

# Swim England Norfolk *Swimability* GALA 2023

Riverside Leisure Centre Norwich  
Saturday 8th July 2023 – Warm up 5.00pm

## RELAY ENTRY FORM

**Name of Club**.....

Please tick if you wish to enter the relay events

4 x 25 m Medley Relay – Open - Mixed Gender	
4 x 25m Freestyle Relay – Open - Mixed Gender	

*There is no charge for relay entries – trophies will be awarded to winners*