

Lismore Workers Swim Team

2017 Club Championships

Warm Up: 5.15pm Start: 5.45pm

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Day 1: Friday 17th March 2017				
Event No	Event			Entry Time
1	10&Over	200	Free	
2	<i>Non Champ</i>	25	<i>Free</i>	
3	9&Under	50	Free	
4	10-13yrs	50	Free	
5	14&Over	100	Free	
6	<i>Non Champ</i>	25	<i>Breast</i>	
7	12-13yrs	100	Breast	
8	14&Over	50	Breast	
9	<i>Non Champ</i>	25	<i>Back</i>	
10	11&Under	50	Back	
11	12-13yrs	50	Back	
12	14&Over	100	Back	
13	<i>Non Champ</i>	25	<i>Fly</i>	
14	12-13yrs	100	Fly	
15	14&Over	50	Fly	

Day 2: Friday 24th March 2017				
Event No	Event			Entry Time
16	11&Over	200	IM	
17	10&Under	100	IM	
18	<i>Non Champ</i>	25	<i>Free</i>	
19	14&Over	50	Free	
20	10-13yrs	100	Free	
21	<i>Non Champ</i>	25	<i>Breast</i>	
22	14&Over	100	Breast	
23	12-13yrs	50	Breast	
24	11&Under	50	Breast	
25	<i>Non Champ</i>	25	<i>Back</i>	
26	14&Over	50	Back	
27	12-13yrs	100	Back	
28	<i>Non Champ</i>	25	<i>Fly</i>	
29	14&Over	100	Fly	
30	11&Under	50	Fly	
31	12-13yrs	50	Fly	

NOTES: All events will be swum with boys and girls together seeded according to entry times.
 Results will be separated into individual age groups for both boys and girls.
 Age groups are 7&Under, 8, 9, 10, 11, 12, 13, 14, 15, 16&Over.
 For these championships all swimmers' ages are as at 1st October 2016.
 The 25 metre Non Champ events will not count towards championship points.
 These are for younger swimmers who cannot confidently swim 50 metres.

Instructions: Write your name, date of birth and age (as at 1st October 2016) below.
 Circle the event numbers you wish to swim.
 Write your current PB for each selected event in the Entry Time column.
 Return this form by Wednesday 15th March 2017.

Swimmer Name:	DOB:	Age at 1/10/2016:
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Entries close: Wednesday 15th March 2017.
 Hand your entry to Graham Canning on club night or send by email.

More Details: See our club website - www.lismoreswimteam.org.au

Enquiries: Graham ph 66895159 or 0401566994 Email: info@lismoreswimteam.org.au