



# BOURNE END JUNIOR SPORTS CLUB

Swimming Section

## AUTUMN CHAMPIONSHIP 2009 – ENTRY FORM

Please read these notes before completing the entry form

Date	Warm Up	Start	Events
14 <sup>th</sup> November	5.30pm	6pm	25m Free (Ct Gdn) 50m Back 50m Fly 100m I.M. 100m Breast 100m Free
28 <sup>th</sup> November	5.30pm	6pm	50m Free 50m Breast 100m Fly 100m Back

The table above represents the programme for Autumn 2009.

### Note to all Swimmers

The events will be run SHORT COURSE (25m pool with the wall in place)

This is your swimming club championships and your opportunity to show your coach and yourself how much you have improved over the last few months.

You are therefore expected to enter as many events as possible, as this is an ideal opportunity to see the rewards of your hard work, and to set new personal best times.

The success of our club championship relies on as many swimmers as possible taking part.

**Please make sure you take part and,  
most importantly ..... HAVE FUN !!**

#### **Please note**

All ages are as at 31<sup>st</sup> August 2010

All events will be Heat Declared Winner.

All events will be swum short course (25m)

There is no Saturday morning training on the championship dates

**DO NOT RETURN THIS PAGE.** Use the table above to record which events you have entered.

**TAKE NOTE** of dates and the warm up times shown.

**PLEASE RETURN YOUR ENTRY FORM WITH YOUR CHEQUE** (made payable to BEJSC) TO:  
Mike Southby, 65 Philip Drive, Flackwell Heath, Bucks, HP10 9JD (email: mgso16@hotmail.com)

**PLEASE RETURN YOUR ENTRY BY 1<sup>st</sup> November 2009**

N.B. Once you have entered an event you will be expected to compete. However if for any reason you need to withdraw from an event, please let Mike Southby know as soon as possible