

GRACE SWIMMING CLUB
2009/ 2010 Championships Nomination Form
Saturday 6th March 2010 & 20th March 2010

Name: _____

Date of Birth: _____

Age as at 6th March 2010:

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Day 1 - Saturday 6th March 2010		
Stroke	Event Type	Event Number
Backstroke	Distance	
Breaststroke	Sprint	
Butterfly	Distance	
Freestyle	Sprint	

Day 2 - Saturday 20th March 2010		
Freestyle	Distance	
Butterfly	Sprint	
Breaststroke	Distance	
Backstroke	Sprint	
Individual Medley		

Please write the event number in appropriate box

No ticks please

All nominations must be returned by 7.00pm Wednesday
 17th February 2010 and place in the nominations box