

# Heanor Swimming & Lifesaving Club Championships

## Entry Form

### Dear Parent/Guardian

Introducing the first Heanor Swimming & Lifesaving Club Championships!

The competition will be held at William Gregg Leisure Centre, Heanor on Sunday 12th November with warm up at 3.15pm.

Entry cost is £3 and covers all events and all members of the club are welcome to join in. The only requirement is that you are able to swim a minimum of 25m.

The deadline for entries is Friday 20th October with completed forms and £3 entry fee to be given to Tracey West. Results and medals will be announced at the club Christmas party on Friday 8th December.

### Please complete the following:

Name: .....

Age (on day of competition): .....

Gender: .....

#### 11 or under

#### Entry time

25m Sprint: .....

25m Obstacle: .....

25m Manikin Carry: .....

25m Boogie Board: .....

25m Fins: .....

#### 12 +

#### Entry Time

50m Sprint: .....

50m Obstacle: .....

25m Manikin Carry: .....

50m Manikin Carry with Fins: .....

50m Fins (12-14 only): .....

50m Manikin Tow with Fins (15+only): .....

If under the age of 18 a signature is required from the parent or guardian of the child:

Signature of parent or guardian: .....

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## Masters Entry Form

As a bit of fun, as a club we have decided to hold a masters showdown at the end of the competition. It is free to enter and is open to all coaches and parents. The only requirement is that you are over the age of 30.

### **Please complete the following:**

Name: .....

Age (on day of competition, no lying!): .....

Gender: .....

### **Entry time**

50m Sprint: .....

