# **COSSS Premier Open Meet 2019**

###### **29-31 March 2019**

All events being held at Sheffield Ponds Forge

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **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** | £8.00 | |  | |  | |
| **100M FREESTYLE** | £8.00 | |  | |  | |
| **200M FREESTYLE** | £8.00 | |  | |  | |
| **400M FREESTYLE** | £8.00 | |  | |  | |
| **800M FREESTYLE** | £8.00 | |  | |  | |
| **1500M FREESTYLE** | £8.00 | |  | |  | |
| **50M BACKSTROKE** | £8.00 | |  | |  | |
| **100M BACKSTROKE** | £8.00 | |  | |  | |
| **200M BACKSTROKE** | £8.00 | |  | |  | |
| **50M BREASTSTROKE** | £8.00 | |  | |  | |
| **100M BREASTSTROKE** | £8.00 | |  | |  | |
| **200M BREASTSTROKE** | £8.00 | |  | |  | |
| **50M BUTTERFLY** | £8.00 | |  | |  | |
| **100M BUTTERFLY** | £8.00 | |  | |  | |
| **200M BUTTERFLY** | £8.00 | |  | |  | |
| **200M IM** | £8.00 | |  | |  | |
| **400M IM** | £8.00 | |  | |  | |
|  | *Total Events* | | *@ £8.00* | | **£** | |
|  | *Admin Fee* | | | | **£5.00** | |
|  |  | | **Final Total:** | | **£** | |

**CLOSING DATE FOR ENTRIES IS 7pm ON Friday 8th February 2019**

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 PM19 and the first 4 letters of your swimmer’s surname. Email [tbirdspinner@gmail.com](mailto:tbirdspinner@gmail.com) to confirm payment has been made.