

## Individual Club Night Nominations for 2008 / 2009

<b>Name:</b>			<b>Date of Birth:</b>	
<b>Date</b>	<b>Event 1</b>	<b>Event 2</b>	<b>Event 3</b>	<b>Distance</b>
9 Oct	Free	Breast	Back	IM
	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	200 / 400

<b>Name:</b>			<b>Date of Birth:</b>	
<b>Date</b>	<b>Event 1</b>	<b>Event 2</b>	<b>Event 3</b>	<b>Distance</b>
16 Oct	Fly	Free	Breast	Free
	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	200 / 400

<b>Name:</b>			<b>Date of Birth:</b>	
<b>Date</b>	<b>Event 1</b>	<b>Event 2</b>	<b>Event 3</b>	<b>Distance</b>
23 Oct	Back	Fly	Free	Breast
	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	200 / 400

<b>Name:</b>			<b>Date of Birth:</b>	
<b>Date</b>	<b>Event 1</b>	<b>Event 2</b>	<b>Event 3</b>	<b>Distance</b>
30 Oct	Free	Breast	Back	Back
	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	200 / 400

<b>Name:</b>			<b>Date of Birth:</b>	
<b>Date</b>	<b>Event 1</b>	<b>Event 2</b>	<b>Event 3</b>	<b>Distance</b>
6 Nov	Fly	Free	Breast	Fly
	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	200 / 400

<b>Name:</b>			<b>Date of Birth:</b>	
<b>Date</b>	<b>Event 1</b>	<b>Event 2</b>	<b>Event 3</b>	<b>Distance</b>
13 Nov	Back	Fly	Free	IM
	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	200 / 400

<b>Name:</b>			<b>Date of Birth:</b>	
<b>Date</b>	<b>Event 1</b>	<b>Event 2</b>	<b>Event 3</b>	<b>Distance</b>
20 Nov	Free	Breast	Back	Free
	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	200 / 400

<b>Name:</b>			<b>Date of Birth:</b>	
<b>Date</b>	<b>Event 1</b>	<b>Event 2</b>	<b>Event 3</b>	<b>Distance</b>
27 Nov	Fly	Free	Breast	Breast
	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	200 / 400

<b>Name:</b>			<b>Date of Birth:</b>	
<b>Date</b>	<b>Event 1</b>	<b>Event 2</b>	<b>Event 3</b>	<b>Distance</b>
27 Nov	Fly	Free	Breast	Breast
	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	200 / 400

<b>Name:</b>			<b>Date of Birth:</b>	
<b>Date</b>	<b>Event 1</b>	<b>Event 2</b>	<b>Event 3</b>	<b>Distance</b>
4 Dec	Back	Fly	Free	Back
	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	200 / 400
<b>CHRISTMAS BREAK</b>				

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

<b>Name:</b>			<b>Date of Birth:</b>	
<b>Date</b>	<b>Event 1</b>	<b>Event 2</b>	<b>Event 3</b>	<b>Distance</b>
12 Feb	Fly	Free	Breast	IM
	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	200 / 400

<b>Name:</b>			<b>Date of Birth:</b>	
<b>Date</b>	<b>Event 1</b>	<b>Event 2</b>	<b>Event 3</b>	<b>Distance</b>
19 Feb	Back	Fly	Free	Free
	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	200 / 400

<b>Name:</b>			<b>Date of Birth:</b>	
<b>Date</b>	<b>Event 1</b>	<b>Event 2</b>	<b>Event 3</b>	<b>Distance</b>
26 Feb	Free	Breast	Back	Breast
	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	200 / 400

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

<b>11 March</b>	<b>Annual Club Championships Night 1</b>			
<b>18 March</b>	<b>Annual Club Championships Night 2</b>			

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 Club Night, cut off that week's nomination strip and place in the RED box by the **Monday** 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.