# **SEER 2019 Long Course Championships**

###### **15/over Youth – Weekend 1 – 4-6th May, Luton Inspire**

###### **Reverse Distance Events – 18th May, Luton Inspire**

###### **14/under Age Group – Weekend 2 – 25-27th May, Sportspark UEA**

|  |  |  |  |  |  |  |
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| **INDIVIDUAL ENTRY FORM** | | | | | | |
| **FORENAME:** |  | **SURNAME:** | |  | | |
| **SQUAD:** |  | **AGE (@ 31/12/2019):** | |  | | |
| **SEX:** | **MALE / FEMALE** | **DATE OF BIRTH:** | |  | | |
| **EMAIL ADDRESS:** |  | | | | | |
| **TELEPHONE NO:** |  | | | | | |
| **ASA NO** |  | | | | | |
|  |  | |  | |  |  |
| **EVENT** | **COST PER EVENT** | | **TICK EVENT** | | **Cost @ £8.00** | |
| **50M FREESTYLE** | £7.00 | |  | |  | |
| **100M FREESTYLE** | £7.00 | |  | |  | |
| **200M FREESTYLE** | £7.00 | |  | |  | |
| **400M FREESTYLE** | £7.00 | |  | |  | |
| **800M FREESTYLE** | £7.00 | |  | |  | |
| **1500M FREESTYLE** | £7.00 | |  | |  | |
| **50M BACKSTROKE** | £7.00 | |  | |  | |
| **100M BACKSTROKE** | £7.00 | |  | |  | |
| **200M BACKSTROKE** | £7.00 | |  | |  | |
| **50M BREASTSTROKE** | £7.00 | |  | |  | |
| **100M BREASTSTROKE** | £7.00 | |  | |  | |
| **200M BREASTSTROKE** | £7.00 | |  | |  | |
| **50M BUTTERFLY** | £7.00 | |  | |  | |
| **100M BUTTERFLY** | £7.00 | |  | |  | |
| **200M BUTTERFLY** | £7.00 | |  | |  | |
| **200M IM** | £7.00 | |  | |  | |
| **400M IM** | £7.00 | |  | |  | |
|  | *Total Events* | | *@ £7.00* | | **£** | |
|  | *Admin Fee* | | | | **£5.00** | |
|  |  | | **Final Total:** | | **£** | |

**CLOSING DATES FOR ENTRIES ARE:**

1. **Monday 1st April 2019 for Weekend 1**
2. **Friday 12th April for Reverse Distance Events**
3. **Tuesday 23rd April for Weekend 2**

Please return this form, to Tracey Spinner, CONSC, 16 Ethel Road, Norwich, NR1 4DB, with a cheque made payable to: **City of Norwich Swimming Club Ltd.** If you would like to pay by BACS make payment to Acct: 59071068, Sort 30-96-17, using the reference SEER19 and the first 4 letters of your swimmer’s surname. Email [tbirdspinner@gmail.com](mailto:tbirdspinner@gmail.com) to confirm payment has been made.