

GRACE SWIMMING CLUB **2009/2010 CHAMPIONSHIPS**

This seasons Club Championships will be held over two Saturdays, 6th March 2010, and then two weeks later on the 20th March 2010. (This is because of the BSA Junior Mets competition on the weekend of 13th March). Warm up will commence at 12.30pm with the first event starting at 1.00pm sharp. A BBQ will be in operation from 12.noon with all profits going towards our trophy night.

Included in the letter is a list of events for both days. We have mixed together the Sprint and Distance events for the good of the swimmers as we feel that swimming 5 Distance events on the one day would not see swimmers producing their best times all day.

The age of the swimmer on the 6th March will be the age group they swim in for both days of the Championships. Swimmers with a Multi-disability Classification may nominate. Please make note of this on the nomination form. These swimmers will compete in the events with other children the same age, but will be recognised separately as Multi-Disability swimmers when it comes to awarding medals. Proof of a swimmers classification will be required to nominate in a Multi-Disability event.

The first 3 placegetters in each Sprint, Distance and Individual Medley event will receive a medal on the day of the Championships.

The events for Saturday 6th March 2010 will be ...

- Backstroke (Distance)
- Breaststroke (Sprint)
- Butterfly (Distance)
- Freestyle (Sprint)

The events for Saturday 20th March 2010 will be ...

- Freestyle (Distance)
- Butterfly (Sprint)
- Breaststroke (Distance)
- Backstroke (Sprint)
- Individual Medley (Distance)

Nomination forms are available to be printed from the website. There are no electronic nominations via the website. They are all to be completed and handed in to the office or at the front gate on Club Night.

Please fill out **one nomination form per swimmer**. Please write the event number (Note: Program of events are also available on the website) in the appropriate box. **No ticks please.**

Nomination forms with ticks will be handed back or discounted if we can not find you. There is a **maximum of 9 events** that any swimmer can compete in. Therefore in this case there will be nine events numbers in different boxes on the nomination form.

All nominations must be returned by 7pm on Wednesday 17th February 2010. Late nominations will NOT be accepted as Medals and Trophies have to be ordered.

Championship Eligibility

To be eligible to swim in club championships events:

- **A competitor must compete on AT LEAST EIGHT CLUB NIGHTS for the 2009/1010 season. As the club championships commence prior to the end of club nights, a special consideration can be taken into account for this. (You must also compete on the club night of 17th March to ensure you have your eight). Any family who has competed in fewer occasions, with good reason, can submit a request in writing to the committee for consideration.**
- **The competitor is a Club Member with ALL membership, affiliation, coaching and nomination fees paid in full.**