



**ASA EAST MIDLAND REGION  
LONG COURSE CHAMPIONSHIPS 2016**

**Gala 2**

**Corby East Midlands International Pool**

**28<sup>th</sup> & 29<sup>th</sup> May**

**(Under ASA Laws and ASA Technical Rules of Swimming)  
(License 1EM160779)**



**INDIVIDUAL ENTRY FORM – INTERNAL CLUB USE ONLY**

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.**

<b>Event</b>	<b>Enter Y/N</b>	<b>Futher information If requested</b>
50m FREESTYLE		
100m FREESTYLE		
200m FREESTYLE		
400m FREESTYLE		
800m FREESTYLE (Female)	<b>N/A</b>	
1500m FREESTYLE (Male)	<b>N/A</b>	
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 & 11<sup>th</sup> May 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**

[www.asaem.org.uk](http://www.asaem.org.uk)