

CLUB CHAMPIONSHIPS ENTRY FORM 2010

All Entries to be returned to the desk no later than 12th October 2010

All Swimmers must be registered with SASA by 5th October 2010 (See Joyce at Main Desk)

NAME:- DOB:-

AGE AT 31ST DECEMBER 2010:- BOY/GIRL:-

SQUAD I B+ B C IMPROVERS

COACHES SIGNATURE:-

(Can all Swimmers get their coach to sign the completed form)

Please tick for entry

Week	1	3	3
	8yrs & Under 25m Breast	8yrs & Under 25m Back	8yrs & Under 25m Free

Week	1	1	1	3	3
	10 & Under 50m FLY	9 & 10 50m Breast	10 & Under 100 IM	9 & 10 50m Back	9 & 10 50m Free

Week	1	1	1	3	3
	11/12yrs 50m FLY	11/12yrs 50m Breast	11/12yrs 200 IM	11/12yrs 50m Back	11/12yrs 50m Free

Week	1	1	1	3	3
	100m Fly	100m Breast	200 IM	100m Back	100m Free
13/14yrs					
	100m Fly	100m Breast	200 IM	100m Back	100m Free
15 & Over					

The following events are open to all age groups. Please consult your coach before entering.

Week	2	2	2	2	3
	200m Breast	200m Free	200m Back	50m Free	200m Fly
OPENS					

Week	4		
	400m IM	Week 1 Tues 2 nd Nov 2010	Week 2 Sun 7 th Nov 2010
12yrs & Under		Week 3 Tues 9 th Nov 2010	Finals Tues 23 rd Nov 2010
13yrs & Over			

Content of Heats and Finals nights are subject to change depending on number of entries.

N.B. Swimmers may compete in as many events within their age group as they wish (dependant on Coaches Agreement). However once entries have been accepted, then withdrawal from any single event may result in consequent withdrawal from all other events at the discretion of the coaches and the meet organisers.

All Swimmers must be Poolside by 6.00pm on Week 1 & Week 3 and 5.00pm on Week 2

Poolside kit must be worn and remember plenty of water and spare towel etc.