to be held at BARNET COPTHALL LEISURE CENTRE AND SOUTHBURY ROAD LEISURE CENTRE, ENFIELD as follows:

BARNET COPTHALL SPORTS CENTRE 17th, 18th, 24th, 25th JANUARY. SOUTHBURY ROAD LEISURE CENTRE 14th, 15th FEBRUARY 2015 Licensed No CC150221, CC150222, CC150223 AFFILIATED to ASA LONDON REGION

All Sessions times are approximate and will be finalised when the entries are received.

The full rules of the competition are published on the County Website: www.middlesexswimming.com but you should note the following:

- Team Managers please advise all swimmers and parents/guardians of the following.
 Nobody other than gala staff may enter the building more than 15 minutes prior to the start of warm up for the morning session. Neither the County nor the pool staff will be responsible for the health and safety of anybody entering before the commencement of our hire of the premises.
- Swimmers must be 10 years old or above by 31st December 2015. Events will be 50m, 100m, 200m, 400m 800m (female 12/o), 1500m (male 12/o) freestyle, 50m, 100m. 200m backstroke, breaststroke and butterfly, 100m, 200m, (all ages) 400m (12/o) individual medley, 4 x 50m F/S relay & Medley relay (maximum of 3 teams per club). Team age groups will be 10/11, 12/13, 14/15, 16+.

Multi-Classification events will be

Freestyle 50m, 100m

Freestyle 200m

Classification S 2 - S14

Classification S 2 - 5 and S14

Breaststroke 100m

Classification SB 4 - SB14

Backstroke 100m

Classification S 6 - S14

Butterfly 100m

Classification S 8 - S14

Individual Medley 200m

Classification SM 5 - SM14

3. ENTRY QUALIFYING and CONSIDERATION TIMES are shown in these instructions and all swimmers **MUST** have achieved their entry time since 1st January 2014. All times to be converted by use of the ASA Equivalent Performance Tables. Times entered must be confirmed by ASA rankings. All competitors equaling or bettering the 'auto' entry qualifying time (the "qualifying time") in an event will be accepted. Competitors whose times equal or better the consideration time as published may be accepted subject to space being available. There will be no Multi-Classification qualifying times.

Any club found to be submitting entry times other than those actually achieved by swimmers will be reported to the County Disciplinary Committee.

- 4. The County reserves the right to restrict entries to meet the allocated pool time, or on the grounds of health and safety. Entries will be accepted on a timed order fastest being first, but with possible consideration to balancing out the numbers in each age category. Any entry not accepted as a result of this paragraph will be refunded in full. NO OTHER MONIES WILL BE REFUNDED.
- 5. FINALS will be held only for 50m and 100m events for each individual single year age (10/11, 12, 13, 14, 15, 16+). The remaining events will be decided on the heat declared winner basis. Finalists and up to two reserves will be announced as soon as possible after the heats have been completed. Withdrawals from finals must be notified to the recording desk as soon as possible after the finalists have been announced.
- 6. All swimmers **must** be registered with the ASA category 2 and no unregistered swimmer will be accepted in any County competitions. If you have a swimmer who does not know their registration number you can get this from the ASA website. If you are awaiting the number from the ASA, please forward to me a copy of the CAT2 registration document and a receipt by Membership Services as proof of registration
- Clubs entering more than 10 swimmers MUST download the Hy-Tek Team Manager file from The Middlesex website: www.middlesexswimming.com and return the entry file to com Please note that if a Club enters more than 10 swimmers by means of entry forms rather than Hy-Tek Manager Event File, these entries will incur an administration fee of £10.00.
- 8. Entry Summary form needs to be completed and returned to Mrs Leah Pullen at 16 Amherst Road, London, W13 8ND together with either a cheque made out to MCASA for full amount plus coach meals or paid directly into the bank via BACS transfer: HSBC Bank, Account name MCASA, Sort code: 40-23-26, Account no: 11170961 (Please give club code as reference followed by CC15. e.g. EALL_CC15)
 - Except for the 800m and 1500m, this meet will operate as a CARDLESS meet. Please use the withdrawal forms enclosed with the pack to withdraw any swimmers. On the day any withdrawals must be made at least 30 minutes before the start of each session. Failure to withdraw in adequate time will result to the club being fined £5 per swimmer per event and £10 per team for relays unless there are mitigating circumstances. Should a swimmer be withdrawn by mistake, the swimmer shall be allowed to swim in unallocated lanes in the earlier heats in the same event if available. All fines are to be levied on the swimmer's club. The fine shall be reduced by 50% if paid within 28 days.
- All club workforce coordinators are asked to circulate the enclosed volunteer form to their volunteer base.
- 10. For Multi-Classification entries, entries need to be sent to the competition secretary (com) for manual entering. Any Multi Classification events with less than 4 entries may be merged into the relevant Able Bodied events. Personal care attendants will only be permitted for swimmers in the following classes: S2 and SB2, S3 and SB3, S4 and SB4, S5 and SB5 and S11 and SB 11. A swimmer in any of these classes may have both a coach and a personal care attendant present.
- 11. Any conditions not covered in the competition rules will be dealt with in accordance with the laws of the sport and at the discretion of the Promoter. Questions can be dealt with by writing to the Promoter or the Meet Administrator.

