

# Workington ASC Presidents Open Meet Entry Form - Submitted Entry Times

(This is an Open Meet with no entry time restrictions in operation)

NAME	M/F	D.O.B	ASA No	50m	50m	50m	50m	200m	200m	200m	200m	400m	400m
				Fly	Back	Breast	Free	Fly	Back	Breast	Free	Free	I.M.

**ENTRIES**

**TOTAL AMOUNT**

Number of entries @ £3.50

Programme of Events - 18th Sept 2010 - Moorclose Pool, Workington

Session 1 Warm up 9.15am for 10am start

1. Boys 10/over 400m I.M.
2. Girls 10/over 400m I.M.
3. Boys 9y 50m Butterfly
4. Girls 9y 50m Butterfly
5. Boys 10/over 200m Breaststroke
6. Girls 10/over 200m Breaststroke
7. Boys 9/over 50m Freestyle
8. Girls 9/over 50m Freestyle
9. Boys 10/over 200m Backstroke
10. Girls 10/over 200m Backstroke

Session 2 Warm up 2.15pm for 3pm start

11. Boys 10/over 400m Freestyle
12. Girls 10/over 400m Freestyle
13. Boys 9y 50m Backstroke
14. Girls 9y 50m Backstroke
15. Boys 10/over 200m Butterfly
16. Girls 10/over 200m Butterfly
17. Boys 9y 50m Breaststroke
18. Girls 9y 50m Breaststroke
19. Boys 10/over 200m Freestyle
20. Girls 10/over 200m Freestyle

<< CLOSING DATE : FRIDAY, 9TH JULY 2010 >>