

Swim England Norfolk *Swimability* Gala 2023 – ENTRY FORM

Riverside Leisure Centre, Wherry Road, Norwich NR1 1WX – Saturday 8th July 2023 – Warm up 5.00pm

Name of Club _____

First Name:	Surname:		
Telephone no:	Date of Birth:	M	F
Address:			
Email:			
Nature of disability:			
British Swimming / IPC Classification (if applicable)			
Do you require the use of a hoist?	Yes/No	Do you require an outside lane?	Yes/No
Do you have Epilepsy? Yes/No If Yes - Spotters Name Required			

Event	Entry Time	Event	Entry Time	Event	Entry Time
25m Freestyle		50m Freestyle		100m Freestyle	
25m Backstroke		50m Backstroke		100m Backstroke	
25m Breaststroke		50m Breaststroke		100m Breaststroke	
25m Butterfly		50m Butterfly		100m Butterfly	
				100m Individual Medley	

- Swimmers may enter 4 individual events plus relays
- The promoter has the right to restrict entries due to health and safety issues or overall timing

Signature of competitor/parent guardian of competitor under 18 yrs of age _____

Number of entries on this form.....@ £3.00 each race £..... enclosed.

Entries BY FRIDAY 16th June 2023 to:

Anthony Moore - Boarded Barn Farm, Ormesby St. Margaret, Great Yarmouth, Norfolk, NR29 3QH

Email: anthony.paola@btopenworld.com

Cheques made payable to Norfolk County ASA, please E-mail for BACS details