



**ASA EAST MIDLAND REGION
CHAMPIONSHIPS 2017
Ponds Forge Sheffield 27th/28th & 29th April**



RELAY TEAM DECLARATION FORM

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

| | |
|-------------|--|
| CLUB | |
|-------------|--|

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 | Mens 4x200m Freestyle Team (DEADLINE Monday 8am) | | |
| 801/802 | Womens 4x200m Freestyle Team (DEADLINE Monday 12pm) | | |

TEAM MEMBERS (in order of swim).

| Given name (in full) | Family name |
|----------------------|-------------|
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|-----------------------------------|
| Name (Please Print) |
| Signature |
| Date Time of Delivery |