###### Programme of Events

Age as at midnight on 30th June 2019

**Session 1 Sunday 30th June**

 **1300** warm-up for **1320** start

|  |  |  |
| --- | --- | --- |
| Event No | Gender | Event |
| 101 | Female | 200 metres Individual Medley |
| 102 | Male | 200 metres Individual Medley |
| 103 | Female | 50 metres Freestyle |
| 104 | Male | 50 metres Freestyle |
| 105 | Female | 100 metres Backstroke |
| 106 | Male | 100 metres Backstroke |
| 107 | Female | 50 metres Breaststroke |
| 108 | Male | 50 metres Breaststroke |
| 109 | Female | 100 metres Butterfly |
| 110 | Male | 100 metres Butterfly |

**Session 2 Sunday 30th June**

 **tba** warm-up for **tba** start

|  |  |  |
| --- | --- | --- |
| Event No | Gender | Event |
| 201 | Female | 100 metres Individual Medley |
| 202 | Male | 100 metres Individual Medley |
| 203 | Female | 50 metres Backstroke |
| 204 | Male | 50 metres Backstroke |
| 205 | Female | 100 metres Breaststroke |
| 206 | Male | 100 metres Breaststroke |
| 207 | Female | 50 metres Butterfly |
| 208 | Male | 50 metres Butterfly |
| 209 | Female | 100 metres Freestyle |
| 210 | Male | 100 metres Freestyle |

**All races will be heat declared winners**

**ENTRY FORM**

**Please write clearly:**

Surname: ………………………………First Name……………………………..

Male / Female (circle) Club…………………………………………….

Date of Birth…….… / ……… Swim England registration number: ……………

Email address and/or telephone number of swimmer/parent, in case of queries:

…………………………………………………………………………………………

|  |  |  |
| --- | --- | --- |
| **Event** | **Entry time** |  |
| 200 metres Individual Medley  |  |  |
| 50 metres Freestyle |  |  |
| 100 metres Backstroke |  |  |
| 50 metres Breaststroke |  |  |
| 100 metres Butterfly |  |  |
| 100 metres Individual Medley |  |  |
| 50 metres Backstroke |  |  |
| 100 metres Breaststroke |  |  |
| 50 metres Butterfly |  |  |
| 100 metres Freestyle |  |  |

**I declare that I am an eligible competitor and that I accept the promoter’s conditions:**

Signature of competitor ………………….........................................

Entry fees - £6 per event (capped at £30 for 5 or more events)

Please pay via our website www.northcornwalldragons.com/payments

*Please note that entries may be restricted to meet licencing regulations (eg available pool time and/or availability of officials)*