

Individual Club Night Nomination for 2011 / 2012

Name:			Date of Birth:	
Date	Distance	Event 1	Event 2	Event 3
6-Oct	IM	Free	Breast	Back
	200 / 400	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100

Name:			Date of Birth:	
Date	Distance	Event 1	Event 2	Event 3
13-Oct	Free	Fly	Free	Breast
	200 / 400	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100

Name:			Date of Birth:	
Date	Distance	Event 1	Event 2	Event 3
20-Oct	Breast	Back	Fly	Free
	200 / 400	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100

Name:			Date of Birth:	
Date	Distance	Event 1	Event 2	Event 3
27-Oct	Fly	Free	Breast	Back
	200 / 400	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100

Name:			Date of Birth:	
Date	Distance	Event 1	Event 2	Event 3
3-Nov	Back	Fly	Free	Breast
	200 / 400	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100

Name:			Date of Birth:	
Date	Distance	Event 1	Event 2	Event 3
10-Nov	IM	Back	Fly	Breast
	200 / 400	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100

Name:			Date of Birth:	
Date	Distance	Event 1	Event 2	Event 3
17-Nov	Free	Free	Breast	Back
	200 / 400	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100

Name:			Date of Birth:	
Date	Distance	Event 1	Event 2	Event 3
24-Nov	Back	Fly	Free	Breast
	200 / 400	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100

Name:			Date of Birth:	
Date	Distance	Event 1	Event 2	Event 3
1-Dec	Breast	Back	Fly	Free
	200 / 400	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100

Name:			Date of Birth:	
Date	Distance	Event 1	Event 2	Event 3
8-Dec	Fly	Free	Breast	Back
	200 / 400	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100

Name:			Date of Birth:	
Date	Distance	Event 1	Event 2	Event 3
12-Jan	IM	Fly	Free	Breast
	200 / 400	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100

Name:			Date of Birth:	
Date	Distance	Event 1	Event 2	Event 3
19-Jan	Free	Back	Fly	Free
	200 / 400	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100

Name:			Date of Birth:	
Date	Distance	Event 1	Event 2	Event 3
26-Jan	Fly	Free	Breast	Back
	200 / 400	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100

Name:			Date of Birth:	
Date	Distance	Event 1	Event 2	Event 3
2-Feb	Back	Fly	Free	Breast
	200 / 400	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100

Name:			Date of Birth:	
Date	Distance	Event 1	Event 2	Event 3
9-Feb	Breast	Back	Fly	Free
	200 / 400	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100

Name:			Date of Birth:	
Date	Distance	Event 1	Event 2	Event 3
16-Feb	IM	Free	Breast	Back
	200 / 400	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100

Name:			Date of Birth:	
Date	Distance	Event 1	Event 2	Event 3
23-Feb	Free	Fly	Free	Breast
	200 / 400	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100

Name:			Date of Birth:	
Date	Distance	Event 1	Event 2	Event 3
1-Mar	Breast	Back	Fly	Free
	200 / 400	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100

Name:			Date of Birth:	
Date	Distance	Event 1	Event 2	Event 3
8-Mar	Fly	Free	Breast	Back
	200 / 400	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100

Name:			Date of Birth:	
Date	Distance	Event 1	Event 2	Event 3
15-Mar	Back	Fly	Free	Breast
	200 / 400	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100

Eligibility for 12.5m swims will be at the coach's discretion - criteria for other distances as per handbook

Please circle the distance for each stroke that you are swimming on the club night and return nomination form to the slot in office door on the right hand side as you enter the pool on the Tuesday night prior to each Club Night.

Late nominations will only be accepted on the night if a lane is available

No points will be awarded for nominations placed on Club Night