



KSC presents our ANNUAL CLUB CHAMPIONSHIPS 2023
(Under Swim England Regulations and Technical Rules) – License – No's 4EM231100 & 4EM231101

Sunday 1st & Sunday 8th October 2023

Hucknall Leisure Centre Nottingham, 25m Pool

The aim of our Club Champs is to give club swimmers the opportunity to compete and record times for as many strokes & distances as possible and continue training with a purpose.

£3.50 PER INDIVIDUAL EVENT – 6 OR MORE EVENTS FOR £20.00
Spectators £4 per person on the door, cash only please (children are free)

Sunday 1 st October 2023 @ 11.00 am – 4.00pm (Warm up 11.10)			
Female	50m & 200m Freestyle 25m & 100m Backstroke	25m, 50m & 200m Breaststroke 25m & 50m Butterfly	100m Ind Medley
Open/Male	25m & 100m Freestyle 50m & 200m Backstroke	100m Breaststroke 100m Butterfly	200m Ind Medley

Sunday 8 th October 2023 @ 11.00 am – 4.00pm (Warm up 11.10)			
Female	25m & 100m Freestyle 50m & 200m Backstroke	100m Breaststroke 100m Butterfly	200m Ind Medley
Open/Male	50m & 200m Freestyle 25m & 100m Backstroke	25m, 50m & 200m Breaststroke 25m & 50m Butterfly	100m Ind Medley

Pink T Shirt Sprints at the end of the gala

Ages are age as on 8th October 2023

Awards for all – Maximum points awards – Perpetual age group shields

All to be awarded at our annual presentation evening on 18th Nov at The Engine Rooms, Hucknall

AGE GROUPS: 7 & Under / 8 / 9 / 10 / 11 / 12 / 13 / 14 & 15 combined / 16+
(for age group shield points awards)

Differing age groups may swim together but awards will be as age groups above

KSC Stroke & Distance Recommendations

7years & Under	25m events for all strokes
8years – 11 years	50m Backstroke, Breaststroke, Freestyle & Butterfly events with 25m Butterfly option if preferred + IM events & 200m events where capable. NOTE For the Age Group Trophies, *8 & *9yrs may swim 25m or 50m Backstroke, Breaststroke & Freestyle events but cannot do a mixture of both 10 and 11yr olds can swim 25m Events but this is not recommended by us
10 years & Over	100m Backstroke, Breaststroke, Freestyle & Butterfly events with 50m Butterfly option if preferred + IM events & 200m events where capable
All ages	50m Backstroke, Breaststroke, Freestyle & Butterfly NOTE for ages 14 years and over these events are time only and will not score points towards the Age Group Shields

ALL AGES - Kimberley S.C Pink T Shirt Sprints.

Swim under 30 seconds for any 50m event and win yourself a coveted Pink T Shirt!

ENTRY RESTRICTIONS: No late entries can be accepted, The Club reserves the right to refuse admission

CLOSING DATE FOR ENTRIES 9AM ON SATURDAY 16th SEPTEMBER