NOTTS ASA COMBINED CHAMPIONSHIPS 2011

(Under ASA Laws and ASA Technical Rules of Swimming)

TEAM DECLARATION FORM

Relay Gala – Beechdale, Nottingham, 20th March 2011 (Separate forms for A & B teams please)

Club:	Team: ……

No swimmer may swim as a member of a team, having entered the individual events as a member of another club. List the swimmers names in the order that they will swim. **THIS IS A LICENCED MEET - ALL SWIMMERS MUST BE REGISTERED WITH THE ASA AS CATEGORY 2.**

10 & under 4x50m Freestyle Relay	10 & under 4x50m Medley Relay
1)	1)
2)	2)
3)	3)
4)	4)
12 & under 4x50m Freestyle Relay	12 & under 4x50m Medley Relay
1)	1)
2)	2)
3)	3)
4)	4)
14 & under 4x50m Freestyle Relay	14 & under 4x50m Medley Relay
1)	1)
2)	2)
3)	3)
4)	4)
16 & under 4x50m Freestyle Relay	16 & under 4x50m Medley Relay
1)	1)
2)	2)
3)	3)
4)	4)
Open 4x100m Freestyle Relay	Open 4x100m Medley Relay
1)	1)
2)	2)
3)	3)
4)	4)

PLEASE NOTE: There is a compulsory team managers meeting 45 minutes before the start of the relay gala. The referee will inform the team managers what is required of them and their teams. If team managers do not attend their team will not be allowed to swim. Each team must have its own team manager.