Trophies: County Championship Trophies will be awarded for Open, and Junior, (16/u), Championship winners of each event. Junior Champion shall be the best placed Junior in the final. Open Champion shall be the best placed in the final regardless of age. In heat declared events the event will be considered as a final. Medals will be awarded to the top 3 swimmers in each AGE GROUP (10/11, 12, 13, 14, 15, 16+).

LICENSING: The Competition is licensed level 2 by the ASA and achieved times may be used for entry into Regional Championships and Competitions. **COUNTY TEAMS:** Swimmers should be aware that in order to be eligible for selection for County Teams they must have entered in at least one County Competition per calendar year.

All Events: AGES TO BE TAKEN AS AT midnight on 31st DECEMBER 2015

CLOSING DATE FOR ENTRIES 1st DECEMBER 2014

to be held at BARNET COPTHALL LEISURE CENTRE AND SOUTHBURY ROAD LEISURE CENTRE, ENFIELD as follows:

BARNET COPTHALL SPORTS CENTRE 17^{th,} 18th, 24th, 25th JANUARY. SOUTHBURY ROAD LEISURE CENTRE 14th, 15th FEBRUARY 2015 Licensed No CC150221, CC150222, CC150223 AFFILIATED to ASA LONDON REGION

MCASA QUALIFYING TIMES 2015 *Ages as of 31st December 2015

BOYS	10/11y		12y		13y		14y		15y		16+y	
V3	Auto	Conn	Auto	Conn	Auto	Conn	Auto	Conn	Auto	Conn	Auto	Conn
50 FS	35.5	37.1	33.1	34.9	31.6	34	29.9	32.2	28.1	29.4	27	28.1
100 FS	1.26.8	1.35.4	1.13.4	1.17.6	1.09.4	1.12.9	1.04.0	1.06.5	1.00.1	1.03.67	58.5	1.02.5
200 FS	2.52.9	3.03.2	2.33.1	2.43.0	2.31.6	2.38.2	2.18.7	2.26.8	2.09.3	2.14.8	2.06.8	2.10.7
400 FS	6.37.1	6.57.5	5.33.8	6.00.5	5.27.7	5.47.2	4.54.6	5.10.0	4.31.9	4.48.6	4.24.3	4.46.7
1500FS	XXXXX	XXXXX	22.13.0	23.40.5	22.05.8	22.53.8	20.39.7	21.19.0	19.36.0	20.25.0	18.15.5	18.31.5
50 Breast	48	50.3	44	45.6	42.6	43.7	39.1	42.2	37.2	38.2	36	37.8
100 Breast	1.49.9	1.54.9	1.37.0	1.39.7	1.32.8	1.35.7	1.25.3	1.30.1	1.18.9	1.23.4	1.16.4	1.18.5
200 Breast	3.37.1	3.50.2	3.23.6	3.32.8	3.20.1	3.25.4	3.04.2	3.09.5	2.53.5	2.56.7	2.49.2	2.55.5
50 Butterfly	42.9	43.8	37.8	39.1	35.5	37	33	35.2	30.3	31.8	29.3	30.9
100 Butterfly	1.43.5	1.50.7	1.27.6	1.32.4	1.22.2	1.29.0	1.14.1	1.20.1	1.06.5	1.11.0	1.04.3	1.08.7
200 Butterfly	3.19.6	3.43.2	3.13.5	3.38.9	3.08.4	3.27.8	2.46.6	2.59.0	2.28.1	2.40.7	2.26.5	2.38.1
50 Back	41.6	43.3	37.5	38.9	36.9	38	34.7	35.9	31.9	33.3	31.6	32.9
100 Back	1.34.1	1.47.3	1.20.9	1.26.8	1.18.9	1.22.1	1.13.2	1.16.9	1.07.7	1.11.5	1.05.1	1.11.1
200 Back	3.03.7	3.25.9	2.50.8	2.58.1	2.48.7	2.56.0	2.38.0	2.45.0	2.26.6	2.32.5	2.20.3	2.30.5
100 IM	1.32.3	1.35.3	1.23.8	1.27.4	1.20.6	1.25.2	1.15.6	1.19.5	1.07.5	1.13.11	1.06.5	1.10.24
200 IM	3.10.8	3.36.2	2.56.8	3.07.4	2.39.6	2.56.3	2.39.1	2.49.5	2.29.9	2.35.0	2.24.1	2.33.3
400IM	XXXXX	XXXXX	6.40.7	6.49.7	6.29.4	6.40.7	5.39.1	6.35.3	5.15.4	5.37.5	5.13.7	5.37.1
			1		1		1		T		1	
OIDL C	10/11		10		10		4.4		4 🗆		1/	

