

# City of St Albans Amateur Swimming Club

(Affiliated to SCASA and HASA)

## HITCHIN SWIMMING CLUB OPEN MEET SUNDAY 29TH NOVEMBER 2009 Hitchin Swim Centre

### AGE GROUPS

Single year age groups 9, 10, 11 50m all strokes & 100 IM

Single year age groups 12, 13, 14, 15+ years, 100m all strokes & 200 IM

Ages will be as at 29<sup>th</sup> November 2009

### CLOSING DATE

All entries must be received by Tuesday 29th September 2009

### COST

£4.00 per event

Cheques payable to "K Henson"

### ENTRY TIMES

Events will be "Heat Declared Winners" and will be seeded according to entry times.

SWIMMERS NAME:
ASA No:
DATE OF BIRTH:
AGE on 29 <sup>th</sup> November 2009:
<b>Insert Entry Time</b>
50m Freestyle (11 & Under)
50m Backstroke (11 & Under)
50m Breaststroke (11 & Under)
50m Butterfly (11 & Under)
100m Freestyle (12+)
100m Backstroke (12+)
100m Breaststroke (12+)
100m Butterfly (12+)
100m Individual Medley (11 & Under)
200m Individual Medley (12+)

ENTRIES WILL NOT BE ACCEPTED WITHOUT PAYMENT

Please submit cheque and entry details to **Karen Henson** (01727 873393/07506 489380) or post to:  
14 Maplefield, Park Street, St Albans, Herts. AL2 2BG.