



LINCOLN VULCANS SWIMMING CLUB
(AFFILIATED TO THE LINCOLNSHIRE AND EAST MIDLANDS REGION)

LONG COURSE LICENSED OPEN MEET 2007
(HELD UNDER ASA LAWS AND ASA TECHNICAL RULES)

INDIVIDUAL ENTRY FORM

Please complete all details requested below in **full***

Name				Male / Female
Address				
Telephone No* (We require a contact No)*			E-mail	
Date of Birth			Age as at 20th October 2007	
Club				
Unique ID Number				
Entry No (Official Use Only)				

ALL TIMES TO BE 50M POOL TIMES OR 25M CONVERTED TIMES
PLEASE REFER TO QUALIFYING TIMES INFORMATION

EVENT	ENTRY TIME 50 metres	EVENT	ENTRY TIME 50 metres
50m Freestyle		100m Butterfly	
100m Freestyle		200m Butterfly	
200m Freestyle		100m Breaststroke	
100m Backstroke		200m Breaststroke	
200m Backstroke		200m I/M	

Total No. of Entries		@ £4.75 per event = Total	£
No. of Coaches Passes Required		@ £10.00 each includes programme	£

Cheques should be made payable to LVSC

Please return entries with large SAE by **Closing Date 31st AUGUST 2007**

To: Dave Hendel
35 Shearwater Road
Off Skellingthorpe Road
Lincoln
LN6 0UZ