

BOYS

Swimmer's Name _____

Swimming Squad: Junior Performance/ Regional Performance/ Regional Development

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

Entries@ £8.00 = £.....

Swimmers **must not** have swum faster than the times held in the meet pack.

Signature _____

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

Coaches Signature _____

ENTRIES WILL BE TAKEN ON 29/04/19

GIRLS

Swimmer's Name _____

Swimming Squad: Junior Performance/ Regional Performance/ Regional Development

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

Entries@ £8.00 = £.....

Swimmers **must not** have swum faster than the times held in the meet pack.

Signature _____

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Coaches Signature _____

ENTRIES WILL BE TAKEN ON 29/04/19