# **Norfolk County Championships & Age Group Competition 2019**

###### **19th / 20th / 26th / 27th Jan and 2nd / 3rd Feb 2019**

All events being held at UEA Sportspark

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **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** | | **10-11 YEAR OLD** | **12 + YEAR OLD** | | **Cost** | |
| **50M FREESTYLE** | £6.00 | |  |  | |  | |
| **100M FREESTYLE** | £6.00 | |  |  | |  | |
| **200M FREESTYLE** | £6.00 | |  |  | |  | |
| **400M FREESTYLE** | £6.00 | |  |  | |  | |
| **800M FREESTYLE \*\*\*\*** | £6.00 | |  |  | |  | |
| **1500M FREESTYLE \*\*\*\*** | £6.00 | |  |  | |  | |
| **50M BACKSTROKE** | £6.00 | |  |  | |  | |
| **100M BACKSTROKE** | £6.00 | |  |  | |  | |
| **200M BACKSTROKE** | £6.00 | |  |  | |  | |
| **50M BREASTSTROKE** | £6.00 | |  |  | |  | |
| **100M BREASTSTROKE** | £6.00 | |  |  | |  | |
| **200M BREASTSTROKE** | £6.00 | |  |  | |  | |
| **50M BUTTERFLY** | £6.00 | |  |  | |  | |
| **100M BUTTERFLY** | £6.00 | |  |  | |  | |
| **200M BUTTERFLY** | £6.00 | |  |  | |  | |
| **200M IM** | £6.00 | |  |  | |  | |
| **400M IM** | £6.00 | |  |  | |  | |
|  | *Total Events* | |  | *@ £6.00* | | **£** | |
|  | *Admin Fee* | | | | | **£5.00** | |
|  |  | | **Final Total:** | | | **£** | |

Please just tick the events you wish to enter and have the relevant qualifying times for. If you are not sure which events to enter please talk to your coach.

\*\*\*\* Please read the guidance carefully for the 800 and 1500 Free.

**CLOSING DATE FOR ENTRIES IS TUESDAY 4TH DECEMBER**

Please return this form to Debbie Robertson, 4 St George Loke, Sprowston, Norwich, NR7 8TJ, with a cheque made payable to: **City of Norwich Swimming Club Ltd.** If you wish to pay by BACS please transfer money to Account 59071068 Sort Code 30-96-17, quoting NCC19 and the first 4 letters of your surname. Please email [debannrobertson@gmail.com](mailto:debannrobertson@gmail.com) once payment made