



**Nottinghamshire A.S.A.
Presents**

Festive Frenzy Gala 2024



(Under Swim England Regulations and Technical Rules of Swimming)
(Licensed Level 3 - 3EM242259)

INDIVIDUAL ENTRY FORM

Name:		Date of Birth:	
Club:		Swim England Registration Number:	
Gender:	Male/Open / Female		
E-Mail:		Telephone Number:	

Event	Time in 25m Pool
100m Freestyle	
200m Freestyle	
400m Freestyle	
100m Backstroke	
200m Backstroke	
100m Breaststroke	
200m Breaststroke	
100m Butterfly	
200m Butterfly	
200m Individual Medley	
400m Individual Medley	

No of entries on this form @ £7.50 = £.....

- The competition is open to swimmers who are members of any Swim England Affiliated Club.
- All swimmers must reach the qualification standard for the event they are entering but not be faster than the upper limit times.

