

ESSEX COUNTY A.S.A.
Masters and 18/24 Age Group Open Short Course Championships
(Under A.S.A. Laws and Technical rules)
Blackshots Pool, Blackshots lane, Grays, Thurrock, Essex
Saturday 8th May 2010

Team Events 2010

Name of Club

ASA National Abbreviation:

| Event | Team "A" Entry Time | Team "B" Entry Time |
|--|------------------------|------------------------|
| Men's 4 x 25m Freestyle Team 120 Years + | | |
| Men's 4 x 25m Medley Team 120 Years + | | |
| Women's 4 x 25m Freestyle Team 120 Years + | | |
| Women's 4 x 25m Medley Team 120 Years + | | |
| Mixed 4 x 25m Freestyle Team 120 Years + | | |
| Mixed 4 x 25m Medley Team 120 Years + | | |
| Men's 4 x 25m Freestyle Team 160 Years + | | |
| Men's 4 x 25m Medley Team 160 Years + | | |
| Women's 4 x 25m Freestyle Team 160 Years + | | |
| Women's 4 x 25m Medley Team 160 Years + | | |
| Mixed 4 x 25m Freestyle Team 160 Years + | | |
| Mixed 4 x 25m Medley Team 160 Years + | | |
| Men's 4 x 25m Freestyle Team 200 Years + | | |
| Men's 4 x 25m Medley Team 200 Years + | | |
| Women's 4 x 25m Freestyle Team 200Years + | | |
| Women's 4 x 25m Medley Team 200 Years + | | |
| Mixed 4 x 25m Freestyle Team 200Years + | | |
| Mixed 4 x 25m Medley Team 200 Years + | | |

N.B. Please note that entry times MUST be submitted for all Team Events and that there is a maximum of four teams per event per Club. Mixed relays must consist of two Male and two female competitors.

I certify that the members of the above Teams are amateurs and have read, understood and accept the conditions, laid down by Essex County A.S.A.

Signed _____ Date _____
 Enclosed are _____ Team entries @ £10.00 each totalling _____ £

One cheque only per Club should be sent, made payable to E.C.A.S.A. together with completed summary sheet.

Please enclose a stamped addressed envelope for the return of your Club's competitor lists or provide an email address for this to be sent. If neither are provided or if postage is insufficient, confirmation will not be sent.

CLOSING DATE FOR ENTRIES
MIDNIGHT 9TH APRIL 2010

Return to: Paul Hayes - 425 London Road – South Stifford – Grays – Essex RM20 4AB