



# Swimming National Championships

## Long Course

Saturday 29<sup>th</sup> November 2008

National Aquatic Centre, Dublin 15

Warm Up: 10.30am Competition time: 11.00am

Name: \_\_\_\_\_ E-mail: \_\_\_\_\_

Address: \_\_\_\_\_ Contact Tel No: \_\_\_\_\_

\_\_\_\_\_ Club: \_\_\_\_\_ Classification: S: \_\_\_\_\_ SB: \_\_\_\_\_ SM: \_\_\_\_\_

Please indicate (✓) which events you wish to take part in and include your Personal Best time from 2008 for each entry.

Distance	Back Stroke	PB 2008	Breast Stroke	PB 2008	Free style	PB 2008	Butterfly	PB 2008	IM	PB 2008
50m										
100m										
200m										
400m										

\*Please note a maximum of 4 events can be entered and that manual timing will be in use.

Entry fee Seniors €15

Entry fee Juniors €10

I hereby agree to abide by all the rules of this competition

(To be signed by parent/guardian if applicant Under 18 years of age).

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

### Closing date for entries

**14<sup>th</sup> November 2008**

Please send all completed entries to:

Auveen Wilson

IWA-Sport

Blackheath Drive

Clontarf

Dublin 3

Or e-mail to [auveen.wilson@iwa.ie](mailto:auveen.wilson@iwa.ie)