

## 16. Individual entry form

### Age Group Championships Individual Entry Form

<b>Forename</b>		<b>Initial</b>		<b>Surname</b>	
<b>Date of Birth</b>		<b>Age at 13/06/2010</b>			
<b>Club</b>			<b>ASA Registration No.</b>		

		<b>Qualifying Time</b> <i>(Please insert from section 12 or 13 above)</i>	<b>Entry Time</b> <i>(This must be either a 25m time, OR a 50m time converted to a 25m time)</i>			<b>Where/when achieved at Licensed Meet</b>	
			<b>25m time</b>	<b>50m time</b>	<b>Converted time</b> <i>(if necessary)</i>	<b>Title of meet and Venue</b>	<b>Date</b>
50m	Freestyle						
100m	Freestyle						
200m	Freestyle						
400m	Freestyle						
800m	Freestyle						
1500m	Freestyle						
50m	Backstroke						
100m	Backstroke						
200m	Backstroke						
50m	Breaststroke						
100m	Breaststroke						
200m	Breaststroke						
50m	Butterfly						
100m	Butterfly						
200m	Butterfly						
200m	IM						
400m	IM						

I certify that the above details are correct and comply with ASA regulations. Signed \_\_\_\_\_

Print Name \_\_\_\_\_ Club Position \_\_\_\_\_ Contact e-mail address \_\_\_\_\_

## 12. Qualifying Times

These are 25m times.

All times must have been achieved between October 1<sup>st</sup> 2009 and April 27<sup>th</sup> 2010 at a Level 1, 2 or 3 Licensed Meet.

Age on the day will be as of midnight on June 13<sup>th</sup> 2010.

	10 years		11 years		12 years		13 years		14 years
	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys
100m Freestyle	Via 200m	Via 200m	Via 200m	01:11.9	01:06.4	01:08.7	01:03.1	01:05.2	59.8
200m Freestyle	02:46.0	02:47.2	02:33.7	02:34.8	02:24.4	02:24.5	02:14.3	02:20.6	02:09.8
400m Freestyle	05:53.7	06:03.7	05:21.5	05:23.3	05:03.7	05:08.9	04:43.1	04:54.4	04:34.2
800m Freestyle	N/A	N/A	N/A	10:57.8	10:16.8	10:22.1	09:53.4	10:02.1	09:19.1
1500m Freestyle	N/A	N/A	N/A	21:04.9	19:48.3	20:01.2	18:43.4	19:45.5	17:55.5
100m Backstroke	Via 200m	Via 200m	Via 200m	01:20.9	01:15.8	01:17.0	01:10.0	01:13.1	01:07.4
200m Backstroke	03:06.4	03:05.9	02:52.6	02:52.2	02:41.9	02:40.4	02:30.2	02:36.1	02:25.0
100m Breaststroke	Via 200m	Via 200m	Via 200m	01:32.1	01:25.9	01:27.5	01:18.7	01:22.8	01:16.2
200m Breaststroke	03:39.6	03:35.9	03:19.6	03:16.2	03:06.0	03:07.1	02:51.7	02:58.1	02:45.7
100m Butterfly	Via 200m	Via 200m	Via 200m	01:23.7	01:17.4	01:17.1	01:10.9	01:14.6	01:06.6
200m Butterfly	03:33.3	03:32.9	03:13.0	03:12.6	02:51.7	02:50.4	02:37.9	02:43.6	02:31.0
200m IM	03:22.9	03:18.2	03:07.4	03:03.0	02:44.9	02:47.3	02:36.2	02:39.2	02:27.6
400m IM	07:23.5	07:19.1	06:32.8	06:28.8	05:57.4	05:52.5	05:31.1	05:35.0	05:13.6