GIRLS	10/11y		12y		13y		14y		15y		16+y	
V3	Auto	Conn	Auto	Conn	Auto	Conn	Auto	Conn	Auto	Conn	Auto	Conn
50 FS	36.6	37.5	32.5	33.5	30.9	31.6	29.6	31.5	28.9	31.2	29.4	30.9
100 FS	1.23.5	1.26.4	1.12.3	1.13.4	1.06.7	1.08.4	1.02.9	1.08.3	1.02.8	1.07.1	1.02.1	1.06.2
200 FS	2.55.1	3.02.1	2.37.4	2.39.7	2.26.8	2.31.7	2.16.8	2.29.7	2.16.4	2.28.0	2.14.0	2.24.7
400 FS	6.28.6	6.55.8	5.33.9	5.41.4	5.12.1	5.18.9	4.46.5	5.15.1	4.44.9	5.10.6	4.42.8	5.09.8
800FS	XXXXX	XXXXX	11.43.4	12.15.0	11.06.9	11.24.4	10.28.6	10.49.7	10.25.6	10.43.0	10.01.4	10.38.5
50 Breast	47.7	49.3	43.2	45.3	40.5	41.9	40.1	41.5	38.6	41.3	39.7	40.9
100 Breast	1.44.9	1.52.0	1.35.6	1.38.1	1.26.1	1.31.1	1.26.1	1.30.9	1.25.2	1.29.3	1.21.3	1.28.5
200 Breast	3.35.7	3.45.3	3.23.3	3.29.3	3.07.7	3.14.2	3.05.6	3.12.7	3.00.2	3.10.6	2.58.5	3.07.5
50 Butterfly	41.2	43.7	36.5	38.1	34.2	35.5	34	35.9	32.9	34.4	32.6	34.4
100 Butterfly	1.49.2	1.58.8	1.28.1	1.31.3	1.17.4	1.23.2	1.13.9	1.21.6	1.12.6	1.16.9	1.10.5	1.16.9
200 Butterfly	3.45.0	4.10.5	3.19.5	3.20.5	3.03.5	3.20.0	2.48.3	3.17.4	2.45.2	2.58.1	2.44.8	2.55.0
50 Back	41.1	43	37.9	38.6	35.7	36.9	34.3	36.7	33.5	35.8	33.4	35.7
100 Back	1.36.2	1.38.5	1.22.3	1.24.1	1.16.1	1.19.9	1.12.7	1.17.4	1.11.6	1.17.0	1.10.6	1.16.8
200 Back	3.11.4	3.21.6	2.54.7	2.56.8	2.44.3	2.48.4	2.33.7	2.46.9	2.33.6	2.43.0	2.30.7	2.42.6
100 IM	1.35.1	1.37.8	1.23.0	1.25.3	1.16.7	1.20.5	1.14.2	1.21.7	1.13.8	1.17.9	1.13.7	1.17.5
200 IM	3.22.3	3.28.6	2.58.1	3.04.8	2.46.5	2.51.7	2.38.4	2.50.5	2.35.7	2.46.2	2.30.9	2.44.0
400IM	XXXXX	XXXXX	6.22.6	7.08.8	6.02.4	6.12.6	5.38.1	6.01.6	5.37.4	5.54.0	5.26.2	5.50.5

to be held at BARNET COPTHALL LEISURE CENTRE AND SOUTHBURY ROAD LEISURE CENTRE, ENFIELD as follows:

