

# CUPAR AND DISTRICT SWIMMING CLUB

## DISTANCE CHAMPIONSHIPS 2016

NAME:

DATE OF BIRTH:

SQUAD:

Please tick the boxes for the events you wish to enter.

NB Age as of 31st December 2016

**ENTRY FORMS MUST BE RETURNED TO THE CLUB TABLE OR EMAILED TO**

**[swimmingcdsc@gmail.com](mailto:swimmingcdsc@gmail.com)**

**NO LATER THAN WEDNESDAY 30th NOVEMBER 2016**

THURSDAY 1st DECEMBER 2016

Warm up 7.00pm

**400m Freestyle & 200m Freestyle**

THURSDAY 8th DECEMBER 2016

Warm up 7.00pm

**800m Freestyle & 200m IM**

### 400 METRES FRONT CRAWL

10 years and under

15/16 years

11/12 years

17 years and over

13/14 years

### 200 METRES FRONT CRAWL

10 years and under

15/16 years

11/12 years

17 years and over

13/14 years

### 800 METRES FRONT CRAWL

12 years and under

15/16 years

(Entry at discretion of squad controllers)

13/14 years

17 years and over

### INDIVIDUAL MEDLAY

10 years and under  
100m - (4x25m)

15/16 years  
200m - (4x50m)

11/12 years  
200m - (4x50m)

17 years and over  
200m - (4x50m)

13/14 years  
200m - (4x50m)

IF YOU ARE IN ANY DOUBT ABOUT ENTERING THE ABOVE EVENTS THEN PLEASE  
SPEAK TO YOUR SQUAD CONTROLLER WHO WILL BE ABLE TO ADVISE YOU.