

# Allerdale club championships 2017

(£10 for as many swims as you want to do)

Swimmers Full Name: .....

Session 1 Saturday 25 November 2017 PM	Tick	Session 2 Sunday 26 November 2017 AM	Tick
1. Girls 9/o 100 I.M		1. Girls 9/o 400 Free	
2. Boys 9/o 100 I.M		2. Boys 9/o 400 Free	
3. Girls 9/o 200 I.M		3. Girls 9/o 50 Breast	
4. Boys 9/o 200 I.M		4. Boys 9/o 50 Breast	
5. Girls 9/o 50 Free		5. Girls 9/o 100 Breast	
6. Boys 9/o 50 Free		6. Boys 9/o 100 Breast	
7. Girls 9/o 100 Free		7. Girls 9/o 200 Breast	
8. Boys 9/o 100 Free		8. Boys 9/o 200 Breast	
9. Girls 9/over 200 Free		9. Girls 9/o 50 fly	
10. Boys 9/over 200 free		10. Boys 9/o 50 fly	
11. Girls 9/over 50 Back		11. Girls 9/o 100 Fly	
12. Boys 9/o 50 Back		12. Boys 9/o 100 Fly	
13. Girls 9/o 100 Back		13. Girls 9/o 200 Fly	
14. Boys 9/o 100 Back		14. Boys 9/o 200 Fly	
15. Girls 9/o 200 Back			
16. Boys 9/o 200 Back			
17. Girls 9/o 400 I.M			
18. Boys 9/o 400 I.M			

PLEASE SPEAK TO YOUR COACH TO ENSURE YOUR SWIMMER CAN PERFORM THE SWIM WITHOUT BEING DISQUALIFIED (DQ'd)