



**CHEAM MARCUDA  
SWIMMING CLUB**



## **CHEAM MARCUDA CLUB CHAMPIONSHIPS 2015.**

**GALA 1 Sat 14th NOV at Westcroft - 4:15 - 6pm (4pm warm up)**

**GALA 2 Sat 14th NOV at Westcroft - 6:45 - 8pm (6:30 warm up)**

**GALA 1                    4-00pm START BOYS AND GIRLS**

BACKSTROKE            BREASTROKE 200M FREESTYLE

**GALA 2                    6-30pm START BOYS AND GIRLS**

FREESTYLE              BUTTERFLY              INDIVIDUAL MEDLEY

**AGE GROUPS AND DISTANCES**

8 years and under	25m freestyle, back, breast	
9 years	25m freestyle, back, breast, fly	3x25m IM
10 years	50m freestyle, back, breast, 25m fly	3x25 IM
11 years	50m freestyle, back, breast, fly	4x25 IM
12 years	100m freestyle, back, breast, fly	4x25m IM
13 years	100m freestyle, back, breast, fly	4x25m IM
14/15 years	100m freestyle, back, breast, fly	4x25m IM
16 years & over	100m freestyle, back, breast, fly	4x25m IM

**ALL AGES AS AT 31.12.15**

Swimmers can enter as many races as they wish in their own age group plus the 200m freestyle ( age groups 11, 13 15 & 16+years). The 8 year age group can enter the 9 year fly and IM.

**ENTRIES**

Entries should be submitted via the club website: [www.cheammarcudasc.co.uk](http://www.cheammarcudasc.co.uk)  
Please click on the link under the Club Championships article which is on the front page of the website under the Important Information section. **Closing date 7<sup>th</sup> November.**

There is a £1 entry fee for each race entered and all entry fees should be paid in cash at the desk at any training session between 1<sup>st</sup> – 13<sup>th</sup> November.