

**TRING SWIMMING CLUB ENTRY FORM**

**ASA EAST REGION 2018 LONG COURSE CHAMPIONSHIPS**

**WEEKEND 1: 5<sup>th</sup> – 7<sup>th</sup> May 2018 at: UEA Sportspark, Norwich**

**(Licensed Meet No. 1ER180213)**

**15 and over age group**

To enter please complete and return this form, together with a cheque made payable to Tring Swimming Club, to Ruth Monks by no later than **FRIDAY 23<sup>rd</sup> March**.

**Please remember that entry times must be licensed and obtained between 1<sup>st</sup> September 2017 and the closing date.**

Entries are £7.00 per event plus £3 admin fee.

Thank You, Ruth Monks

[ruthmonks@btinternet.com](mailto:ruthmonks@btinternet.com)

Name..... D.O.B.....

Tel. No..... ASA no.....

Email address .....

Event	Time	Event	Time	Event	Time
Sat 5 <sup>th</sup> May		Sun 6 <sup>th</sup> May		Mon 7 <sup>th</sup> May	
Women's 200 fly		Men's 200 fly		Women's 800 free	
Men's 50 back		Women's 50 back		Men's 1500 free	
Women's 50 free		Men's 50 free			
Men's 100 breast		Women's 100 breast		Women's 200 IM	
Women's 200 breast		Men's 200 breast		Men's 200 IM	
Men's 100 fly		Women's 100 fly		Women's 100 back	
Women's 400 free		Men's 400 free		Men's 100 back	
				Women's 200 free	
Women's 200 back		Men's 200 back		Men's 200 free	
Men's 100 free		Women's 100 free		Women's 50 fly	
Women's 50 breast		Men's 50 breast		Men's 50 fly	
Men's 400 IM		Women's 400 IM			

Number of Events Entered	Cost per Event		Total Cost	Cheque (Tick)	Cash (Tick)
	£7.00	+ £3.00 admin fee			

**IMPORTANT:** Please show your completed Entry Form to Johnny before passing to Ruth

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Signed by Johnny Bradley (Head Coach)