

ROTHERHAM METRO SPRING LC MEET 2019

11th & 12th May 2019

Age as at 12th May 2019

BOYS

Swimmer's Name _____

Swimming Squad (Delete as appropriate) COUNTY EAST/ COUNTY WEST/ RFT

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

ASA Reg No. _____

| Event | Time | Session Number |
|--------------------|------|----------------|
| 50m Free | | |
| 100m Free | | |
| 200m Free | | |
| 400m Free (10yrs+) | | |
| | | |
| 50m Back | | |
| 100m Back | | |
| 200m Back | | |
| 50m Breast | | |
| 100m Breast | | |
| 200m Breast | | |
| 50m Fly | | |
| 100m Fly | | |
| 200m Fly | | |
| | | |
| 200m IM | | |
| 400m IM (10yrs+) | | |

Entries@ £6.50 = £.....

Swimmers must not have swum faster than the upper limit time, in the 12 months preceding entry. (converted times where appropriate)

Signature _____

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

Coaches Signature _____

ENTRIES WILL BE TAKEN ON 18/02/19

ROTHERHAM METRO SPRING LC MEET 2019

11th & 12th May 2019

Age as at 12th May 2019

GIRLS

Swimmer's Name _____

Swimming Squad (Delete as appropriate) COUNTY EAST/ COUNTY WEST/ RFT

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

ASA Reg No. _____

| Event | Time | Session Number |
|--------------------|------|----------------|
| 50m Free | | |
| 100m Free | | |
| 200m Free | | |
| 400m Free (10yrs+) | | |
| | | |
| 50m Back | | |
| 100m Back | | |
| 200m Back | | |
| 50m Breast | | |
| 100m Breast | | |
| 200m Breast | | |
| 50m Fly | | |
| 100m Fly | | |
| 200m Fly | | |
| | | |
| 200m IM | | |
| 400m IM (10yrs+) | | |

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