

Verulam ASC



Affiliated to ASA East Region and Hertfordshire ASA

VERULAM ASC SUMMER CLUB CHAMPS

Held under ASA Laws and Regulations and ASA Technical Rules of Racing and to the ASA Open Meet Licensing Criteria

Level 4 Licence 4ER171347

Saturday 1st July, 2017

Sign in 5:45pm for a 6:15pm warm-up. Events start at 6:45pm
Westminster Lodge Leisure Centre, Holywell Hill, St Albans AL1 2DL

ENTRY FORM

Swimmers Name: _____

Age as of 1st July, 2017 _____

Each swimmer should put the 4 strokes in order of preference. Swimmers 10yrs and under swim 25m, 11yrs and older swim 50m. Swimmers should then choose to swim 100m IM.
Age as of 1st July 2017.

25m Events for swimmers 10 years and under	✓ 1 st choice	✓ 2 nd choice	✓ 3 rd choice	✓ 4 th choice
25m Backstroke				
25m Breaststroke				
25m Butterfly				
25m Freestyle				

50m Events for swimmers 11 years and older	✓ 1 st choice	✓ 2 nd choice	✓ 3 rd choice	✓ 4 th choice
50m Backstroke				
50m Breaststroke				
50m Butterfly				
50m Freestyle				

100m Individual Medley for swimmers 9 years and older	✓
100m IM	

As always parental help is vital.

Please insert **name(s)** of parents able to help on the night:

I have enclosed £ 5 entry fee per swimmer:

Payment by electronic transfer (**ref swimmer's name and club champs**) or by cheque made payable to "Verulam ASC"

RETURN TO YOUR COACH OR COMMITTEE MEMBER BY FRIDAY 23RD JUNE