



**ASA EAST MIDLAND REGION
CHAMPIONSHIPS GALA 1
Ponds Forge Sheffield 30th April 1st/2nd May 2016**



RELAY TEAM DECLARATION FORM

DEADLINES FOR SUBMISSION AS BELOW > NO FORM & NO NAMES = NO SWIM

CLUB	
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Please tick team age

	EVENT	14/16 yrs	17/OV yrs
301/302	Womens 4x100m Medley Team (DEADLINE Saturday 1pm)		
303/304	Mens 4x100m Freestyle Team (DEADLINE Saturday 1pm)		
601/602	Mens 4x100m Medley Team (DEADLINE Sunday 1pm)		
603/604	Womens 4x100m Freestyle Team (DEADLINE Sunday 1pm)		
701/702	Womens 4x200m Freestyle Team (DEADLINE Monday 8am)		
801/802	Mens 4x200m Freestyle Team (DEADLINE Monday 12pm)		

TEAM MEMBERS (in order of swim).

Given name (in full)	Family name

Name (Please Print)
Signature
Date Time of Delivery