



# LONDON SWIMMING YOUTH CHAMPIONSHIPS 2010

**incorporating Multi Disability Inclusive Events**



under ASA Laws and Technical Rules  
Designated by the ASA for entry into National Competitions and Championships  
Licence Number: LRX008  
CRYSTAL PALACE NATIONAL SPORTS CENTRE - 1 and 2 May 2010

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

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

**Please print all information**

ADDRESS.....

Post Code.....

**Contact Tel. No..... PLEASE COMPLETE ALL SECTIONS**

CLUB.....Age as at 13/06/10.....ASA ID. No.....

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

### QUALIFYING TIMES - 50M

BOYS				EVENT	GIRLS			
15	16	17	18+	AGE	14	15	16	17+
28.7	27.9	27.6	27.6	50m Freestyle	31.8	31.2	30.9	30.9
1.02.3	1.00.7	59.8	59.8	100m Freestyle	1.08.2	1.07.4	1.06.7	1.06.7
2.16.0	2.12.1	2.09.8	2.09.8	200m Freestyle	2.26.9	2.24.3	2.23.0	2.23.0
4.47.4	4.40.1	4.36.5	4.36.5	400m Freestyle	5.07.0	5.02.7	4.59.6	4.59.6
10.00.6	9.46.2	9.38.2	9.38.2	800m Freestyle	10.33.5	10.24.8	10.16.5	10.16.5
18.57.2	18.31.9	18.16.9	18.16.9	1500m Freestyle	20.17.4	20.02.9	19.45.2	19.45.2
37.3	36.4	35.4	35.4	50m Breaststroke	41.0	40.1	39.7	39.7
1.19.5	1.17.2	1.15.5	1.15.5	100m Breaststroke	1.26.5	1.25.5	1.24.3	1.24.3
2.51.4	2.48.1	2.43.9	2.43.9	200m Breaststroke	3.05.2	3.02.7	3.02.0	3.02.0
31.9	31.0	30.3	30.3	50m Butterfly	35.3	34.4	33.9	33.9
1.08.2	1.06.4	1.05.2	1.05.2	100m Butterfly	1.15.4	1.13.9	1.13.2	1.13.2
2.30.9	2.27.2	2.24.7	2.24.7	200m Butterfly	2.44.1	2.42.2	2.40.0	2.40.0
34.1	33.2	32.4	32.4	50m Backstroke	37.5	36.6	36.2	36.2
1.10.5	1.08.9	1.08.0	1.08.0	100m Backstroke	1.17.8	1.16.2	1.15.5	1.15.5
2.32.4	2.28.2	2.25.8	2.25.8	200m Backstroke	2.45.8	2.42.2	2.40.5	2.40.5
2.34.9	2.30.7	2.28.1	2.28.1	200m Individual Medley	2.48.3	2.45.2	2.43.3	2.43.3
5.28.5	5.20.7	5.16.6	5.16.6	400m Individual Medley	5.53.8	5.47.6	5.43.4	5.43.4

**All entry times (50m) entered must be those achieved in an ASA Level 1,2 or 3 Licensed meet since 1st April 2009**

**Please convert 25m times achieved at ASA level 1, 2 or 3 to 50m. Please ensure that any converted time is equivalent or better than the 50m qualifying time.**

EVENT	TIME	WHERE ACHIEVED	EVENT	TIME	WHERE ACHIEVED
50m Freestyle			50 Breaststroke		
100m Freestyle			100m Breaststroke		
200m Freestyle			200m Breaststroke		
400m Freestyle			50m Butterfly		
800m Freestyle			100m Butterfly		
1500m Freestyle			200m Butterfly		
50m Backstroke			200m Ind Med		
100m Backstroke			400m Ind Med		
200m Backstroke					

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 ##)

**##One cheque per club with reconciliation sheet and contact email address for return of entries**

**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 2 April 2010 - the closing date for entries**

**NO LATE ENTRIES WILL BE ACCEPTED**