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TEAM ENTRY FORM

	post code	phone no		
ams you wish t	o enter for each eve	ent. Maximum of 3 teams pe	er age group n	າay be ent
				•
	BOYS T	EAMS		
NO OF	TIME		NO OF	TIME
TEAMS	THVIL	EVENT	TEAMS	TIIVIL
		MEDLEY TEAM 10/11		
		MEDLEY TEAM 12/13		
		MEDLEY TEAM 14/15		
		MEDLEY TEAM 16/0		
	GIRLS T	TEAMS		
			1	TIME
NO OF TEAMS	TIME	EVENT	NO OF TEAMS	
	TIME	EVENT MEDLEY TEAM 10/11		
	TIME			
	TIME	MEDLEY TEAM 10/11		
	eams you wish tey will be enter	post code eams you wish to enter for each ever ey will be entered as "A", "B" and BOYS T NO OF TIME TEAMS	post codephone no eams you wish to enter for each event. Maximum of 3 teams per ey will be entered as "A", "B" and "C"; BOYS TEAMS NO OF TIME EVENT MEDLEY TEAM 10/11 MEDLEY TEAM 12/13 MEDLEY TEAM 14/15	post codephone no eams you wish to enter for each event. Maximum of 3 teams per age group mey will be entered as "A", "B" and "C"; BOYS TEAMS NO OF

PLEASE NOTE: Team Managers are responsible for and must certify that all members of teams are registered in accordance with ASA laws and that they also comply with the Championships rules on the County website.

to be held at BARNET COPTHALL LEISURE CENTRE AND SOUTHBURY ROAD LEISURE CENTRE, ENFIELD as follows:

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150

151

152

153

154

Boys 13/14

*Girls 10-12

*Boys 10-12

*Girls 13/14

*Boys 13/14

	Saturday 17 th January 2015					
	At Barnet Copthall					
	Session 1 Wa	rm up 8:00 Start 9:00				
101	Girls 13/14	200m Freestyle				
102	Boys 15/16+	100m Butterfly				
103	*Girls 10-12	100m IM				
104	*Boys 13/14	100m Breast				
105	*Boys 10-12	100m Back				
106	Girls 15/16+	200m IM				
107	Boys 15/16+	200m Butterfly				
108	Girls 12/13/14	400m IM				
109	Boys 13/14	200m Freestyle				
	Finals for ever	nts 102; 103; 104; 105				
	Session 2 W	/arm up tbc (14:00)				
110	Boys 12/13/14	400m IM				
111	*Girls 10-12	100m Freestyle				
112	Boys 10-12	200m Butterfly				
113	Girls 13/14	200m Butterfly				
114	*Boys 15/16+	100m Breaststroke				
115	*Girls 15/16+	100m Butterfly				
116	*Boys 10-12	100m Breaststroke				
117	Girls 10-12	200m Breaststroke				
118	Boys 15/16+	200m IM				
	*Finals for events 111; 114; 115; 116					

0m IM	155	Girls 10-12	200m IM				
Butterfly	156	Boys 10-12	200m Breaststroke				
0m IM	157	Girls 15/16+	200m Butterfly				
Freestyle	158	Boys 15/16+	400m IM				
4; 105		Finals for events 151; 152; 153; 154					
:00)		Session 4	Warm up tbc (14:00)				
0m IM	159	Boys 10-12	400m Freestyle				
Freestyle	160	*Girls 13/14	100m IM				
Butterfly	161	Boys 15/16+	200m Freestyle				
Butterfly	162	*Girls 15/16+	100 Freestyle				
reaststroke	163	*Boys 13/14	100m Backstroke				
Butterfly	164	Girls 13/14	200m Backstroke				
reaststroke	165	Boys 10-12	200m IM				
reaststroke	166	Girls 10-12	200m Freestyle				
0m IM	167	Girls 15/16+	200 Backstroke				
.5; 116		*Finals for	events 160; 162; 163				
L5		Sunday	25 th January 2015				
		At Ba	arnet Copthall				
t 09:00		Session 7 War	m up 08:00 Start 09:00				
reestyle	250	Boys 10-12	100m Freestyle				
m IM	251	Girls 15/16+	400m IM				
Butterfly	252	*Boys 13/14	100m Freestyle				
ackstroke	253	*Girls 15/16+	100 Breaststroke				
m IM	254	Boys 10-12	200m Freestyle				
ackstroke	255	*Girls 10-12	100m Butterfly				
Butterfly	256	Boys 13/14	200 Backstroke				
reestyle	257	Girls 13/14	200m IM				
206	258	Boys 15/16+	400m Freestyle				

