

GRACE SWIMMING CLUB

2008 / 2009 Championships Nomination Form

Saturday 28th March 2009 & 4th April 2009

Name: _____

Date of Birth: _____

Age as at 28th March 2009 :

DAY 1 - Saturday 28th March 2009

Stroke	Event type	Event Number
Backstroke	DISTANCE	
Breaststroke	SPRINT	
Butterfly	DISTANCE	
Freestyle	SPRINT	

Day 2 - Saturday 4th April 2009

Freestyle	DISTANCE	
Butterfly	SPRINT	
Breaststroke	DISTANCE	
Backstroke	SPRINT	
Individual Medley	DISTANCE	

Please write event number in appropriate box

No ticks please

All nominations must be returned by 7.00pm Wednesday 11th March 2009
and placed in the nominations box