

BOYS

Swimmer's Name _____

Swimming Squad _____

Date of Birth _____ Age on the day(s) _____ Years

ASA Reg No. _____

50m Free	
100m Free	
200m Free	
1500m Free	
50m Back	
100m Back	
200m Back	
50m Breast	
100m Breast	
200m Breast	
50m Fly	
100m Fly	
200m Fly	
100 IM	
200m IM	

Entries@ £6.50 = £.....

Entry cut off times are based on Upper limits. Swimmers must not have swum faster than these times in the previous 12 months.

Signature _____

THIS FORM IS TO BE TAKEN TO YOUR COACH FOR APPROVAL AND SIGNATURE

Coaches Signature _____

ENTRIES WILL BE TAKEN ON 23/11/15

GIRLS

Swimmer's Name _____

Swimming Squad _____

Date of Birth _____ Age on the day(s) _____ Years

ASA Reg No. _____

50m Free	
100m Free	
200m Free	
1500m Free	
50m Back	
100m Back	
200m Back	
50m Breast	
100m Breast	
200m Breast	
50m Fly	
100m Fly	
200m Fly	
100 IM	
200m IM	

Entries@ £6.50 = £.....

Entry cut off times are based on Upper limits. Swimmers must not have swum faster than these times in the previous 12 months.

Signature _____

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Coaches Signature _____

ENTRIES WILL BE TAKEN ON 23/11/15