

Please enter approximate times (for heat seeding). No finals - medals awarded on time basis across all heats.

Club, if any.....
Contact name, email and phone number.....

First Name	Surname	Age group	M/F	Group (A/B/C)	25m Front	25m Back	4 x 25m J/Y	4 x 50 M	4 x 50 F	Hoist lane (v)

Notes:

Age groups (on the day of the gala)

Under 12	Junior	Combined with Juniors in 4 x 25m Mixed Relay
12 yrs to 16 yrs	Youth	Combined with Juniors in 4 x 25m Mixed Relay
17 yrs to 34 yrs	Senior	Combined with Masters in 4 x 50m Relay
35 and over	Masters	Combined with I Seniors in 4 x 50m Relay

Closing date: 10th November
Entry fee: £3.00 per swimmer

Disability groups for individual races

Able-bodied	Group A	Learning disabilities, autism, visual and hearing impairments, muscle weakness, transplants and medical conditions
Physically disabled	Group B	Includes cerebral palsy, amputees, height restricted and conditions where stroke is significantly affected.
Very limited	Group C	Quadraplegics, multi-disability swimmers and severely disabled (may have a carer in the water)

Group C will not be split into age groups unless there are sufficient entries.
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