**City of Norwich Swimming Club Easter Long Course Meet 2019**

**(Level 1 License No. 1ER190358)**

**Sportspark ,UEA, Norwich: Fri 19th - Sun 21st April 2019**

**Under ASA Laws & Technical Rules, Affiliated to the East Region ASA**

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| **INDIVIDUAL ENTRY FORM** |
| **FORENAME:** |  | **SURNAME:** |  |
| **CLUB:** |  | **AGE (@ 31/12/19):** |  |
| **SEX:** | **MALE/FEMALE** | **DATE OF BIRTH:** |  |
| **EMAIL ADDRESS:** |  | **DISABILITY CLASSIFICATION:** |  |
| **TELEPHONE NO:** |  | **ASA REG NO** |  |  |  |  |  |  |  |
|  |  |  |  |  |
| **EVENT** | **COST PER EVENT** | **ENTRY TIME (LC)\*** | **IF CONVERTED STATE SHORT COURSE TIME\*:** |
| **50M FREESTYLE** | **£7.00** |  |  |
| **100M FREESTYLE** | **£7.00** |  |  |
| **200M FREESTYLE** | **£7.00** |  |  |
| **400M FREESTYLE** | **£7.00** |  |  |
| **800M FREESTYLE (G)** | **£10.00** |  |  |
| **1500M FREESTYLE (B)** | **£10.00** |  |  |
| **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 ENTRIES** |  | **£** |
| *Admin Fee (City of Norwich SC Swimmers and Visiting Clubs manual entry only)* | **@ £5.00** | **£** |
|  | **TOTAL** | **£** |

*\*If time not on ASA database please state origin on reverse of form. City of Norwich Swimmers please just tick the entry time boxes.*

**CLOSING DATE FOR ENTRIES IS** 7pm 22nd March 2019

Please return this form and/or an “Entries Summary Form” as appropriate, to Tracey Spinner, 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 tick here 🞏 and use EM19 plus the first 4 letters of your surname as the reference – pay to: Account: 59071068; Sort 30-96-17.