

*** CLOSING DATE – SUNDAY 20TH MAY 2018 ***

City of Bristol Long Course Open Meet Level 3 – Saturday 14th/Sunday 15th July 2018

Swimmers Details:	
Forename:	Surname:
DOB:	ASA NO:
Tel No:	Email:

Please submit entry times as long course times.
Short course times can be converted

Saturday	Session 1	LC Entry time
Girls	400m Freestyle	
Boys	400m IM	
Saturday	Session 2	
Girls	200m IM	
Boys	100m Backstroke	
Girls	100m Breaststroke	
Boys	200m Freestyle	
Girls	50m Breaststroke	
Boys	50m Backstroke	
Saturday	Session 3	
Girls	200m Backstroke	
Boys	200m Breaststroke	
Girls	200m Freestyle	
Boys	100m Freestyle	
Girls	100m Butterfly	
Boys	50m Butterfly	
Girls	50m Freestyle	
Sunday	Session 4	
Boys	400m Freestyle	
Girls	400m IM	
Sunday	Session 5	
Boys	200m IM	
Girls	100m Backstroke	
Boys	100m Breaststroke	
Girls	200m Butterfly	
Boys	200m Butterfly	
Girls	50m Backstroke	
Boys	50m Breaststroke	
Sunday	Session 6	
Girls	200m Breaststroke	
Boys	200m Backstroke	
Girls	100m Freestyle	
Boys	100m Butterfly	
Girls	50m Butterfly	
Boys	50m Freestyle	

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Swimmer's name	
Number of Events	
Cost @ £6.50 per event	£
Chaperone Fee £2 <u>per day per swimmer</u>	£
Total	£

Method of payment (please circle)			
Cash	Cheque	BACS	Credit Note(s) (Add Credit note number)

Closing Date Sunday 20th May 2018.

Entries (and payment) must be received by this date.

A BACS payment can be paid direct to the competition account:–

Lloyds Bank
Sort code – 30-94-80
Account No 00015299
Account – Soundwell Swimming Club

Please send confirmation of payment to competition@soundwellswim.org.uk. Failure to send confirmation may result in a swimmer not being entered into the competition!!!

*****Races are being allocated on a first come, first served basis by COB, hence our Club closing date*****

How to convert a short course time to long course-

Go to "Competition" tab on the Soundwell web site.

Select "Time Conversions"

Select conversion - "short course to long course"

Select race using drop down box, e.g. 200 freestyle

Select gender (male/female) using the drop down box

Input the short course (25m pool) time

Select "ASA Tables" as conversion method

The converted long course time will appear in the bottom box.

**Using this converted time on your entry form
= happy competition secretary!!!**