Nottinghamshire A.S.A.
Presents

Festive Frenzy Gala 2023

(Under Swim England Regulations and Technical Rules of Swimming)
(Licensed Level 3 - 3EM231818)

INDIVIDUAL ENTRY FORM

Name:		**Date of Birth:**	
Club:		**Swim England Registration Number:**	
Gender:	Male/Open / Female		
E-Mail:		**Telephone Number:**	

Event	Time in 25m Pool
100m Freestyle	
200m Freestyle	
400m Freestyle	
100m Backstroke	
200m Backstroke	
100m Breaststroke	
200m Breaststroke	
100m Butterfly	
200m Butterfly	
200m Individual Medley	
400m Individual Medley	

No of entries on this form …….. @ £6.50 = £……..

ENTRIES MUST BE SUBMITTED ELECTRONICALLY

USING SPORTSYSTEMS ENTRY MANAGER VIA YOUR CLUB

INDIVIDUAL "PAPER" ENTRIES WILL NOT BE ACCEPTED.