

CNRSC Closing Date: 5/9/18

NAME: _____

Entry Fee: Relay team entries paid by club

No. Events: _____

This is a RELAY MEET Please indicate interest only.

Chris will organise the teams. Swimmers will be chosen by fastest for a stroke.

We shall enter if we have 4 in an age-group.

EARLY ENTRY REQUESTED.



SWIM WALES NORTH

2018 RELAY GALA

Sunday September 23rd Warm up 12.00

**Llandudno Swimming Centre,
Mostyn Broadway, Llandudno, LL30 1YR.**

CNRSC Closing date September 5th

Age Groups

Age as at 31st December 2018

	Girls	Boys
Relays	9-11 years	9- 11 years
	14 & Under	14 & Under
	16 & Under	16 & Under
	Open	Open

Events

<u>Relays</u>		
Events	4 x 50m Freestyle	4 x 50m Freestyle
	4 x 50m Medley	4 x 50m Medley
	4 x 50m Mixed Free Relay	4 x 50m Mixed Med Relay
Cannon(boy/girls from each age group)		