



**ASA EAST MIDLAND REGION
LONG COURSE CHAMPIONSHIPS 2017
Age Groups
Corby East Midlands International Pool
29th & 30th April
(Under ASA Laws and ASA Technical Rules of Swimming)
(License 1EM170476)**



**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 ASA Ranking and check that they meet the qualifying standards.

Event	Enter Y/N	Futher information If requested
50m FREESTYLE		
100m FREESTYLE		
200m FREESTYLE		
400m FREESTYLE		
800m FREESTYLE (Female)	N/A	
1500m FREESTYLE (Male)	N/A	
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 2016 & 12th April 2017

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**

www.asaem.org.uk