestyle

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

NNSC Club Champs 2019 Entry Form (Photocopies are acceptable)

NAME: _____ **AGE AT 31st December 2019:** _____

ASA/SE NUMBER (if known): _____ **Male/Female (Please circle)**

EVENT NUMBER	DISTANCE	STROKE	AMOUNT £3.25 per event
TOTAL AMOUNT			

Cheques should be made payable to:
NOTTINGHAM NORTHERN SWIMMING CLUB
CLOSING DATE FOR ENTRIES Friday 27th September 2019

Please return to: - Clare Soar or Michelle Hammond or Gill Salisbury