



Honiton Stingrays Swimming Club

Aquathlon Event

5-7pm Sunday 14 July 2012

Assemble at 3:30pm for registration and instructions

Honiton Swimming Club are pleased to be hosting this aquathlon event. This will consist of a swim in Honiton pool, followed by a run around the perimeter of the adjacent rugby field. The event is open to the public and other local sports clubs. There will be 5 different categories, from fun and little athletes, through to more challenging events for older participants.

Aquathlon Events

Event No	Event category. Ages as at 14 July	Description		Entry fee
		Swim	Run	
1	10 yrs and under	100m (4 lengths)	2 laps, 720m	£8
2	11 to 12 yrs	200m (8 lengths)	3 laps, 1080m	
3	13 to 15 yrs	300m (12 lengths)	4 laps, 1440m	
4	16 to 18 yrs	400m (16 lengths)	5 laps, 1800m	
5	Masters	400m (16 lengths)	5 laps, 1800m	

Entrants – Please complete section below:

Event No	Name of Entrant	Age at 14 July (if over 18, put 'adult')	Name of Parent / Guardian if applicable.	Emergency contact number	Email address

Please complete the entry form and return with payment to Sharon Vaughan at Honiton Swimming Club. Cheques payable please to 'Honiton Swimming Club'.

Forms and payment may be posted to Sharon Vaughan at:
30 Tower Way, Dunkeswell EX14 4XR

Please address any queries to club secretary: Ralph Lynch 07866-744487
Or to Head Coach: Ralph Watson 07979-854368

This entry form may be downloaded from <http://honitonswim.wordpress.com/>

Closing date for entries: **Thurs 4th July**