



British Gas ASA East Region Youth Championships(50m) 2010

(Under ASA Laws & ASA Technical Rules)

University of East Anglia Pool – Norwich

Saturday 1st & Sunday 2nd May 2010

(Licensed Meet No. ERX011)



RELAY TEAM DECLARATION FORM

Relay Team Declaration forms must be handed to the Recorders at least 45 minutes prior to the start of the session in which the team event takes place. **Failure to swim in the declared order will result in disqualification – Technical Rule SW10.12 refers.**

CLUB:

Tick as Appropriate

| | |
|-------------------------|--|
| Male | |
| Female | |
| 4 x 100m Freestyle Team | |
| 4 x 200m Freestyle Team | |
| 4 x 100m Medley Team | |

Names of swimmers in order of competing

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| |
| |

Club Official's signature

Print Name

Date