|  |  |  |  |
| --- | --- | --- | --- |
| **NAME** | **AGE** | **DATE OF BIRTH** | **GROUP (A/B/C/D)** |
|  |  |  |  |

**RECORD DETAILS**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **SHORT COURSE** |  |  | **LONG COURSE** |  |  |

|  |  |
| --- | --- |
| **STROKE** |  |
| **DISTANCE** |  |
| **TIME ACHIEVED** |  |
| **DATE ACHIEVED** |  |
| **COMPETITION** |  |
| **VENUE** |  |

**SUBMITTED BY \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE: \_\_\_\_\_\_\_\_\_\_\_\_**

Please forward **Short and Long Course Records** to:

The LCSC Web Admin

[webadmin@lisburncityswimmingclub.org](mailto:webadmin@lisburncityswimmingclub.org)

**A copy of the official results must be attached.**

**Records must be claimed not later than 3 months after the event.**