



INDIVIDUAL ENTRY FORM

PLEASE PRINT USING CAPITALS

Age as at 10th January 2010

FULL NAME

MALE

FEMALE

CLUB

DATE OF BIRTH

AGE ON 10/01/2010

ASA REGISTRATION NO

Please submit your entry times for your chosen events below

Event No	Event	Entry Times
	50 Freestyle	
	100 Freestyle	
	200 Freestyle	
	400 Freestyle	
	800 Freestyle	
	1500 Freestyle	
	100 Backstroke	
	200 Backstroke	
	100 Breaststroke	
	200 Breaststroke	
	100 Butterfly	
	200 Butterfly	
	200 Individual Medley	
	400 Individual Medley	
No of Entries..... @ £5.00 = £.....		
No of Entries..... @ £7.50 = £.....		
Total value of cheque payable to DLGC & CCSC		£

Entries must be received by MONDAY 23rd NOVEMBER 2009

I confirm that the information entered is correct and that a cheque for the correct amount made payable to DLGC & CCSC is enclosed. I understand that zoom and video photography may take place at this meet, and understand that all competitors listed on our entry form have given their consent to this as a condition of entering this competition.

Signed.....Swimmer/Parent (if under 18)

Please return entries and cheque to:

Scott Walker, 33, Crabble Lane, River, Dover, CT17 OLS. Tel: 07714225282

e-mail: scott@doverlifeguard.co.uk

**PROGRAMME OF EVENTS**

Event	Stroke	Distance	Sex	Ages	Type
SESSION 1: FRIDAY EVENING January 8th					
				Warm up 1830hrs	Start 1900hrs
101	Freestyle	800	Girls	10/11 12/13 14/15 16+	HDW
102	Freestyle	800	Boys	10/11 12/13 14/15 16+	HDW
103	Freestyle	1500	Girls	10/11 12/13 14/15 16+	HDW
104	Freestyle	1500	Boys	10/11 12/13 14/15 16+	HDW

Event	Stroke	Distance	Sex	Ages	Type
SESSION 2: SATURDAY MORNING January 9th					
				Warm up 0830hrs	Start 0930hrs
205	Butterfly	200	Boys	9 10/11 12/13 14/15 16+	HDW
206	Breaststroke	100	Girls	10/11 12/13 14/15 16+	Heats
207	Backstroke	100	Boys	10/11 12/13 14/15 16+	Heats
208	Backstroke	200	Girls	9 10/11 12/13 14/15 16+	HDW
209	Breaststroke	200	Boys	9 10/11 12/13 14/15 16+	HDW
210	Breaststroke	100	Girls	10/11	Final
211	Breaststroke	100	Girls	12/13	Final
212	Breaststroke	100	Girls	14/15	Final
213	Breaststroke	100	Girls	16+	Final
214	Backstroke	100	Boys	10/11	Final
215	Backstroke	100	Boys	12/13	Final
216	Backstroke	100	Boys	14/15	Final
217	Backstroke	100	Boys	16+	Final

Event	Stroke	Distance	Sex	Ages	Type
SESSION 3: SATURDAY MORNING January 9th					
				Warm up TBC	Start TBC
318	Freestyle	400	Girls	10/11 12/13 14/15 16+	HDW
319	Ind Medley	400	Boys	10/11 12/13 14/15 16+	HDW
320	Freestyle	50	Girls	9 10/11 12/13 14/15 16+	Heats
321	Freestyle	50	Girls	9	Final
322	Freestyle	50	Girls	10/11	Final
323	Freestyle	50	Girls	12/13	Final
324	Freestyle	50	Girls	14/15	Final
325	Freestyle	50	Girls	16 +	Final

Event	Stroke	Distance	Sex	Ages	Type
SESSION 4: SATURDAY AFTERNOON January 9th					
				Warm up TBC	Start TBC
426	Butterfly	100	Boys	10/11 12/13 14/15 16+	Heats
427	Ind Medley	200	Girls	9 10/11 12/13 14/15 16+	HDW
428	Freestyle	100	Boys	10/11 12/13 14/15 16+	Heat
429	Butterfly	200	Girls	9 10/11 12/13 14/15 16+	HDW
430	Butterfly	100	Boys	10/11	Final
431	Butterfly	100	Boys	12/13	Final
432	Butterfly	100	Boys	14/15	Final
433	Butterfly	100	Boys	16 +	Final
434	Freestyle	100	Boys	10/11	Final
435	Freestyle	100	Boys	12/13	Final
436	Freestyle	100	Boys	14/15	Final
437	Freestyle	100	Boys	16 +	Final
438	Stroke TBA	50	Girls	10-13	Skins
439	Stroke TBA	50	Girls	14+	Skins

Event	Stroke	Distance	Sex	Ages	Type
SESSION 5: SUNDAY MORNING January 10th					
				Warm up 0830hrs	Start 0930hrs
540	Breaststroke	200	Girls	9 10/11 12/13 14/15 16+	HDW
541	Breaststroke	100	Boys	10/11 12/13 14/15 16+	Heats
542	Butterfly	100	Girls	10/11 12/13 14/15 16+	Heats
543	Backstroke	200	Boys	9 10/11 12/13 14/15 16+	HDW
544	Freestyle	200	Girls	9 10/11 12/13 14/15 16+	HDW
545	Breaststroke	100	Boys	10/11	Final
546	Breaststroke	100	Boys	12/13	Final
547	Breaststroke	100	Boys	14/15	Final
548	Breaststroke	100	Boys	16+	Final
549	Butterfly	100	Girls	10/11	Final
550	Butterfly	100	Girls	12/13	Final
551	Butterfly	100	Girls	14/15	Final
552	Butterfly	100	Girls	16 +	Final

Event	Stroke	Distance	Sex	Ages	Type
SESSION 6: SUNDAY January 10th					
				TBC	Start TBC
653	Freestyle	400	Boys	10/11 12/13 14/15 16+	HDW
654	Ind Medley	400	Girls	10/11 12/13 14/15 16+	HDW
655	Freestyle	50	Boys	9 10/11 12/13 14/15 16+	Heats
656	Freestyle	50	Boys	9	Final
657	Freestyle	50	Boys	10/11	Final
658	Freestyle	50	Boys	12/13	Final
659	Freestyle	50	Boys	14/15	Final
660	Freestyle	50	Boys	16+	Final

Event	Stroke	Distance	Sex	Ages	Type
SESSION 7: SUNDAY AFTERNOON January 10th					
				Warm up TBC	Start TBC
761	Freestyle	100	Girls	10/11 12/13 14/15 16+	Heats
762	Ind Medley	200	Boys	9 10/11 12/13 14/15 16+	HDW
763	Backstroke	100	Girls	10/11 12/13 14/15 16+	Heats
764	Freestyle	200	Boys	9 10/11 12/13 14/15 16+	HDW
765	Freestyle	100	Girls	10/11	Final
766	Freestyle	100	Girls	12/13	Final
767	Freestyle	100	Girls	14/15	Final
768	Freestyle	100	Girls	16+	Final
769	Backstroke	100	Girls	10/11	Final
770	Backstroke	100	Girls	12/13	Final
771	Backstroke	100	Girls	14/15	Final
772	Backstroke	100	Girls	16+	Final
773	Stroke TBA	50	Boys	10-13	Skins
774	Stroke TBA	50	Boys	14+	Skins