

SHROPSHIRE ASA
50m Sprints & 100m Individual Medley ENTRY FORM
 Affiliated to the West Midland Region
 Under ASA Laws and Technical Rules
 Swimmers must be ASA registered to be eligible to compete in the Championships

NAME:	
CLUB:	
Date of Birth	Age Group: 9 – 10 – 11 – 12 – 13 – 14 – 15 – 16 – 17 - Open CIRCLE AGE GROUP
Male – Female DELETE ONE	ASA Registration No:

Insert current best times for events selected in boxes below

Event	Submitted Time	Event	Submitted Time
50m Freestyle		50m Backstroke	
50m Butterfly		50m Breaststroke	
100m Ind Medley			

Total Events Entered		Entry Fees @ £2.75 per event	
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Closing date for entries: Friday, 11 June 2010

Please give **correctly** filled in entry form and payment to: **CLUB DESK**
Entry forms and relevant information can be found on the website
oakengatesasc.co.uk

REMEMBER

CHEQUES TO BE MADE PAYABLE TO OAKENGATES ASC

Entry times must be equal to or better than the qualifying times.
 The event is age on day.

**YOUR AGE IS HOW OLD YOU ARE ON THE LAST DAY OF THE
 COMPETITION**

Any questions or queries call Sam Amery on 07970 704129

**PLEASE PRINT NAMES & SUBMITTED TIMES CLEARLY IN
 BLOCK CAPITALS**

*Entry form is for Club use only.
 Entries will be submitted electronically*

Individual entries will not be accepted, entry must come through the club

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Open Meet Schedule

Session: 1 Saturday 3rd July am

Warm Up starts at 08:30 am (TBC)

Events Start at 10:00 am

Events

- 1 Boys 9 & Over 50 Freestyle
- 2 Girls 9 & Over 50 Butterfly
- 3 Boys 9 & Over 50 Backstroke
- 4 Girls 9 & Over 50 Breaststroke
- 5 Boys 9 & Over 100 IM

Session: 2 Saturday 3rd July pm

Warm Up starts at 01:30 pm (TBC)

Events Start at 03:00 pm

Events

- 6 Girls 9 & Over 100 IM
- 7 Boys 9 & Over 50 Butterfly
- 8 Girls 9 & Over 50 Backstroke
- 9 Boys 9 & Over 50 Breaststroke
- 10 Girls 9 & Over 50 Freestyle

Session: 3 Sunday 4th July pm Relays

Warm Up starts at 12:30 pm (TBC)

Events Start at 02:00 pm

Events

- 11 Girls Open 200 Freestyle Relay
- 12 Boys Open 200 Freestyle Relay
- 13 Girls 10 & Under 200 Freestyle Relay
- 14 Boys 10 & Under 200 Freestyle Relay
- 15 Girls 12 & Under 200 Freestyle Relay
- 16 Boys 12 & Under 200 Freestyle Relay
- 17 Boys 14 & Under 200 Freestyle Relay
- 18 Girls 14 & Under 200 Freestyle Relay
- 19 Boys 16 & Under 200 Freestyle Relay
- 20 Girls 16 & Under 200 Freestyle Relay
- 21 Boys Open 200 Medley Relay
- 22 Girls Open 200 Medley Relay
- 23 Boys 10 & Under 200 Medley Relay
- 24 Girls 10 & Under 200 Medley Relay
- 25 Boys 12 & Under 200 Medley Relay
- 26 Girls 12 & Under 200 Medley Relay
- 27 Boys 14 & Under 200 Medley Relay
- 28 Girls 14 & Under 200 Medley Relay
- 29 Boys 16 & Under 200 Medley Relay
- 30 Girls 16 & Under 200 Medley Relay
- 31 Mixed Open 500 Freestyle 10 swimmers Relay

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County Sprints Meet Qualifying Times

Boys											
EVENT			9	10	11	12	13	14	15	16	17+
50m Freestyle	QT		48.19	44.96	42.11	39.45	36.81	34.75	34.25	34.25	34.25
50m Breaststroke	QT		01:02.9	58.45	54.21	50.64	46.6	43.86	43.36	43.36	43.36
50m Butterfly	QT		58.45	54.21	50.64	46.60	43.36	41.30	40.80	40.80	40.80
50m Backstroke	QT		55.28	51.47	47.99	45.23	41.7	39.57	39.07	39.07	39.07
100m Individual Medley	QT		02:03.11	01:52.10	01:45.6	01:38.9	01:33.1	01:29.7	01:27.4	01:27.4	01:27.4

Girls											
EVENT			9	10	11	12	13	14	15	16	17+
50m Freestyle	QT		48.26	45.31	42.26	39.66	37.54	36.09	36.09	36.09	36.09
50m Breaststroke	QT		01:03.22	58.54	54.00	50.33	47.41	45.36	45.36	45.36	45.36
50m Butterfly	QT		58.56	54.00	49.74	46.24	43.30	40.84	39.13	39.13	39.13
50m Backstroke	QT		55.40	51.42	47.88	44.89	42.42	40.65	40.65	40.65	40.65
100m Individual Medley	QT		02:03.11	01:52.1	01:45.6	01:38.9	01:33.1	01:29.7	01:27.4	01:27.4	01:27.4

UPPER QUALIFYING TIME IS THE SAME AS THE 2010 NATIONAL QUALIFYING TIME

Age is Age on 4th July 2010

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