**Session 1 Sunday 25th September Warm-up: 10:00 Start: 10:30**

101 400 mts Freestyle Mixed

102 50 mts Breaststroke Male 103 50m Breaststroke Female

104 100 mts Butterfly Male 105 100m Butterfly Female

106 200 mts Backstroke Mixed

107 100 mts Freestyle Male 108 100m Freestyle Female

109 4 x 50 mts Mixed Freestyle Teams (72+/120+/160+/200+)

**Session 2 Sunday 25th September Times TBC**

201 200 mts Ind. Medley Mixed

202 50 mts Freestyle Male 203 50 mts Freestyle Female

204 100 mts Backstroke Male 205 100 mts Backstroke Female

206 200 mts Butterfly Mixed

207 100 mts Breaststroke Male 208 100 mts Breaststroke Female

209 4 x 50 mts Mixed Medley Teams (72+/120+/160+/200+)

**Session 3 Sunday 25th September Times TBC**

301 200 mts Freestyle Mixed

302 50 mts Backstroke Male 303 50 mts Backstroke Female

304 100 mts Ind. Medley Male 305 100 mts Ind. Medley Female

306 200 mts Breaststroke Mixed

307 50 mts Butterfly Male 308 50 mts Butterfly Female

309 4 x 50 mts Male Freestyle Team (72+/120+/160+/200+)

310 4 x 50 mts Female Freestyle Team (72+/120+/160+/200+)

|  |  |
| --- | --- |
| **Individual Event Age Groups****Age as at 31 December 2015** | **18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54,****55-59, 60 & Over** |
| **Individual Events Entry Fee** | **£20.00 unlimited entry to individual events****60 years & over Free Entry** |
| **Team Event Entry Fee:** | **£20.00 unlimited entry to Team Events** |

PLEASE RETURN THE FULLY COMPLETED FORM AND PAYMENT TO: (cheques payable to ASA North East Region)

Mr David Alexander, 21 Spring Valley Close, LEEDS. LS13 4RT

ENTRY FORM

PLEASE RETURN THE FULLY COMPLETED FORM AND PAYMENT TO: (cheques payable to ASA North East Region)

Mr David Alexander, 21 Spring Valley Close, LEEDS. LS13 4RT

**NAME:** \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_

**Date of Birth: \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ Male / Female: \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_**

**Address:** \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_

**Post Code: \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_**

**NAME OF CLUB:** \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_

**E-Mail:** \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ **Tel Number**: \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_

**ASA Registration Number:** \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_

**INDIVIDUAL EVENTS (please enter a realistic time)**

**50 mts Freestyle: \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ 100 mts Freestyle: \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_**

**200 mts Freestyle: \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_** **400 mts Freestyle: \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_**

**50 mts Backstroke: \_ \_ \_ \_ \_ \_ \_ \_ \_ \_**  **100 mts Backstroke: \_ \_ \_ \_ \_ \_ \_ \_\_ \_ \_ \_ \_ \_**

**200 mts Backstroke: \_ \_ \_ \_ \_ \_ \_ \_ \_ \_** **50 mts Breaststroke: \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_**

**100 mts Breaststroke: \_ \_ \_ \_ \_ \_ \_ \_ \_ 200 mts Breaststroke: \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_**

**50 mts Butterfly: \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_** **100 mts Butterfly: \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_**

**200 mts Butterfly: \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_**

**100 mts Ind. Medley: \_ \_ \_ \_ \_ \_ \_ \_ \_ \_** **200 mts Ind. Medley: \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_**

**TEAM EVENTS (just indicate the number of teams you wish to enter)**

**CLUB: \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ Clubs may enter more than one team in an event**

**Mixed 4 x 50 mts Freestyle: 72+ yrs: \_ \_ \_ 120+ yrs: \_ \_ \_ 160+ yrs: \_ \_ \_ 200+ yrs: \_ \_ \_**

**Mixed 4 x 50 mts Medley: 72+ yrs: \_ \_ \_ 120+ yrs: \_ \_ \_ 160+ yrs: \_ \_ \_ 200+ yrs: \_ \_ \_**

**Mens 4 x 50 mts Freestyle: 72+ yrs: \_ \_ \_ 120+ yrs: \_ \_ \_ 160+ yrs: \_ \_ \_ 200+ yrs: \_ \_ \_**

**Womens 4 x 50 mts Freestyle: 72+ yrs: \_ \_ \_ 120+ yrs: \_ \_ \_ \_ 160 + yrs: \_ \_ \_ 200+ yrs: \_ \_ \_**

**CLOSING DATE FOR ENTRIES – 31st August 2016**

**Individual Events: £20.00 for unlimited events. 60 years & over Free**

**Team Events: £20.00 for unlimited number of teams**