



City of Canterbury Swimming Club

Affiliated to ASA South East Region, Kent County ASA

swim21

Dear Swimmers

Please find details of the club championships. All swimmers are entered for all events and expected to swim unless advised by their coach and actively withdrawn.

The event is an opportunity for all swimmers from the club to compete at the same time and is crucial for building team spirit. It is also there to allow coaches to see swimmers perform in events not always swum and allow them to plan the athlete's development.

This year we have altered the timing of Club Championships to enable all swimmers the greatest opportunity of obtaining 200m entry times for the East Invicta Championships. It also means that all our swimmers have the opportunity of gaining 200m times at a time when they are fit and thus ensuring swimmers have entry times for other meets at the beginning of the swimming calendar.

The relevant Squad Coach will have marked the events that they feel should not be swum; if this differs with your feelings then this will need to be discussed with your coach. Please remember this is a fun event but is also an essential event for all swimmers.

The Club Championships are a guide and used for: -

- the progress of the swimmers
- assessment for the groups / squads
- training for swimming competitions

Parent support at this event is greatly appreciated as without your help this event cannot be run. Please check the notice boards to sign up for jobs or speak to Shaun Ward individually.

Thank you in anticipation of your valued support.

Tony Smith

Director of Swimming



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Events are listed below:

Novice	25m Freestyle (9 yrs & under) 50m Freestyle (10/11 yrs, 12/13 yrs, 14/15 yrs)
9 yrs & under	25m Butterfly 50m Butterfly, Backstroke, Breaststroke, Freestyle 100m Butterfly, Backstroke, Breaststroke, Freestyle 200m Butterfly, Backstroke, Breaststroke, Freestyle 4 x 25m Individual Medley
10/11 yrs	50m Butterfly, Backstroke, Breaststroke, Freestyle 100m Butterfly, Backstroke, Breaststroke, Freestyle 200m Butterfly, Backstroke, Breaststroke, Freestyle 4 x 25m, 4 x 50m and 4 x 100m Individual Medley 400m Freestyle
12/13 yrs	50m Butterfly, Backstroke, Breaststroke, Freestyle 100m Butterfly, Backstroke, Breaststroke, Freestyle 200m Butterfly, Backstroke, Breaststroke, Freestyle 4 x 50m and 4 x 100m Individual Medley 400m Freestyle
14/15 yrs	50m Butterfly, Backstroke, Breaststroke, Freestyle 100m Butterfly, Backstroke, Breaststroke, Freestyle 200m Butterfly, Backstroke, Breaststroke, Freestyle 4 x 50m and 4 x 100m Individual Medley 400m Freestyle
16 yrs	50m Butterfly, Backstroke, Breaststroke, Freestyle 100m Butterfly, Backstroke, Breaststroke, Freestyle 200m Butterfly, Backstroke, Breaststroke, Freestyle 4 x 50m and 4 x 100m Individual Medley 400m Freestyle
Open and Junior	50m Butterfly, Backstroke, Breaststroke, Freestyle 100m Butterfly, Backstroke, Breaststroke, Freestyle 200m Butterfly, Backstroke, Breaststroke, Freestyle 4 x 25m, 4 x 50m and 4 x 100m Individual Medley 400m Freestyle

All events will be on a heat declared winner basis. There will be **NO FINALS**. All swimmers (including 'Time Only') will be seeded in speed order (times achieved from 1st September 2009 from the club's database). If a swimmer does not have a time for an event, where possible the swimmers will be with others in a similar age and/or ability group. If there is a query concerning an entry time, please check with **Beverley Brawn or your squad coach.**