

AMATEUR SWIMMING ASSOCIATION SOUTH EAST REGION

OPEN AND JUNIOR CHAMPIONSHIPS 2009

Under ASA Laws and Technical Rules of Swimming

Licensed by the ASA for entry into National Competitions and Championships

ALDERSHOT GARRISON (25m)

7th and 8th November 2009

ENTRY FORM

MALE / FEMALE (delete as applicable)

SURNAME **FIRST NAME** **AGE AT 08/11/2009**

ADDRESS.....

.....

CLUB..... **DATE OF BIRTH**/...../..... **ASA Registration No**.....

DISABILITY CLASSIFICATION DETAILS...../...../.....

(All information given above must be the same as that given on your ASA registration details)

All entry times (25m) entered must be those achieved at a licensed meet since 1 January 2009.

EVENT	BEST TIME	ACHIEVED	DATE	VENUE	EVENT	BEST TIME	ACHIEVED	DATE	VENUE
50 F/s					50 Fly				
100F/s					100Fly				
200F/s					200Fly				
400F/s					50 Back				
800F/s					100Back				
1500F/s					200Back				
50 Brst					200IM				
100Brst					400IM				
200Brst					150IM**				

** (disability entrants only)

I declare that I have (a) achieved the above times at licensed meets on the dates/venues stated
(b) am an eligible competitor according to the laws of the ASA
(c) accept and abide by the conditions set by ASA South East Region for this Championship

SIGNED (by the entrant) DATE

Fee enclosed events @ £5 per entry TOTAL
(all cheques to be made payable to ASA South East Region unless otherwise stated by your Club.)

Entries, accompanied by the correct entry fees and a stamped addressed envelope must be sent to Mrs. Eileen Adams, 2 Glynswood, Chalfont St. Peter, Bucks, SL9 0DP

Closing date for entries - midnight 20th October 2008

LATE ENTRIES WILL ONLY BE ACCEPTED IN EXCEPTIONAL CIRCUMSTANCES