

**BOYS**

Swimmer's Name \_\_\_\_\_

Swimming Squad (Delete as appropriate):  
National Squad/ National Age Group

Year of Birth \_\_\_\_\_ Age at 31<sup>st</sup> Dec \_\_\_\_\_ Years

ASA Reg No. \_\_\_\_\_

Event	Time	Session Number
50m Free		
100m Free		
200m Free		
400m Free		
50m Back		
100m Back		
200m Back		
50m Breast		
100m Breast		
200m Breast		
50m Fly		
100m Fly		
200m Fly		
200m IM		
400m IM		

Entries .....@ £6.50 = £.....

Swimmers must not have swum faster than the upper limit times listed in the meet information pack.

Signature \_\_\_\_\_

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

Coaches Signature \_\_\_\_\_

**ENTRIES WILL BE TAKEN 16/09/19**

**GIRLS**

Swimmer's Name \_\_\_\_\_

Swimming Squad (Delete as appropriate):  
National Squad/ National Age Group

Year of Birth \_\_\_\_\_ Age at 31<sup>st</sup> Dec \_\_\_\_\_ Years

ASA Reg No. \_\_\_\_\_

Event	Time	Session Number
50m Free		
100m Free		
200m Free		
400m Free		
50m Back		
100m Back		
200m Back		
50m Breast		
100m Breast		
200m Breast		
50m Fly		
100m Fly		
200m Fly		
200m IM		
400m IM		

Entries .....@ £6.50 = £.....

Swimmers must not have swum faster than the upper limit times listed in the meet information pack.

Signature \_\_\_\_\_

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Coaches Signature \_\_\_\_\_

**ENTRIES WILL BE TAKEN ON 16/09/19**