Saturday 24 th January 2015					
	At Barnet Copthall				
	Session 5 Wa	rm up 08:00 Start 09:00			
201	Girls 10-12	400m Freestyle			
202	Boys 13/14	100m IM			
203	*Girls 13/14	100m Butterfly			
204	Boys 15/16+	200m Backstroke			
205	*Boys 10-12	100m IM			
206	*Girls 15/16+	100m Backstroke			
207	Boys 13/14	200m Butterfly			
208	Girls 15/16+	400m Freestyle			
	Finals for e	events 202; 205; 206			
	Session 6	Warm up tbc (14:00)			
209	*Boys 15/16+	100m IM			
210	Girls 15-16+	200m Breaststroke			
211	Girls 13/14	200m Breaststroke			
212	Boys 10-12	200n Backstroke			
213	Girls 10-12	200m Butterfly			
214	*Boys 15/16+	100 Backstroke			
215	*Girls 15/16+	100m IM			
216	*Girls 13/14	100m Freestyle			
217	Boys 13/14	400m Freestyle			
	*Final for eve	ents 209; 214; 215; 216			

Sunday 25 th January 2015					
	At Barnet Copthall				
	Session 7 Wa	rm up 08:00 Start 09:00			
250	Boys 10-12	100m Freestyle			
251	Girls 15/16+	400m IM			
252	*Boys 13/14	100m Freestyle			
253	*Girls 15/16+	100 Breaststroke			
254	Boys 10-12	200m Freestyle			
255	*Girls 10-12	100m Butterfly			
256	Boys 13/14	200 Backstroke			
257	Girls 13/14	200m IM			
258	Boys 15/16+	400m Freestyle			
	Session 8 \	Warm up tbc (14:00)			
259	Girls 13/14	400m Freestyle			
260	*Girls 10-12	100m Breaststroke			
261	*Boys 15/16+	100m Freestyle			
262	*Girls 13/14	100m Breaststroke			
263	Boys 13/14	200m IM			
264	Girls 10-12	200m Backstroke			
265	Boys 15/16+	200m Breaststroke			
266	Girls 15/16+	200m Freestyle			
	*Final for e	events 260; 261; 262;			

Sunday 18th January 2015 At Barnet Copthall Session 3 Warm up 8:00 Start 9:00

200m Breaststroke

100m Backstroke

100m Butterfly

100m Backstroke

100m Butterfly

CLOSING DATE FOR ENTRIES 1st December 2014

The 2015 Age Group County Championships Inclusive of Multi Classification Events to be held at BARNET COPTHALL LEISURE CENTRE AND

SOUTHBURY ROAD LEISURE CENTRE, ENFIELD as follows:

BARNET COPTHALL SPORTS CENTRE 17^{th,} 18th, 24th, 25th JANUARY. SOUTHBURY ROAD LEISURE CENTRE 14th, 15th FEBRUARY 2015 Licensed No CC150221, CC150222, CC150223 AFFILIATED to ASA LONDON REGION

	Saturday 14 th February 2015				
	At Southbury Road Leisure Centre				
		arm up 8:15 Start 9:15			
301	Girls 16/o	4 x 50m Freestyle Relay			
302	Boys 10/11	4 x 50m Medley Relay			
303	Girls 14/15	4 x 50m Freestyle Relay			
304	Boys 12/13	4 x 50m Medley Relay			
305	Girls 12/13	4 x 50m Freestyle			
306	Boys 10-12	50m Freestyle			
307	Girls 10-12	50m Backstroke			
308	Boys 15/16+	50m Butterfly			
	Final for ev	vents Relays and 50m			
309	Girls 12/o	800m Freestyle			
	Session 10	Warm up tbc (14:30)			
310	Boys 10/11	4 x 50m Freestyle Relay			
311	Girls 14/15	4 x 50m Medley Relay			
312	Boys 16/o	4 x 50m Medley Relays			
313	Girls 15/16+	50m Breaststroke			
314	Boys 13/14	50m Butterfly			
315	Girls 13/14	50m Freestyle			
316	Boys10-12	50m Breaststroke			
317	Girls 10-12	50m Butterfly			
318	Boys 15/16+	50m Backstroke			
319	Girls 15/16+	50m Freestyle			
320	Boys 13/14	50m Breaststroke			
321	Girls 13/14	50m Backstroke			
	Final for events Relays and 50m				

