



**SW Region Fast 5
Sunday 8th July at GL1, Gloucester**

Internal Club Entry Form

Surname:		First Name:			
ASA No:		E-mail Address:			
Date of Birth:		Age on 31 st December 2018			
Boys Events		Tick to Enter	Girls Events		Tick to Enter
	50m Freestyle			50m Freestyle	
	50m Backstroke			50m Backstroke	
	50m Breaststroke			50m Breaststroke	
	50m Fly			50m Fly	
	100m Ind Medley			100m Ind Medley	
<ul style="list-style-type: none"> All times will be taken from Team Manager or ASA rankings and a copy of your times must be attached All entries must be confirmed by one of the Coaching Team 					
			£16 to cover all events	£16.00	
			Total (+65p cheque fee if applicable)	£	

Please submit forms to the Competitions tray in the Twyver Office no later than 6pm on Sunday 10th June 2017

Swimmer Signature: _____ Coach Approval: _____

Payment by bank transfer to **GCSC Open Meets**, sort code **30-96-26**, account **28751760** using the reference... 'Fast5' and the swimmers surname

Bank Transfer Reference _____ or extra 65p per cheque.
Entries will not be accepted without proof of payment

Notes

Only open to swimmers who have entered in an ASA SW Region Age Group, Youth or Championship since 1st November 2017.

Swimmers who are invited to attend the British Summer Championships, the Home Nations meets or qualify for the British Championships or enter the British or ASA Summer Para events are not eligible to compete.

Swimmers will enter and swim all events and results and awards will be decided on points gained in all 5 events by the top 3 in each age group.

Single band age groups from 11/12 yrs to 17yrs & over