



Poole Swimming Club

7th Masters Open Meet



(under ASA Laws and Technical Rules)

Saturday 2nd October 2010 - Warm up: 6.00pm - First event: 6.30pm
Rossmore Leisure Centre, Herbert Avenue, Poole, Dorset. BH12 4HR

Name		Club	
Address		DOB	
		Phone	
		Email	

Please tick box to indicate age group:

*Swimmers must be 18 or over on 02/10/2010

Age Group	S	A	B	C	D	E	F	G	H	I	J	K	L
Age	18*-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
✓													

Please insert an entry time against each event you wish to swim:

No.	Event	Time	No.	Event	Time
1	Mixed 4 x 25m Medley Relay (120+ years)		12	100m Individual Medley - Men	
2	Mixed 4 x 25m Medley Relay (180+ years)		13	50m Freestyle - Women	
3	25m Freestyle - Women		14	50m Freestyle - Men	
4	25m Freestyle - Men		15	25m Backstroke - Women	
5	50m Backstroke - Women		16	25m Backstroke - Men	
6	50m Backstroke - Men		17	50m Breaststroke - Women	
7	25m Breaststroke - Women		18	50m Breaststroke - Men	
8	25m Breaststroke - Men		19	25m Butterfly - Women	
9	50m Butterfly - Women		20	25m Butterfly - Men	
10	50m Butterfly - Men		21	Mixed 4 x 25m Freestyle Relay (120+ years)	
11	100m Individual Medley - Women		22	Mixed 4 x 25m Freestyle Relay (180+ years)	

Cost of entry: £2.50 per individual event, £4.50 per relay team

I agree to abide by the promoting club conditions. I certify that to the best of my knowledge I am physically fit and able to take part in Masters events. I therefore exonerate ASA, ASA South West Region, Dorset County ASA, club officials and meet organisers for any injury resulting from a medical condition.

Signature:	Date:	Amount enclosed: £
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Please return your entry form with a cheque made payable to Poole SC and a SAE for entry confirmation to: Sheila Potter, 31 Langley Road, Poole, Dorset. BH14 9AA (Tel 01202 761110)

Closing date for entries: Saturday 11th September 2010