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| **INDIVIDUAL ENTRY FORM** | | | |
| FORENAME: | | SURNAME: | |
| CLUB: | | AGE (as at 31.12.18) | |
| MALE/FEMALE | | DATE OF BIRTH: | |
| EMAIL ADDRESS: | | | |
| TELEPHONE NUMBER: | | | |
| ASA REGISTRATION NUMBER: | | | |
| Girls | Entry Time | BOYs | Entry Time |
| 50M FREESTYLE |  | 50M FREESTYLE |  |
| 100M FREESTYLE |  | 100M FREESTYLE |  |
| 200M FREESTYLE |  | 200M FREESTYLE |  |
| 400M FREESTYLE |  | 400M FREESTYLE |  |
| 50M BACKSTROKE |  | 50M BACKSTROKE |  |
| 100M BACKSTROKE |  | 100M BACKSTROKE |  |
| 200M BACKSTROKE |  | 200M BACKSTROKE |  |
| 50M BREASTSTROKE |  | 50M BREASTSTROKE |  |
| 100M BREASTSTROKE |  | 100M BREASTSTROKE |  |
| 200M BREASTROKE |  | 200M BREASTROKE |  |
| 50M BUTTERFLY |  | 50M BUTTERFLY |  |
| 100M BUTTERFLY |  | 100M BUTTERFLY |  |
| 200M BUTTERFLY |  | 200M BUTTERFLY |  |
| 200M IM |  | 200M IM |  |
| 400M IM |  | 400M IM |  |
|  |  |  |  |
| TOTAL NUMBER OF EVENTS @ £4.50 EACH  Cheque payable to NNSC | | Total Due £  BACS: **Sort Code: 54-21-06 Account Number 20599234** | |

I declare that I am an eligible competitor as defined by ASA law and that I have reached the standard of the ASA competitive start award. I agree to abide by the Promoters conditions for this gala

Signature of Competitor Club Official

Please email a copy of this to openmeet@norwichswansc.co.uk or

Post to Jane Weston, Kings Head House, Whissonsett, DEREHAM, Norfolk NR20 5TH