



**ASA EAST MIDLAND REGION
LONG COURSE CHAMPIONSHIPS 2016
Gala 1 – Ponds Forge, Sheffield
30th April, 1st & 2nd May
(Under ASA Laws and ASA Technical Rules of Swimming)
(License 1EM160780)**



**INDIVIDUAL ENTRY FORM – INTERNAL CLUB USE ONLY
(PARA-SWIMMERS please use entry form in supplementary pack)**

CLUB.....

GIVEN NAME.....FAMILY NAME.....

DATE OF BIRTH...../...../..... MALE / FEMALE (delete as appropriate)

ASA Reg No.....

TELEPHONE.....Email.....

Select the events you wish to enter, your club coordinator will download your times from GB Ranking and check that they meet the qualifying standards.

Event	Enter Y/N	Additional Information if requested
50m FREESTYLE		
100m FREESTYLE		
200m FREESTYLE		
400m FREESTYLE		
800m FREESTYLE (Female)		
1500m FREESTYLE (Male)		
50m BACKSTROKE		
100m BACKSTROKE		
200m BACKSTROKE		
50m BREASTSTROKE		
100m BREASTSTROKE		
200m BREASTSTROKE		
50m BUTTERFLY		
100m BUTTERFLY		
200m BUTTERFLY		
200m INDIVIDUAL MEDLEY		
400m INDIVIDUAL MEDLEY		

TIMES TO BE ACHIEVED BETWEEN 1st September 2015 & 13th April 2016

No of entries on this form..... @ £7.00 = £.....

**ENTRIES MUST BE SUBMITTED ELECTRONICALLY USING SS ENTRY MANAGER v2.0
RETURN THE COMPLETED FORM TO YOUR CLUB COORDINATOR**



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TEAM ENTRY FORM – INTERNAL CLUB USE ONLY

Club.....

	AGE GROUP	EVENT	SUBMITTED TIME
MEN	14/16	4 x 100m Freestyle	
MEN	17/Over	4 x 100m Freestyle	
MEN	14/16	4 x 200m Freestyle	
MEN	17/Over	4 x 200m Freestyle	
MEN	14/16	4 x 100m Medley	
MEN	17/Over	4 x 100m Medley	
	AGE GROUP	EVENT	SUBMITTED TIME
WOMEN	14/16	4 x 100m Freestyle	
WOMEN	17/Over	4 x 100m Freestyle	
WOMEN	14/16	4 x 200m Freestyle	
WOMEN	17/Over	4 x 200m Freestyle	
WOMEN	14/16	4 x 100m Medley	
WOMEN	17/Over	4 x 100m Medley	

A swimmer must be a member of the club in whose name he is entered and registered with the ASA at least 60 days prior to the first day of the competition.

On the day of meet at least 2 members of each team must hold a current East Midland Qualifying time.

**THESE EVENTS ARE QUALIFYING ROUNDS FOR THE BRITISH SUMMER CHMAPIONSHIPS
SWIMMERS AGE IS AT 31st DECEMBER 2016**

No of entries on this form..... @ £10.00 = £.....

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