

Individual Club Night Nomination for 2010 / 2011

Name:			Date of Birth:	
Date	Distance	Event 1	Event 2	Event 3
7-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
14-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
21-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
28-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
4-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
11-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
18-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
25-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
2-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
9-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
13-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
20-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
27-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
3-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
10-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
17-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
24-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
3-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
10-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
17-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 sheet to the **Red** box to the right as you enter the pool area on the Monday 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