

WORCESTERSHIRE FEDERATION OF YOUNG FARMERS' CLUBS

TEAM SWIMMING MEDLEY RELAY COMPETITION 2011/12

VENUE: Abberley Hall School, Abberley, Worcester, WR6 6DD - TBC

DATE: Wednesday, 18th April 2012 at 7.00 pm booking-in for 7.30 pm start - time tbc

POINTS: Awarded will count towards the County Sports Shield Only.

ENTRY FEE: £30 - to be in by Monday, 2nd April 2012 with completed entry form.

ENTRY FORMS: Completed entry forms together with the correct **entry fee should be returned to County Office by 2nd April 2012.**

RULES:

1. A team shall consist of 4 members, with at least 1 member who must be 16 years of age or under, another 2 who must be 17-21 years of age and 1 who must be 21-26 years of age or under on 1st September 2011.

ALL COMPETITORS MUST PRODUCE THEIR CURRENT MEMBERSHIP CARDS. FAILURE TO DO SO WILL RESULT IN DISQUALIFICATION.

2. **PROCEDURE:**

The competition will take the format of heats, with the 3 qualifying teams competing in the final.

4 Style Relay

One length (25 meters) to be completed by each team member. Team to swim in the following order:

- | | |
|---------------|---|
| First Member | - Breast Stroke |
| Second Member | - Back Stroke (swimmer to start in water) |
| Third Member | - Butterfly |
| Fourth Member | - Front Crawl |

Relay changeovers are valid when the fingers on the oncoming competitor are touching the side.

ENTRY FORM from _____ YFC for SWMMING COMPETITION 2011/12

Names:

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Enclosed:

Signed _____ (Club Officer)

This entry form should be returned to County Office by Monday, 2nd April 2012