

LONG COURSE

DATE: Sunday March 1, 2020
TIME: 10:30am Registration - 12:00pm Start
VENUE: **SOPAC - Homebush**
CLOSING DATE: 5pm Friday February 21, 2020 **NO LATE ENTRIES WILL BE ACCEPTED**

PERSONAL DETAILS:

First Name: _____		Surname: _____	
Address: _____			Post Code: _____
Sex (Circle): F / M	Date of Birth: _____	Age at Date of this Event: __ yrs	
Phone: (H) _____	(M) _____		
Email: _____			
Club/Association you are representing (Ryde Swimming Club, CPSARA etc): _____			

CLASSIFICATION:

Amp/CP/WC1-10 Blind11,12,13,84 ID14 Deaf15 Transplant16	Please use numbers for the relevant classification in the boxes below: S <input type="checkbox"/> SB <input type="checkbox"/> SM <input type="checkbox"/>	I have not been classified before: <input type="checkbox"/>
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ENTRY FEES:

Entry fee is: **\$8.00** per event. You may enter a maximum of 5 events.

PLEASE TICK THE EVENTS BELOW THAT YOU WISH TO ENTER AND **FILL IN YOUR BEST ENTRY TIME**

Event Numbers		Event Description	Entry Time
Boys	Girls		
<input type="checkbox"/> 1	<input type="checkbox"/> 2	400m Freestyle (QT 10:00.00)	
<input type="checkbox"/> 3	<input type="checkbox"/> 4	50m Freestyle	
<input type="checkbox"/> 5	<input type="checkbox"/> 6	100m Breaststroke	
<input type="checkbox"/> 7	<input type="checkbox"/> 8	200m Backstroke (QT 4:30.00)	
<input type="checkbox"/> 9	<input type="checkbox"/> 10	25m Backstroke	
<input type="checkbox"/> 11	<input type="checkbox"/> 12	100m Freestyle	
<input type="checkbox"/> 13	<input type="checkbox"/> 14	25m Breaststroke	
<input type="checkbox"/> 15	<input type="checkbox"/> 16	50m Butterfly	
<input type="checkbox"/> 17	<input type="checkbox"/> 18	200m Freestyle (QT 4:30.00)	
<input type="checkbox"/> 19	<input type="checkbox"/> 20	25m Freestyle	
<input type="checkbox"/> 21	<input type="checkbox"/> 22	50m Backstroke	
<input type="checkbox"/> 23	<input type="checkbox"/> 24	200m Breaststroke (QT 4:30.00)	
<input type="checkbox"/> 25	<input type="checkbox"/> 26	25m Butterfly	
<input type="checkbox"/> 27	<input type="checkbox"/> 28	100m Butterfly	
<input type="checkbox"/> 29	<input type="checkbox"/> 30	50m Breaststroke	
<input type="checkbox"/> 31	<input type="checkbox"/> 32	100m Backstroke	
<input type="checkbox"/> 33	<input type="checkbox"/> 34	200m Butterfly (QT 4:30.00)	
<input type="checkbox"/> 35	<input type="checkbox"/> 36	150m IM	
<input type="checkbox"/> 37	<input type="checkbox"/> 38	200m IM (QT 4:30.00)	

MEDICAL DETAILS

Medicare Number:

Emergency Contact Name: _____ Phone: _____

Medication (Type & Dosage): _____

Do you have any allergies? _____

Please provide a full description of your disability: _____

DECLARATION AND MEDIA CONSENT

- I have advised Swimming NSW of any medical conditions suffered by me/my child/my ward and of any subsequent medication requirements.
- In the event of an emergency I hereby permit the co-ordinators of Swimming NSW Swim Meet to seek medical attention for me.
- I agree to allow Swimming NSW and the Office of Sport to use my child's/my ward's name and any photography of me/my child/my ward at this event for the promotion of services and initiatives.
- I agree that information supplied with this entry form can be forwarded to my Association/Club where necessary.

Signature: _____

(athlete/parent/guardian must be 18 Years or over)

PLEASE FORWARD THIS ENTRY FORM WITH YOUR FEE ATTACHED BY THE CLOSING DATE

I am paying by: Cheque Money Order

Please make cheques/money orders payable to:

Swimming NSW Ltd.

I am paying by: Direct Debit

- **Swimming NSW Ltd.**
- **Commonwealth Bank**
- **BSB: 062-172**
- **Account Number: 1028 3026**
- **Description: MC 1 2020 (and your name)**

**** NO CASH IS TO BE FOWARDED BY MAIL ****

PLEASE SEND ENTRIES VIA:

Post:

**Swimming NSW
PO Box 571
SYDNEY MARKETS NSW 2129**

Email:

greta.brodie@nsw.swimming.org.au

All enquiries -

- **Phone: (02) 9763 5833**
- **Email:
greta.brodie@nsw.swimming.org.au**

SPECIAL CONDITIONS:

1. **A maximum of five (5) events is allowed.**
2. **NO LATE OR INCOMPLETE ENTRIES WILL BE ACCEPTED.**
Entries close 5pm Friday Feb 21st, 2020
3. Please note that no changes to events can be made after the closing date.
4. **Withdrawals - No refund given.**
Withdrawal from an event(s) must be communicated to the registration desk on arrival or to the marshalling desk during the meet at least 2 events in advance of the withdrawal.
5. **S11 Swimmers** are required to wear blacked-in goggles for all events and to be tapped at the end of the pool.
6. **Entry into a 25m event excludes swimmers from entering into a 100m or longer distance event in the same stroke.**
7. Swimming NSW Rules apply.