



RASCALS ANNUAL CHAMPIONSHIPS 2010

This year's RASCALS Championships will have the usual format, with two galas:

Gala 1: Saturday 16th October, Alfreton Leisure Centre, 5pm warm up, 5.30pm start

Gala 2: Saturday 20th November, Alfreton Leisure Centre, 5pm warm up, 5.30pm start

If you want to swim in the Championships, you will need to complete the attached entry forms. Please indicate which races you want to enter by ticking the box on the entry form, and enter a time if you can. Don't worry if you haven't got a time for a race – just put N/T. All current personal best times are on the Rascals website, www.ripleyrascals.org.uk.

Age groups are: 8/9 years; 10/11 years; 12/13 years; 14/15 years; 16 and over

Races are swum on time entry, regardless of age group, but are then converted back into the correct age group. So, if you do not win your individual race, you may still have won in your own age group.

If you are unsure which events to enter, please speak to your swimming teacher/coach, who will be pleased to advise you on which events to swim.

Please note that entry forms for both galas are being issued at the same time this year, with the same deadline date of **SATURDAY 2nd OCTOBER**. ENTRIES CANNOT BE ACCEPTED AFTER THIS DATE.

Please return completed entry forms to club secretary Babs Ingram, Chairman Tom Parr, or any of the coaches.

Trophies and medals for the Top 5 in each race will be presented at the Rascals Annual Presentation night on Friday 17th December 2010.

If you have any queries, please talk to any of the coaches or Committee – we are only too happy to help.

Please use the table below to make a record of which races have been entered, detach and keep the top sheet for your reference, and return the two entry forms to us at the Club.

Gala 1: Saturday 16th October 2010

Gala 2: Saturday 20th November 2010

Event no.	Event/time – Gala 1		Event No.	Event/time – Gala 2



RASCALS ANNUAL CHAMPIONSHIPS 2010

ENTRY FORM: GALA 1, SATURDAY 16TH OCTOBER

Alfreton Leisure Centre, warm up 5pm

*****DEADLINE FOR ENTRIES: SATURDAY 2ND OCTOBER 2010*****

Name _____

Date of birth _____ Age at 31st December 2010 _____

Please tick the events you would like to enter:

Event Number	M/F	Age group	Distance/stroke	✓	Time (put N/T if no time)
1	Boys	8/9 only	25m freestyle		
2	Girls	8/9 only	25m freestyle		
3	Boys	8-16+	50m freestyle		
4	Girls	8-16+	50m freestyle		
5	Boys	12-16+	100m breaststroke		
6	Girls	12-16+	100m breaststroke		
7	Boys	10-16+	100m individual medley		
8	Girls	10-16+	100m individual medley		
9	Boys	8/9 only	25m butterfly		
10	Girls	8/9 only	25m butterfly		
11	Boys	10/11 only	50m backstroke		
12	Girls	10/11 only	50m backstroke		
13	Boys	10-16+	200m freestyle		
14	Girls	10-16+	200m freestyle		



RASCALS ANNUAL CHAMPIONSHIPS 2010

ENTRY FORM: GALA 2, SATURDAY 20th NOVEMBER

Alfreton Leisure Centre, warm up 5pm

*****DEADLINE FOR ENTRIES: SATURDAY 2ND OCTOBER 2010*****

Name _____

Date of birth _____ Age at 31st December 2010 _____

Event Number	M/F	Age group	Distance/stroke	✓	Time (put N/T if no time)
15	Boys	10-13	50m butterfly		
16	Girls	10-13	50m butterfly		
17	Boys	14-16+	100m butterfly		
18	Girls	14-16+	100m butterfly		
19	Boys	8/9 only	25m breaststroke		
20	Girls	8/9 only	25m breaststroke		
21	Boys	10-11 only	50m breaststroke		
22	Girls	10-11 only	50m breaststroke		
23	Boys	12-16+	100m backstroke		
24	Girls	12-16+	100m backstroke		
25	Boys	10-16+	100m freestyle		
26	Girls	10-16+	100m freestyle		
27	Boys	8/9 only	25m backstroke		
28	Girls	8/9 only	25m backstroke		
29	Boys	10-16+	200m individual medley		
30	Girls	10-16+	200m individual medley		