

EXETER CITY SWIMMING CLUB
JAN 21ST AND 22ND 2012 LC LEVEL 1 OPEN MEET
TO BE HELD AT CARDIFF INTERNATIONAL POOL

(Under ASA Law & ASA Technical Rules)

Name			
E-Mail Address			
Date of Birth		Age on 22/1/2012	
ASA Number			

Competitors MUST print their entry time against each event they are entering in the column marked "Entry Time".
 The programme and relevant limit times can be found on the Southwold website & the Noticeboard.

EVENT	AGE GROUPS	ENTRY TIME Long Course	ENTRY FEE*	COST
50m Freestyle	9-16/over		£5.50	
100m Freestyle	10-16/over		£7.50	
200m Freestyle	9-16/over		£7.50	
400m Freestyle	9-16/over		£7.50	
800m Freestyle	10-16/over (girls only)		£9.50	
1500m Freestyle	11-16/over (boys only)		£9.50	
50m Backstroke	9-16/over		£5.50	
100m Backstroke	10-16/over		£7.50	
200m Backstroke	9-16/over		£7.50	
50m Breaststroke	9-16/over		£5.50	
100m Breaststroke	10-16/over		£7.50	
200m Breaststroke	9-16/over		£7.50	
50m Butterfly	9-16/over		£5.50	
100m Butterfly	10-16/over		£7.50	
200m Butterfly	9-16/over		£7.50	
100m IM	9-16/over		£7.50	
200m IM	9-16/over		£7.50	
400m IM	9-16/over		£7.50	
NUMBER OF EVENTS				TOTAL COST £

*All Entry Fees have been increased by 50p to cover additional costs incurred by the club e.g. coaches' passes.
 Please return your entry in an envelope (with the swimmer's name on) to David McCoubrie by
Wednesday 21st December 2011. The envelope should contain a completed entry form and a **CHEQUE** for the total cost made payable to "Southwold SC".

PLEASE SUBMIT ONE CHEQUE PER SWIMMER WITH EACH ENTRY FORM – not both siblings on one cheque
 I certify that the above details are correct, I will abide by the Promoter's conditions and that I am an eligible competitor in accordance with the laws of the Amateur Swimming Association.

Swimmer's Signature: _____ Dated: _____