

# SOUTHERN COUNTIES AMATEUR SWIMMING ASSOCIATION OPEN WINTER CHAMPIONSHIPS 2004

Under ASA Laws and Technical Rules

Designated by the ASA for entry into National Competitions and Championships

**CRYSTAL PALACE POOL, LONDON 27 and 28 November 2004**

**ENTRY FORM      MALE      FEMALE (Circle as appropriate)**

**SURNAME..... First Name.....Date of Birth.....**

**ADDRESS.....**

**CLUB..... Age at 31/12/04..... ASA Registration No.....**

(All information given above must be the same as that given on your ASA registration details)

	Freestyle						Backstroke			Breaststroke			Butterfly			IM	
	50m	100m	200m	400m	800m	1500m	50m	100m	200m	50m	100m	200m	50m	100m	200m	200m	400m
Male Open	25.5	56.0	2.02.0	4.15.0	----	16.58.0	29.7	1.03.5	2.17.6	33.1	1.11.3	2.35.7	27.7	1.01.8	2.15.7	2.20.0	5.00.0
Male Junior	27.0	59.0	2.09.0	4.29.0	----	17.41.3	31.4	1.07.1	2.25.4	34.0	1.14.3	2.40.3	30.0	1.05.9	2.26.9	2.24.3	5.10.0
Female Open	28.8	1.02.8	2.14.5	4.45.0	9.35.0	----	33.5	1.11.0	2.32.1	37.6	1.21.4	2.53.2	32.0	1.09.0	2.32.5	2.36.5	5.30.0
Female Junior	28.8	1.02.8	2.14.5	4.45.0	9.35.0	----	33.5	1.11.0	2.32.1	37.6	1.21.4	2.53.2	32.0	1.09.0	2.32.5	2.36.5	5.30.0

**All entry times (25m) entered must be those achieved at a designated meet since 1 January 2004**

EVENT	BEST TIME –25m	EVENT	BEST TIME –25m
50m Freestyle		50m Butterfly	
100m Freestyle		100m Butterfly	
200m Freestyle		200m Butterfly	
400m Freestyle		50m Backstroke	
800m Freestyle		100m Backstroke	
1500m Freestyle		200m Backstroke	
50m Breaststroke		200m Individual Medley	
100m Breaststroke		400m Individual Medley	
200m Breaststroke			

I declare that I have (a) achieved the published consideration time for each event (b) know the particulars stated above are correct (c) am an eligible competitor according to the laws of the ASA (d) accept and abide by the conditions set by SCASA

Signed by the entrant.....Date.....

Fee enclosed .....events @£4.50 per entry      TOTAL.....  
(all cheques to be made payable to SCASA unless otherwise stated by your Club.)

Entries, accompanied by the correct entry fees and a stamped addressed envelope must be sent to Eileen Adams, 2 Glynswood, Chalfont St Peter, Bucks SL9 0DP (Tel No.01753 883757).

**Closing date for entries - midnight Saturday, 30 October 2004.**

**NO LATE ENTRIES WILL BE ACCEPTED**

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**TEAM ENTRY FORM**

CLUB.....

Address for return of team entry cards.....

.....  
**All swimmers in your teams may represent only this club in these Championships**

**WOMENS    4X100m FREESTYLE            Team Name/No                            Approximate entry time\*\***

**WOMENS    4X100m MEDLEY                      Team Name/No                            Approximate entry time\*\***

**MENS            4X100m FREESTYLE                      Team Name/No                            Approximate entry time\*\***

**MENS            4X100m MEDLEY                          Team Name/No                            Approximate entry time\*\***

**\*\*            In response to recommendations that the team events be seeded this year please enter an approximation of the expected time your team will achieve**

- I declare that I know
- (a) the particulars entered herein are correct
  - (b) all competitors must be registered members of your club & eligible competitors according to the laws of the ASA
  - (c) all competitors must abide by the conditions set by SCASA for this/these events
  - (d) I have noted the safety conditions and agree to abide by them, and I will make all team members aware of them and ensure that they abide by them

Signed by the coach/manager.....Date.....

Fee enclosed .....events @£6.00 for each event            TOTAL.....  
(all cheques to be made payable to SCASA unless otherwise stated by your Club.)

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