

HARROGATE DISTRICT SWIMMING CLUB GALA ENTRY PROFORMA 2008/09 SEASON



NAME OF SWIMMER:

DATE OF BIRTH:

NAME OF GALA:

Swimmer note, please only enter events directed by your coach.
 Your coach will advise if the swims are your choice or swims they direct you to compete in. If your coach has signed to confirm what you swim please attach it to this form, e.g. Targeted Galas
 The times you enter should be taken from the list provided to you by your coach

FREESTYLE	S/C TIME	L/C TIME
25		
50		
100		
200		
400		
800		
1500		

BACKSTROKE	S/C TIME	L/C TIME
25		
50		
100		
200		

BREASTSTROKE	S/C TIME	L/C TIME
25		
50		
100		
200		

BUTTERFLY	S/C TIME	L/C TIME
25		
50		
100		
200		

INDIVIDUAL MEDLEY	S/C TIME	L/C TIME
100		
200		
400		

Please return this form to the box at the Hydro along with your cheque made payable to HDSC by our closing date. Late entries will not be accommodated.

No of events entered Total cheque £