

# CLUB CHAMPIONSHIPS

## AGES AS OF 31<sup>ST</sup> DECEMBER 2009

Each year at G.A.S.C. we hold our Club Championships (our internal Gala) in November. This year we are running the event over the following five evenings:

**Wednesday 11<sup>th</sup> / Friday 13<sup>th</sup> / Wednesday 18<sup>th</sup> / Friday 20<sup>th</sup> / Wednesday 25<sup>th</sup> November**

**All club members as of Wednesday 4<sup>th</sup> November can attend.** If you are currently within your trial period and have yet to pay membership fees please do not attend on these evenings.

The purpose of the Club Championships is similar to that of the Spring Sprints which are held in May. The Champs gives club members the opportunity to compete against their peers in a competitive environment and allows them to see how they have progressed during the year with regards to Personal Best (PB) times. These PB's are also used by the team manager when putting together a Squad for a Team Gala. <http://www.godalmingasc.co.uk> - [What's my PB Page](#)

**These galas will strictly be run under Amateur Swimming Association (ASA) rules and therefore all disqualifications deemed at the time will stand and no medals or ribbons will be awarded.**

If you are in the **Development Squad** you will be able to enter the 50M Free, 50M Breast, 25M Fly, 50M Back, 100IM & 200M Free events which will be spread over the five evenings.

If you are in **the rest of the club** you will be able to enter 50M Free, 50M Breast, 50M Fly, 50M Back, 100IM, 200IM, 200M Free, 200MBreast, 200MFly, 200M Back, (**and if you are a boy older than 12 or a girl older than 11 on the 31<sup>st</sup> December 2008, 100M Free, 100M Breast, 100M Fly and 100M Back**). Medals for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> with ribbons for 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> will be awarded in each race/age group.

**Development Squad (6-7pm Lanes 1-3)**

**Rest of the Club (Juniors 6-7, Intermediates and Seniors)**

*To enable smooth running of this event it is essential that swimmers complete a registration form (either via email or paper based) by Wednesday 4<sup>th</sup> November. Also swimmers must register on the evening of the gala – in the leisure centre entrance by 6pm.*

Entries can either be made via email (an email form will be sent out – a reply confirmation / receipt email will be sent out) or a paper form available on poolside. Whilst we will make every effort to give forms to each child we rely on parents to ask for forms if they do not have one or do not intend to use the email system.

Forms need to be completed and given either to Barry Wright or a committee member on poolside by Wednesday 4<sup>th</sup> November at the latest. Should you require any further information please email <mailto:jonathon.h.white@sky.com>.