## 11. Competition Programme

<b>Session 1</b> Date – Saturday 05/06/10 Time – 8.00am warm up for 9.00am start	<b>Session 2</b> Date – Saturday 05/06/10	<b>Session 3</b> Date – Sunday 06/06/10 Time – 8.00am warm up for 9.00am start	<b>Session 4</b> Date – Sunday 06/06/10
<p>EVENT 1 Girls 10 Yrs/Over 400m IM</p> <p>EVENT 2 Boys 10 Yrs/Over 200m Butterfly</p> <p>EVENT 3 Girls 10 Yrs/Over 100m Backstroke</p> <p>EVENT 4 Boys 10 Yrs/Over 100m Breaststroke</p> <p>EVENT 5 Girls 10 Yrs/Over 200m Freestyle</p> <p>EVENT 6 Boys Open 1500m Freestyle</p> <p>EVENT 7 Girls Open 1500m Freestyle</p>	<p>EVENTS 8-11 10, 11, 12, 13 year Finals of Girls 400m IM</p> <p>EVENTS 12-16 10, 11, 12, 13, 14 year Finals of Boys 200m Butterfly</p> <p>EVENTS 17-20 10, 11, 12, 13 year Finals of Girls 100m Backstroke</p> <p>EVENTS 21-25 10, 11, 12, 13, 14 year Finals of Boys 100m Breaststroke</p> <p>EVENTS 26-29 10, 11, 12, 13 year Finals of Girls 200m Freestyle</p> <p>EVENT 30 Boys 11/14 Yrs 400m Freestyle Team</p> <p>EVENT 31 Girls 11/13 Yrs 400m Medley Team</p>	<p>EVENT 32 Girls 10 Yrs/Over 400m Freestyle</p> <p>EVENT 33 Boys 10 Yrs/Over 100m Freestyle</p> <p>EVENT 34 Girls 10 Yrs/Over 100m Butterfly</p> <p>EVENT 35 Boys 10 Yrs/Over 200m Backstroke</p> <p>EVENT 36 Girls 10 Yrs/Over 200m Breaststroke</p> <p>EVENT 37 Boys 10 Yrs/Over 200m IM</p>	<p>EVENTS 38-41 10, 11, 12, 13 year Finals of Girls 400m Freestyle</p> <p>EVENTS 42-46 10, 11, 12, 13, 14 year Finals of Boys 100m Freestyle</p> <p>EVENTS 47-50 10, 11, 12, 13 year Finals of Girls 100m Butterfly</p> <p>EVENTS 51-55 10, 11, 12, 13, 14 year Finals of Boys 200m Backstroke</p> <p>EVENTS 56-59 10, 11, 12, 13 year Finals of Girls 200m Breaststroke</p> <p>EVENTS 60-64 10, 11, 12, 13, 14 year Finals of Boys 200m IM</p> <p>EVENTS 65 Girls 11/13 Yrs 800m Freestyle Team</p> <p>EVENT 66 Boys 11/14 Yrs 800m Freestyle Team</p>

<b>Session 5</b> Date – Saturday 12/06/10 Time – 8.00am warm up for 9.00am start	<b>Session 6</b> Date – Saturday 12/06/10	<b>Session 7</b> Date – Sunday 13/06/10 Time – 8.00am warm up for 9.00am start	<b>Session 8</b> Date – Sunday 13/06/10
<p>EVENT 67 Boys 10 Yrs/Over 400m IM</p> <p>EVENT 68 Girls 10 Yrs/Over 200m Butterfly</p> <p>EVENT 69 Boys 10 Yrs/Over 100m Backstroke</p> <p>EVENT 70 Girls 10 Yrs/Over 100m Breaststroke</p> <p>EVENT 71 Boys 10 Yrs/Over 200m Freestyle</p> <p>EVENT 72 Girls Open 800m Freestyle</p> <p>EVENT 73 Boys Open 800m Freestyle</p>	<p>EVENTS 74-78 10, 11, 12, 13, 14 year Finals of Boys 400m IM</p> <p>EVENTS 79-82 10, 11, 12, 13 year Finals of Girls 200m Butterfly</p> <p>EVENTS 83-87 10, 11, 12, 13, 14 year Finals of Boys 100m Backstroke</p> <p>EVENTS 88-91 10, 11, 12, 13 year Finals of Girls 100m Breaststroke</p> <p>EVENTS 92-96 10, 11, 12, 13, 14 year Finals of Boys 200m Freestyle</p> <p>EVENT 97 Girls 11/13 Yrs 400m Freestyle Team</p> <p>EVENT 98 Boys 11/14 Yrs 400m Medley Team</p>	<p>EVENT 99 Boys 10 Yrs/Over 400m Freestyle</p> <p>EVENT 100 Girls 10 Yrs/Over 100m Freestyle</p> <p>EVENT 101 Boys 10 Yrs/Over 100m Butterfly</p> <p>EVENT 102 Girls 10 Yrs/Over 200m Backstroke</p> <p>EVENT 103 Boys 10 Yrs/Over 200m Breaststroke</p> <p>EVENT 104 Girls 10 Yrs/Over 200m IM</p>	<p>EVENTS 105-109 10, 11, 12, 13, 14 year Finals of Boys 400m Freestyle</p> <p>EVENTS 110-113 10, 11, 12, 13 year Finals of Girls 100m Freestyle</p> <p>EVENTS 114-118 10, 11, 12, 13, 14 year Finals of Boys 100m Butterfly</p> <p>EVENTS 119-122 10, 11, 12, 13 year Finals of Girls 200m Backstroke</p> <p>EVENTS 123-127 10, 11, 12, 13, 14 year Finals of Boys 200m Breaststroke</p> <p>EVENTS 128-131 10, 11, 12, 13 year Finals of Girls 200m IM</p>

