



AFFILIATED TO S.E.R.A.S.A., K.C.A.S.A., M.A.S.A

www.gnosc.co.uk

CLUB CHAMPIONSHIPS 2010

At Medway Park, Gillingham, Kent:

Session 1 & 2 – Saturday 18th September

Session 3 & 4 – Sunday 19th September

At Cygnets Leisure Centre, Northfleet, Kent:

Session 5 – Sunday 10th October

Session 6 – Sunday 17th October

Session 7 – Sunday 24th October

Session 8 – Sunday 31st October

**Sessions 5 – 8 will be swum as time trials during
normal training session times.**

**Awards will be made to the first three swimmers in
the following
age groups in each event:**

Age 8yrs & under, 9/10yrs, 11/12yrs, 13yrs & over.

**All entries must be fully completed and returned with
payment to Nicky Todd or to the box on the
Membership desk by the closing date of:
Friday 13th August**

Please note that sessions 1 – 4 are being held at Medway Park (Black lion) and sessions 5 – 8 are being held as time trials during a normal training session.

Your points are still calculated for all the events.

Each event is £2.00 entry.

Adult spectator entry at Medway Park will be £3.00 per session or £5.00 for the whole day. This includes a programme. Child spectator entry is free.

There will be no entry fee for spectators at Cygnets. Spectator area will be in the cafe area and there will be no programmes, as the events at Cygnets are being run as time trials, during normal training sessions.

All payments and completed forms are to be returned to Nicky Todd or to be posted in the Gala Box, located on the Membership desk at Cygnets.

Closing date for entries is Friday 13th August 2010.

Please Note warm ups are as follows;

SESSION 1 – SIGNING IN: 1:00PM - WARM UP: 1:30PM - START: 2:30PM

SESSION 2 – SIGNING IN: 5:30PM - WARM UP: 6:00PM – START: 6:30PM

SESSION 3 – SIGNING IN: 9:30AM - WARM UP: 10:00AM – START: 10:30

SESSION 4 – SIGNING IN: 1:30PM - WARM UP: 2:00PM – START: 2:30PM

SESSION 5 WARM UP 7:00PM START 7:30PM

SESSION 6 WARM UP 7:00PM START 7:30PM

SESSION 7 WARM UP 7:00PM START 7:30 PM

SESSION 8 WARM UP 7:00PM START 7:30PM

Note: Sessions 5 – 8 are predominately aimed at 10 years and over. If you are younger than 10 years please consult your coach before entering.

GNSC CLUB CHAMPIONSHIPS 2010

Entry Form

| NAME: _____ | | | |
|---|-------------------------------|--------------|---------|
| DOB: _____ | | | |
| AGE AS OF 31 ST DEC 2010: _____ | | | |
| MALE / FEMALE: _____ | | | |
| CONTACT NUMBER: _____ | | | |
| SESSION 1 – SIGNING IN: 1:00PM - WARM UP: 1:30PM - START: 2:30PM | | | |
| NO: | EVENT | TIME ENTERED | AMOUNT |
| 1 | 9yrs & over 200m I.M | | |
| 2 | 8yrs & under 25m Freestyle | | |
| 3 | 9yrs & over 100m Backstroke | | |
| 4 | 8yrs & under 25m Backstroke | | |
| 5 | 9yrs & over 50m Butterfly | | |
| 6 | 8yrs & under 50 Breaststroke | | |
| SESSION 2 – SIGNING IN: 5:30PM - WARM UP: 6:00PM – START: 6:30PM | | | |
| 7 | 9yrs & over 200m Breaststroke | | |
| 8 | 8yrs & under 25m Breaststroke | | |
| 9 | 9yrs & over 50m Freestyle | | |
| 10 | 8 yrs & under 25m Butterfly | | |
| 11 | 9yrs & over 50 Backstroke | | |
| 12 | 9yrs & over 400m Freestyle | | |
| SESSION 3 – SIGNING IN: 9:30AM - WARM UP:10:00AM – START: 10:30 | | | |
| 13 | 9yrs & over 25m Freestyle | | |
| 14 | 9yrs & over 100m Breaststroke | | |
| 15 | 8yrs & under 100m I.M | | |
| 16 | 9yrs & over 100m Butterfly | | |
| 17 | 8yrs & under 50 Freestyle | | |
| 18 | 9yrs & over 200m Freestyle | | |
| SESSION 4 – SIGNING IN: 1:30PM - WARM UP: 2.00PM – START: 2:30PM | | | |
| 19 | 8yrs & under 50m Butterfly | | |
| 20 | 9yrs & over 100m I.M | | |
| 21 | 9yrs & over 100m Freestyle | | |
| 22 | 8yrs & under 50m Backstroke | | |
| 23 | 9yrs & over 50 Breaststroke | | |
| 24 | 9yrs & over 200m Backstroke | | |
| SESSION 5 WARM UP 7:00PM START 7:30PM | | | |
| 25 | 10yrs & over 800m Freestyle | | |
| SESSION 6 WARM UP 7:00PM START 7:30PM | | | |
| 26 | 10yrs & over 200m Butterfly | | |
| SESSION 7 WARM UP 7:00PM START 7:30 PM | | | |
| 27 | 10yrs & over 400m I.M | | |
| SESSION 8 WARM UP 7:00PM START 7:30PM | | | |
| 28 | 10yrs & over 1500m Freestyle | | |
| NO OF EVENTS ENTERED:- _____ X £2.00 TOTAL = | | | £ _____ |

Cheques to be made payable to Gravesend & Northfleet Swimming Club.