

SCOTTISH AMATEUR SWIMMING ASSOCIATION.

GENERAL SECRETARY— J.A.SNOWDON, 16 Royal Crescent, Glasgow G3 7SL.

Telephone 041-332 2300.

ENTRY FORM.

WOMEN

★Date of Birth JUNIORS

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NATIONAL LONG COURSE CHAMPIONSHIPS.

1976

To the General Secretary of the Scottish Amateur Swimming Association.

Sir,

Please enter me as a Competitor for :-

Event

Full Name..... Registration No.....
(BLOCK LETTERS)

Address

(BLOCK LETTERS)

Postal Code..... Telephone.....

Club..... District.....

Best Time (Since 1st January this year)

Length of Pool in which achieved

Occasion..... Date.....

★(See overleaf)

Converted to 50m.....

(Use ASA equivalent performance tables)

I hereby declare that the above particulars are correct and that I am an amateur according to Rule 49 Amateur Definition FINA GENERAL RULES, and I will abide by the conditions laid down by the Scottish Amateur Swimming Association.

Yours,

(Signature of Competitor).....

Entries close SIX WEEKS before the first day of the meeting. No entry will be accepted after that date or if unaccompanied by the fee. Anyone giving false or wilfully misleading information will be disqualified.

All competitors must be Registered and Registration No. quoted.

WITHDRAWALS. Any competitor who undertakes to appear at a competition and without adequate reason fails to appear may be reported by the organising committee to the S.A.S.A. Council, who shall investigate and take appropriate action.

ENTRY FEE Individual Championships, 40p. Team Championships, 75p

NATIONAL LONG COURSE CHAMPIONSHIPS

EVENTS - MEN'S INDIVIDUAL EVENTS

110, 220, 440, 880, 1650 YARDS FREESTYLE
110, 220 BACKSTROKE
110, 220 BREASTSTROKE
110, 220 BUTTERFLY
220, 440 INDIVIDUAL MEDLEY

WOMEN'S INDIVIDUAL EVENTS

110, 220, 440, 880 YARDS FREESTYLE
110, 220 BACKSTROKE
110, 220 BREASTSTROKE
110, 220 BUTTERFLY
220, 440 INDIVIDUAL MEDLEY

TEAM EVENTS MEN

4 x 55 yds FREESTYLE RELAY
4 x 55 yds MEDLEY RELAY
4 x 110 yds FREESTYLE RELAY

WOMEN

4 x 55 yds FREESTYLE
4 x 55 yds MEDLEY RELAY

JUNIOR MEN

4 x 55 yds FREESTYLE RELAY
4 x 55 yds MEDLEY RELAY

JUNIOR WOMEN

4 x 55 yds FREESTYLE RELAY
4 x 55 yds MEDLEY RELAY

The winner of a Championship shall be designated the Champion of Scotland. Junior Trophies shall be presented to the fastest Junior in the Final; if no Juniors qualify for the Final the fastest Junior in the Heats shall receive the appropriate Trophy.

* Best times must be achieved at District Trials / Championships, National Trials / Championships, Inter-District Competitions, International Contests or such events approved by a District.