

Welshpool Sharks Swimming Club

Entry Form: Wolverhampton Open Meet @ Central Baths, Wolverhampton (Level 3 / Short Course)

Date of Meet: Saturday 14th & Sunday 15th July 2018

Swimmers Name:

Date of Birth:

WASA / ASA Number:

Please Tick your Age Group Below (the 'Age at Date' for this gala is the 15 th July 2018)																
Male	9yrs	<input type="checkbox"/>	10yrs	<input type="checkbox"/>	11yrs	<input type="checkbox"/>	12yrs	<input type="checkbox"/>	13yrs	<input type="checkbox"/>	14yrs	<input type="checkbox"/>	15yrs	<input type="checkbox"/>	Open	<input type="checkbox"/>
Female	9yrs	<input type="checkbox"/>	10yrs	<input type="checkbox"/>	11yrs	<input type="checkbox"/>	12yrs	<input type="checkbox"/>	13yrs	<input type="checkbox"/>	14yrs	<input type="checkbox"/>	15yrs	<input type="checkbox"/>	Open	<input type="checkbox"/>

Events: (Please tick the events you wish to enter & provide your entry times – you can't be faster than the Upper Qualifying Times listed overleaf)

Session Times (Both Days)
AM: Warm-up 8:30am & Start 9:30am
PM: tbc

DAY 1: Sat – AM (Session 1)				Tick	Time
1	M	200	IM		
2	F	100	Breast		
3	M	50	Fly		
4	F	100	Free		
5	M	200	Back		
6	F	200	Fly		
7	M	50	Breast		

DAY 2: Sun – AM (Session 3)				Tick	Time
15	F	200	IM		
16	M	100	Breast		
17	F	50	Fly		
18	M	100	Free		
19	F	200	Back		
20	M	200	Fly		
21	F	50	Breast		

Spectators: £6 per day.
Concessions £3. Programmes £2 each.
Limited free car parking. Limited refreshments available at a Costa Coffee Bar. A Swim Shop will be open throughout the meet.

DAY 1: Sat – PM (Session 2)				Tick	Time
8	F	200	Free		
9	M	100	Fly		
10	F	50	Back		
11	M	100	Back		
12	F	200	Breast		
13	M	50	Free		
14	F	100	IM		

DAY 2: Sun – PM (Session 4)				Tick	Time
22	M	200	Free		
23	F	100	Fly		
24	M	50	Back		
25	F	100	Back		
26	M	200	Breast		
27	F	50	Free		
28	M	100	IM		

Entry Pricing: £6 per event

Awards: First 3 in each age group + additional awards for Top Male & Female

Payment (Please circle)	BACS / Cheque	Amount	£	Parent Signature	
--------------------------------	---------------	---------------	---	-------------------------	--

Cheques payable to 'Welshpool Sharks' or if you want to pay by BACS please get in touch for our account details

DEADLINE FOR ENTRIES: Completed form & payment to poolside or by email to kevin.owen@nfu.org.uk by **Wednesday 9th May 2018 (8pm)**

Upper Cut Off Times (UCT)

(Entry times must be slower or equal to the UCT and must have been achieved since 16th July 2017)

MALE								Events	FEMALE							
9	10	11	12	13	14	15	OPEN		9	10	11	12	13	14	15	OPEN
32.37	32.37	31.00	28.39	26.27	25.31	24.76	23.30	50Free	33.08	33.08	29.74	28.91	28.05	27.46	26.62	26.40
1:11.92	1:11.92	1:06.43	1:02.47	59.31	55.82	54.27	50.80	100Free	1:14.40	1:14.40	1:05.10	1:02.44	59.81	59.11	56.93	56.90
2:39.57	2:39.57	2:19.42	2:13.55	2:08.36	2:01.86	1:57.53	1:52.00	200Free	2:41.97	2:41.97	2:18.22	2:13.91	2:05.12	2:04.58	2:03.14	2:02.60
37.01	37.01	36.24	31.86	31.80	29.81	27.52	26.50	50Brst	38.90	38.90	35.81	32.98	31.64	30.46	29.54	29.40
1:19.04	1:19.04	1:14.88	1:10.54	1:08.57	1:03.46	59.37	56.70	100Brst	1:23.32	1:23.32	1:15.63	1:08.57	1:05.38	1:04.09	1:04.00	1:02.30
2:51.77	2:51.77	2:38.73	2:32.82	2:28.20	2:17.82	2:07.21	2:04.00	200Brst	2:51.86	2:51.86	2:38.81	2:29.79	2:16.64	2:16.00	2:14.78	2:14.70
43.66	43.66	39.43	36.46	32.77	32.21	31.17	29.50	50Fly	42.25	42.25	37.17	36.50	36.12	33.81	33.80	33.50
1:34.84	1:34.84	1:28.39	1:18.68	1:11.70	1:12.34	1:07.18	1:04.00	100Fly	1:34.74	1:34.74	1:21.06	1:18.56	1:17.11	1:14.94	1:14.70	1:12.10
3:15.05	3:15.05	3:07.24	2:50.52	2:35.50	2:34.14	2:27.12	2:20.50	200Fly	3:22.01	3:22.01	2:54.89	2:47.39	2:44.50	2:41.75	2:41.31	2:35.00
34.71	34.71	33.60	31.42	29.00	26.73	26.13	24.40	50Back	37.08	37.08	33.42	31.21	30.20	29.38	29.00	28.30
1:18.55	1:18.55	1:14.35	1:11.05	1:01.72	58.80	58.54	54.90	100Back	1:26.22	1:26.22	1:16.92	1:08.94	1:04.57	1:04.04	1:02.58	1:02.30
2:59.44	2:59.44	2:40.86	2:34.16	2:19.17	2:07.48	2:06.00	2:04.60	200Back	3:23.14	3:23.14	2:58.90	2:29.98	2:25.92	2:25.87	2:24.20	2:18.50
1:19.00	1:19.00	1:15.50	1:12.50	1:10.50	1:08.50	1:05.50	59.00	100 IM	1:20.00	1:20.00	1:17.00	1:15.50	1:10.50	1:10.50	1:08.50	1:04.50
2:53.40	2:53.40	2:40.97	2:35.65	2:19.33	2:19.00	2:12.40	2:06.20	200 IM	3:04.03	3:04.03	2:41.29	2:33.20	2:20.98	2:20.98	2:15.69	2:18.40