

**Essex County Amateur Swimming Association**  
**MASTERS and 18/24 AGE GROUP OPEN SHORT COURSE CHAMPIONSHIPS**  
 (Under A.S.A. Laws and Technical Rules)  
 Blackshots Pool, Blackshots Lane, Grays, Thurrock, Essex – Saturday 8<sup>th</sup> May 2010

**CLUB**

For team events please use separate entry form

**ASA National Abbreviation**

*Please photocopy entry form as required*

\* Delete as necessary

<b>FIRST NAME (S)</b> (Exactly as on registration card)	<b>SURNAME</b>	
<b>Telephone No.</b>	<b>E-Mail:</b>	
<b>ADDRESS</b>	<b>DATE OF BIRTH</b>	<b>MALE *</b>
	<b>ASA Reg No.</b> <b>AGE BAND:</b>	

Entries will not be accepted if the above information is incomplete

Event	Entry Time	Event	Entry Time	Event	Entry Time
50m Free		50m Back		50m Fly	
100m Free		100m Back		100m Fly	
200m Free		50m Breast		100m I.M.	
400m Free		100m Breast			

**The promoter has the right to restrict entries on the grounds of safety and overall timing of the event.**

I certify that the information given on this form is correct and that I agree to abide by the conditions laid down by the Essex County Amateur Swimming Association for these Masters Competitions.

Signature of Competitor or Club official.....

Date .....

Enclosed are            entries @ £5.00 each, totaling £    for this entry form.

**One cheque only per Club should be sent, made payable to Essex County ASA.**

Please enclose a stamped addressed envelope for the return of competitor lists. **N.B. Card system will not be in use and a list of competitors can be supplied.** As a guide, postage is required as follows:

**36p up to 100grams for a small envelope max 240mm x 165mm x 5mm**

**Please check for Royal mail listings thereafter**

**Remember large letter posting minimum 52p up to 100g (A4 size) see Royal mail listings**

CLOSING DATE FOR ENTRIES IS MIDNIGHT 9<sup>th</sup> April 2010  
**LATE ENTRIES WILL NOT BE ACCEPTED UNDER ANY CIRCUMSTANCES**

Return to: **Paul Hayes - 425 London Road - South Stifford – Grays - Essex RM20 4AB Tel: 01375 379853**