



British Gas ASA East Region
BAGCAT Championships (50m) 2010
(Under ASA Laws & ASA Technical Rules & IPC Swimming Rules)
University of East Anglia Pool – Norwich
Sat 5th, Sun 6th, Sat 12th & Sun 13th June 2010
(Licensed Meet No. ERX012&013)



Individual Entry Form

Please use BLOCK LETTERS and make sure that the form is complete and correct, otherwise your entry will not be accepted and fees may not be returned

ASA MEMBER I.D. NUMBER									
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FAMILY NAME GIVEN NAME DATE OF BIRTH DD / MM / YYYY
(As appears on your ASA ID Card)

CLUB MALE/FEMALE (Delete as appropriate)

ADDRESS

POSTCODE TELEPHONE No

TIMES TO BE ACHIEVED AFTER 1st OCTOBER 2009

EVENT	Actual Time Achieved	Length of Pool	Time Converted to 25m Pool	OCCASION	
				Date	Meet and Venue
100m Freestyle					
200m Freestyle					
400m Freestyle					
800m Freestyle					
1500m Freestyle					
100m Backstroke					
200m Backstroke					
100m Breaststroke					
200m Breaststroke					
100m Butterfly					
200m Butterfly					
200m Individual Medley					
400m Individual Medley					

I hereby declare that the above particulars are correct and that I am an eligible competitor in accordance with the laws of the ASA and will abide by the conditions laid down by the ASA East Region for this competition.

Signature of Competitor Date

I certify that the above information is correct.

Club Official – Print..... Signature

Entries, from Clubs with five or more swimmers participating, MUST be submitted electronically
 Return the completed form together with the Entry Fee of **£7.00** per event, **£10.00** for the 800m or 1500m,
 (Cheques made payable to ASA East Region) and an e-mail address to:

Mr R Outtram, 63 Catchacre, DUNSTABLE, LU6 1QD

Closing date for entries - Midnight on May 18th 2010