**Saturday 23rd February & Sunday 24th February, Thetford Leisure Centre**

**Under ASA Laws & Technical Rules**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **INDIVIDUAL ENTRY FORM** | | | | | | | | |
| **FORENAME:** |  | | **SURNAME:** | |  | | | |
| **SQUAD:** |  | | **AGE (AS AT 31/12/19):** | |  | | | |
| **SEX :** | **Male/Female** | | **DATE OF BIRTH:** | |  | | | |
| **EMAIL ADDRESS:** |  | | | | | | | |
| **TELEPHONE NO:** |  | | | | | | | |
| **ASA REGISTRATION NO** |  |  |  |  | |  |  | |
|  |  | |  | |  | | |  |
| **EVENT** | **COST PER EVENT** | | **TICK IF ENTERING** | | **COACH TIME IF REQ’D** | | | |
| **50M FREESTYLE** | **£5.00** | |  | |  | | | |
| **100M FREESTYLE** | **£5.00** | |  | |  | | | |
| **200M FREESTYLE** | **£5.00** | |  | |  | | | |
| **50M BACKSTROKE** | **£5.00** | |  | |  | | | |
| **100M BACKSTROKE** | **£5.00** | |  | |  | | | |
| **200M BACKSTROKE** | **£5.00** | |  | |  | | | |
| **50M BREASTSTROKE** | **£5.00** | |  | |  | | | |
| **100M BREASTSTROKE** | **£5.00** | |  | |  | | | |
| **200M BREASTSTROKE** | **£5.00** | |  | |  | | | |
| **50M BUTTERFLY** | **£5.00** | |  | |  | | | |
| **100M BUTTERFLY** | **£5.00** | |  | |  | | | |
| **200M BUTTERFLY** | **£5.00** | |  | |  | | | |
| **100M IM** | **£5.00** | |  | |  | | | |
| **200M IM** | **£5.00** | |  | |  | | | |
| **TOTAL ENTRIES** | | | **x £5.00** | | **£** | | | |
| **Admin Fee** | | | **@ £5.00** | | **£ 5.00** | | | |
| **Total** | | |  | | **£** | | | |

***Please ensure you read qualifying rules and times carefully before submitting your entry. All events entered must either have a time on the ASA database or a coach time that is SLOWER than the qualifying times and must be from the last 12 months.***

**CLOSING DATE FOR ENTRIES IS SUNDAY 13th JANUARY**

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 WTM19 and the first 4 letters of your surname. Please email [debannrobertson@gmail.com](mailto:debannrobertson@gmail.com) once payment made.