

DSE Swimming – Nationwide North West Regional Gala – Europa Pools, Birkenhead - Sunday 15th November 2009

COMPLETED ENTRY FORM to be sent by Nov 7th to:
DSE NW, c/o 68 Buxton Old Rd, Disley, Chesh, SK12 2BU
Entry fees by cheque/PO payable to: 'NW Disability Swim Squad'. Entry **per swimmer**: £5 for 18+, £3 for under 18 (age on day) and unwaged.

Enter MAXIMUM 6 races per swimmer. Keep a copy of your entry.
Enter approximate times where known in each event, otherwise enter a tick.
Only enter 25m races if unable to do 50m or 100m.
* - 75m IM = 25m each of back, breast & freestyle; 100m IM is 25m each of fly, back, breast, free; 200m IM is 50m each of fly, back, breast, free.
+ - Enter your DSE profile or 'S' classification if known
- Indicate disability. (physical, learning, visual, hearing or other)

ADDRESSES/PHONE NUMBERS MUST BE ENTERED

SWIMMERS' FULL NAMES please indicate anyone with epilepsy	M / F	age and D of B if 18 or under	CLASSIF'N/ PROFILE/ GROUP IF KNOWN +	PD? LD? VI? ? #	BREAST STROKE (CHOOSE 1 OR 2)			BACK STROKE (CHOOSE 1 OR 2)			FREE STYLE (CHOOSE 1 OR 2)			BUTTER FLY (CHOOSE 1 OR 2)			IND'L MEDLEY * (CHOOSE 1 ONLY)		
					25 m	50 m	100 m	25 m	50 m	100 m	25 m	50 m	100 m	25 m	50 m	100 m	75 m	100 m	200 m
1																			
2																			
3																			
4																			
5																			
6																			

swimmer	Address and phone number	swimmer	Address and phone number
1		4	
2		5	
3		6	

COACH'S NAME & SCHOOL/CLUB NAME where applicable	COACH/SCHOOL ADDRESS & PHONE NUMBER if applicable	REMEMBER ENTRY FEE IS PER SWIMMER £5 for 18+, £3 for under 18
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Nationwide North West Regional Swimming Gala

Sunday 15th November 2009
Europa Pools, Birkenhead, Wirral

Conway Street, Birkenhead, Wirral CH41 6RN

registration 3.30pm; warm up 3.45pm; starting 4.15pm

Open to swimmers of all ages,

with any physical disability, visual or hearing impairment, or learning difficulty,
from the North West (Cheshire, Cumbria, Lancs, Manchester, Merseyside)

Entries to be in ASAP - by November 7th latest.

Call 01704 540006, 01663 763002 or 01744 635600 with queries

Swimmers of any age are welcome.
Entrants should be able to complete
the distance unaided in a recognisable
swimming stroke.

The official times gained at these trials may qualify for the 2010 DSE Short Course Swimming National Championships. The Junior Championships are in March and are swum in two age groups (10 to under 14 and 14 to under 18). The Open Championships are for anyone over 10 years meeting the Standards and are in November 2010. You are urged to enter this Regional Gala as a stepping stone towards next year's events.

This event is a time trial, open to all swimmers whether classified or not.

Whatever your disability, competitive swimming is by Classification, so that you swim with swimmers of similar capability. British Swimming is responsible for Classification and has information in the Disability section of their website www.britishswimming.org

HURRY!! - BE SURE OF YOUR ENTRY - return your entry forms NOW! on behalf of yourself, a club, a school, or a team. Call the numbers above with any queries, or email swimnorthwest@tiscali.co.uk

SWIMMERS WHO ARE KEEN TO ACHIEVE IN SWIMMING MAY BE INVITED TO JOIN THE NORTH WEST DISABILITY SWIM SQUAD www.swimnorthwest.org.uk

Members of the North West Swim Squad are on the British Swimming World Class TALENT, DEVELOPMENT and PODIUM Programmes! Will you achieve that?!?



Organised by Disability Sport Events in the North West with grateful support from the Wirral MBC and Merseyside Sport.