*PLEASE NOTE:-* ANY SWIMMER EXCEEDING THEIR BEST GIVEN TIMES *BY 15% WILL*

*BE DISQUALIFIED* - AND WILL BE PRESENTED WITH A ‘SPEEDING TICKET’!

ALL COMPETITORS *SWIMMING BREAST STROKE* ARE REQUIRED, BY A.S.A. RULES, TO TOUCH THE WALL WITH 2 HANDS TOGETHER AT THE FINISH *WHERE POSSIBLE*.

Unfortunately we CANNOT ACCEPT late entries for the swimming gala.

THE POOL IS 25m LONG SO PLEASE SUBMIT YOUR BEST TIME OVER 25m/50M

number of relay teams ……… (4 swimmers per team)

COMPETITORS MAY ENTER 3 EVENTS + RELAY

|  |  |  |  |  |  |  |  |  |
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| FULL NAME  PLEASE PRINT | W/C | VIS  IMP. | HEAR  IMP. | BREAST  STROKE  25M | FREE  STYLE  25M | BACK  STROKE  25M | FREE  STYLE  50M | FREE  STYLE  RELAY |
| MALE COMPETITORS |  |  |  |  |  |  |  |  |
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| FEMALE COMPETITORS |  |  |  |  |  |  |  |  |
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