	Sunday 15 th February 2015				
	At Southbury Road Leisure Centre				
	Session 11 Warm up 8:30 Start 9:30				
350	Boys 16/o	4 x 50m Freestyle Relay			
351	Girls 10/11	4 x 50m Medley Relay			
352	Boys 14/15	4 x 50m Freestyle Relay			
353	Girls 12/13	4 x 50m Medley Relay			
354	Boys 12/13	4 x 50m Freestyle Relay			
355	Girls 10-12	50m Freestyle			
356	Boys 10-12	50m Backstroke			
357	Girls 15/16+	50m Butterfly			
	Final for ev	ents Relays and 50m			
358	Boys 12/o	1500m Freestyle			
	Session 12	Warm up tbc (14:30)			
359	Girls 10/11	4 x 50m Freestyle Relay			
360	Boys 14/15	4 x 50m Medley Relay			
361	Girls 16/o	4 x 50m Medley Relays			
362	Boys 15/16+	50m Breaststroke			
363	Girls 13/14	50m Butterfly			
364	Boys 13/14	50m Freestyle			
365	Girls 10-12	50m Breaststroke			
366	Boys 10-12	50m Butterfly			
367	Girls 15/16+	50m Backstroke			
368	Boys 15/16+	50m Freestyle			
369	Girls 13/14	50m Breaststroke			
370	Boys 13/14	50m Backstroke			
	Final for ev	ents Relays and 50m			

CLOSING DATE FOR ENTRIES 1st December 2014

to be held at BARNET COPTHALL LEISURE CENTRE AND SOUTHBURY ROAD LEISURE CENTRE, ENFIELD as follows:

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ENTRY FORM

Club							
Competitors	Full name	BOY/GIRL					
Address							
Post Code			Telephone	no			
Date of birth			ation no				
email							
Note: A	All competitors equaling	or bettering the 'auto	entry qualifying ting	e entry time shown: me (the "qualifying time") in an e shed may be accepted subject to	vent will be accepted. space being available.		
	Event	Entry time	Event No	Date & Where Achieved			
	50m Freestyle						
	100m Freestyle						
	200m Freestyle						
	400m Freestyle						
	800m Freestyle						
	1500m Freestyle						
	50m Breaststroke						
	100m Breaststroke						
	200m Breaststroke						
	50m Butterfly						
	100m Butterfly						
	200m Butterfly						
	50m Backstroke				 		
	100m Backstroke						
	200m Backstroke						
	200111 Buckstroke						
	100m Ind Medley						
	200m Ind Medley						
	400m Ind Medley						
		I		_L			
No of events	entered fee e	nclosed at £5.50 pe	er main event and	£7.00 per 800m/1500m			
I declare that	I am eligible to enter th	is competition.					
Signed			date				
(swimm	er, parent or guardian)						

to be held at BARNET COPTHALL LEISURE CENTRE AND SOUTHBURY ROAD LEISURE CENTRE, ENFIELD as follows:

BARNET COPTHALL SPORTS CENTRE 17th, 18th, 24th, 25th JANUARY. SOUTHBURY ROAD LEISURE CENTRE 14th, 15th FEBRUARY 2015 Licensed No CC150221, CC150222, CC150223 AFFILIATED to ASA LONDON REGION



OFFICIALS

A Note to all participating Clubs

As you will all be aware we are always short of officials at Galas. This is a licensed gala and therefore we need licensed qualified officials.

Each attending Club must nominate <u>at least</u> 3 officials for each session and submit their names on the form below with the entries

It is essential that the Clubs take an active part in encouraging volunteers to help in this way. If the situation remains as it is, we, as a County, run the risk of not being able to have licensed meets.

Please contact Pam Crofts in any of the following ways:

Telephone 01727 827433 e-mail croftsp@aol.com

pigeon 3 Franklin Close, Colney Health, Al4 OQL

Thank you very much for your help in this matter Pam Crofts

If you require courses to be run please see the website for further development of courses. www.middlesexswimming.com

OFFICIALS / Non technical Helper for the Age Group County Championship.

(Please note that anyone who is a member of the ASA can volunteer as an official/helper)

Please return offers of help to Pam Crofts at the address above

CLUB		
Volun	teer's for	

Date	Sessions eg Session 1	Qualification eg JL1, J2S	ASA no	email

to be held at BARNET COPTHALL LEISURE CENTRE AND SOUTHBURY ROAD LEISURE CENTRE, ENFIELD as follows:

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TO WITHDRAW A SWIMMER FROM ALL THEIR EVENTS OVER THE COMPETITION PLEASE COMPLETE BELOW

Name of Club		
Swimmers Name	Event No	Event Name