

# LONDON SWIMMING

## 1500m and 800m

under ASA Laws and Technical Rules

Designated by the ASA for entry into National Competitions and Championships

Licence Number: 1LR0226



London Swimming

**CRYSTAL PALACE NATIONAL SPORTS CENTRE - 15 MAY 2010**

**ENTRY FORM MALE FEMALE** (Please circle as appropriate)

SURNAME.....First Name.....DOB.....

**Please print all information**

ADDRESS..... Post Code.....

Contact Tel. No..... email:

CLUB.....Age as at 15/5/10.....ASA ID. No.....

(All information given above must be the same as that given on your ASA registration details)

Boys 1500m												
Age	12	12	13	13	14	14	15	15	16	16	17+	17+
Pool	25m	<b>50m</b>	25m	<b>50m</b>	25m	<b>50m</b>	25m	<b>50m</b>	25m	<b>50m</b>	25m	<b>50m</b>
QT	19.23.3	<b>19.35.5</b>	18.25.2	<b>18.43.9</b>	17.45.3	<b>18.06.7</b>	17.18.0	<b>17.42.4</b>	16.59.6	<b>17.28.1</b>	16.50.3	<b>17.18.3</b>
Girls 1500m												
Age	11	11	12	12	13	13	14	14	15	15	16+	16+
Pool	25m	<b>50m</b>	25m	<b>50m</b>	25m	<b>50m</b>	25m	<b>50m</b>	25m	<b>50m</b>	25m	<b>50m</b>
QT	20.36.8	<b>20.47.7</b>	19.29.9	<b>19.49.3</b>	18.45.8	<b>19.09.7</b>	18.27.4	<b>18.54.3</b>	18.17.4	<b>18.46.9</b>	18.10.5	<b>18.34.7</b>
Boys 800m												
Age	12	12	13	13	14	14	15	15	16	16	17+	17+
Pool	25m	<b>50m</b>	25m	<b>50m</b>	25m	<b>50m</b>	25m	<b>50m</b>	25m	<b>50m</b>	25m	<b>50m</b>
QT	10.14.0	<b>10.19.1</b>	9.43.5	<b>9.52.4</b>	9.22.0	<b>9.32.5</b>	9.07.2	<b>9.20.6</b>	8.57.2	<b>9.11.8</b>	8.51.7	<b>9.07.9</b>
Girls 800m												
Age	11	11	12	12	13	13	14	14	15	15	16+	16+
Pool	25m	<b>50m</b>	25m	<b>50m</b>	25m	<b>50m</b>	25m	<b>50m</b>	25m	<b>50m</b>	25m	<b>50m</b>
QT	10.42.1	<b>10.49.5</b>	10.07.4	<b>10.19.1</b>	9.44.5	<b>9.58.4</b>	9.34.9	<b>9.50.4</b>	9.29.7	<b>9.46.5</b>	9.26.1	<b>9.40.2</b>

**Accepted entries will be notified by email. Please ensure you have given an email address.**

All entry times entered must be those achieved in an ASA Level 1, 2 or 3 Licensed meet since 1st April 2009

EVENT	25m Time/Where Achieved	50m Time/Where Achieved
800m Freestyle		
1500m Freestyle		

I declare that I (a) have achieved the published qualifying time for each event (b) know the particulars stated above are correct (c) am an eligible competitor according to the laws of the ASA (d) accept and abide by the conditions of LONDON SWIMMING.

Signature of competitor.....Date.....

Fee enclosed.....events @ £6.00 per entry Total..... (Cheques payable to London Swimming)

Entries accompanied by the correct entry fees must reach Jean Scott 48 Normanhurst Avenue Bexleyheath Kent DA7 4TP (Tel. No. 0208 303 5953)

**by midnight of 24 APRIL 2010 - the closing date for entries**

**Late entries will be accepted if spaces available up to 2 May 2010**