

**BOYS**

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

Swimming Squad (Please Circle): Regional Fast Track/ County East/ County West

Year of Birth \_\_\_\_\_ Age at 8<sup>th</sup> Dec \_\_\_\_\_ Years

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

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

Entries .....@ £6.00 = £.....

**Swimmers must have swum faster than the upper time limits 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 16/09/19**

**GIRLS**

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

Swimming Squad (Please Circle): Regional Fast Track/ County East/ County West

Year of Birth \_\_\_\_\_ Age at 8<sup>th</sup> Dec \_\_\_\_\_ Years

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

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

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