**Swimmers’ guide to Club Championships**

Club Championships is a great learning opportunity for all development squad swimmers. The Tom Moore gala forms part of the Club Champs for the 25m events.

For swimmers who are new to the Club or swimmers who have not competed in the previous season this is the chance to get (new) times which will allow them to enter Open Meets later on in the season.

Please see below the guideline of events for each squad as set out in the Squads criteria and **make sure** you seek advice from your Coach before you submit your entry.

For many swimmers Club Championships is the “passport“ to the season ahead!

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| **SQUAD** | **EVENTS** | **COACH** |
| Pre - Dev | 25 and 50 m freestyle  25 back and breast  Any other events - on coach recommendation | Lucy |
| Dev 1 | All 25m events  3 out of 4 of the 50m events  100 and 200 freestyle,100 IM , one other 100 and 200 event  All other events - on coach recommendation | Matt |
| Dev 2 | All 50m and 100m events  100 IM , 200 freestyle and one other 200  All other events including 400m events and long distance events - on coach recommendation | Luke |
| Junior Performance | All 50m and 100m events  100 and 200 IM and 200 Form stroke  200 and 400 freestyle  400 IM and long distance events - highly encouraged | Magda |
| Performance | All Sprints  All IM - subject to coach recommendation  All Form stroke and All Freestyle - as above | Magda |