



# MASTERS SWIM MEET 2019

## INDIVIDUAL ENTRY FORM

Friday 1<sup>st</sup> and Saturday 2<sup>nd</sup> February 2018 at The Pools, James Street, Carlisle CA2 5AZ

*Please fill out the Entry Form in Black or Blue ink in BLOCK CAPITALS*

Male

Female

Name

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Address

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Town/City

Post Code

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Club

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Date of Birth

ASA Number

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E-Mail Address

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Confirmation of entry will be sent to the above email address

Please circle your appropriate age category

Y	X	A	B	C	D	E	F	G	H	J	K	L	M
16-17	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+

### **IMPORTANT - Please read this document carefully before signing.**

1. I am aware of the need to seek appropriate medical advice if I have any concerns as to the state of my health. I have not been informed by any medical practitioner and I do not have any knowledge of any medical condition which would make it inadvisable for me to participate in Masters Swimming events or any other associated activities.
2. Accordingly I hereby certify that I am physically fit and well to participate in any such training and events.
3. I am aware of and appreciate the inherent risks involved in such training and competition including the possibilities of injury and accident. I undertake always to conduct myself in a responsible and professional manner.
4. I undertake at all times to use my best endeavours to train and compete in a safe and proper manner and not to do anything which would expose myself or fellow swimmers to unnecessary risk of injury.
5. I further undertake at all times to take all reasonable safety measures for the protection of myself and fellow swimmers and to inform the Referee of any concerns I may have as regards safety.

6. I acknowledge that Carlisle Aquatics, cannot be held responsible for any loss or damage to personal belongings and that I must take all reasonable steps against any such loss or damage.

7. I hereby agree to abide by and be governed by the rules of the Amateur Swimming Association and all other laws

I have read and understand the above provisions and agree to abide by them.

Signature of Competitor

Date

Please submit an entry time for each event you wish to enter

Stroke	Distance	Swimming (Y/N)	Time	Cost	Total
Freestyle	50m			£5	
	100m			£5	
	200m			£5	
	800m (Friday Only)			£7	
Backstroke	50m			£5	
	100m			£5	
	200m			£5	
Breaststroke	50			£5	
	100m			£5	
	200m			£5	
Butterfly	50m			£5	
	100m			£5	
	200m			£5	
Individual Medley	100m			£5	
	200m			£5	
	400m (Friday Only)			£7	
	<b>Total</b>				

Remember that the maximum price for 50m, 100m and 200m races is £30. 400 I.M. and 800m F/s are £7 each e.g. if you do all the 50's and 100's and 200's then your entry fee will be £30, if you do all the events your entry fee will be £44

Payment of fees should be made by cheque or Postal Order and made payable to 'Carlisle Aquatics' All

Entry Forms accompanied by the relevant Entry Fees should be forwarded to:

**Carlisle Aquatics Masters Swim Meet, 77 Currock Road, Carlisle, Cumbria CA2 4BH**