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| CITY OF LIVERPOOL SWIMMING CLUB(Affiliated to the Swim North West A.S.A.) |
| President Mr.N.Wilkinson | Ianduck.bmp |
| Life Vice President Mrs.D.Jameson | Life Vice President Mr.T.Tunstall |
| Chairman Mr.B.Langley | Vice Chairman Mr.C.Grayson |
| Chief Coach Mr.M.Roberts | Secretary Miss M. Langley |
| Website: [www.colsc.weebly.com](http://www.colsc.weebly.com) |

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| Swimmers Name |  |

Dear Swimmers/parents/guardians,

Please find attached some of the meet information, the programme of events and an entry form for the NorthWest Region Short Course Winter Championships to be held at the Liverpool Aquatics Centre on 7th & 8th November 2015. The full meet conditions are available to read on our website [www.colsc.weebly.com](http://www.colsc.weebly.com) or on [Winter Championships](http://www.swimming.org/NorthWest/disciplines/asa-north-west-region-championships/)

Once **FULLY COMPLETED**, Please return forms to me in person, via your squad coach, or post to:

Neil White, 7 Mossgate Grove, Liverpool L14 0JT by **Monday 12th October 2015** Thanks, NEIL

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| **Club** | **City of Liverpool Swimming Club** |
| **ASA No.** |  | **Gender** |  |
| **Date Of Birth** |  |
| **Address** |  | **Tel no.** |  |
| **Email** |  |

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| **Event** | **Time****(25M) Please indicate if converted** | **Where and When Achieved?** **(THESE WILL BE CHECKED AGAINST THE RANKINGS)** |
| **50m Freestyle** |  |  |
| **100m Freestyle** |  |  |
| **200m Freestyle** |  |  |
| **400m Freestyle** |  |  |
| **800m Freestyle (GIRLS)** |  |  |
| **1500m Freestyle (BOYS)** |  |  |
| **50m Backstroke** |  |  |
| **100m Backstroke**  |  |  |
| **200m Backstroke** |  |  |
| **50m Breaststroke** |  |  |
| **100m Breaststroke**  |  |  |
| **200m Breaststroke** |  |  |
| **50m Butterfly** |  |  |
| **100m Butterfly**  |  |  |
| **200m Butterfly** |  |  |
| **200m Individual Medley** |  |  |
| **400m Individual Medley** |  |  |

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| **Total Number of Entries** |  |
| **Total (£5.75 per individual)** |  |
| **Swimmer’s Signature** |  | **Date** |  |
| **Signed Parent/Guardian** **(If swimmer is under 18 years)** |  | **Date** |   |

\*\*Cash AND cheques acceptable - Please make cheques payable to ‘The City of Liverpool Swimming Club’\*\*

**Qualifying times must have been achieved at a Level 1, 2 or 3 Licensed Meet between October 12th 2014 and October 12th 2015.**

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| **Session 1**Date: Saturday 7/11/2015Time: 8.00am warm up for 9.15am start | **Session 2**Date: Saturday 7/11/2015Time: 1.15pm warm up for 2.30pm start (TBC on day) |
| **HEATS**Event 101 Mens Open 200m breaststroke Event 102 Womens Open 100m butterfly Event 103 Mens Open 100m freestyle Event 104 Womens Open 50m freestyle Event 105 Mens Open 50m butterfly Event 106 Womens Open 200m backstroke Event 107 Mens Open 400m IM Event 108 Womens Open 800m freestyle**TEAM EVENTS**Event 109 Mens Open 400m medley team Event 110 Womens Open 400m medley team**FINALS**Event 111 Junior Mens 200m breaststrokeEvent 112 Senior Mens 200m breaststrokeEvent 113 Junior Womens 100m butterflyEvent 114 Senior Womens 100m butterflyEvent 115 Junior Mens 50m butterfly Event 116 Senior Mens 50m butterfly Event 117 Junior Womens 50m freestyleEvent 118 Senior Womens 50m freestyleEvent 119 Junior Mens 100m freestyle Event 120 Senior Mens 100m freestyle Event 121 Junior Womens 200m backstrokeEvent 122 Senior Womens 200m backstroke | **HEATS**Event 201 Womens Open 200m freestyle Event 202 Mens Open 100m backstroke Event 203 Womens Open 200m IM Event 204 Mens Open 200m butterfly Event 205 Womens Open 50m backstroke Event 206 Mens Open 50m breaststroke Event 207 Womens Open 100m breaststroke Event 208 Mens Open 400m freestyle**TEAM EVENTS**Event 209 Womens Open 800m freestyle team Event 210 Mens Open 800m freestyle team**FINALS**Event 211 Junior Womens 200m freestyle Event 212 Senior Womens 200m freestyleEvent 213 Junior Mens 100m backstrokeEvent 214 Senior Mens 100m backstrokeEvent 215 Junior Womens 200m IM Event 216 Senior Womens 200m IM Event 217 Junior Mens 200m butterflyEvent 218 Senior Mens 200m butterflyEvent 219 Junior Womens 100m breaststrokeEvent 220 Senior Womens 100m breaststrokeEvent 221 Junior Mens 50m breaststroke Event 222 Senior Mens 50m breaststroke Event 223 Junior Womens 50m backstrokeEvent 224 Senior Womens 50m backstroke |

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| **Session 3**Date: Sunday 8/11/2015Time: 8.00am warm up for 9.15am start | **Session 4**Date: Sunday 8/11/2015Time: 1.15pm warm up for 2.30pm start (TBC on day) |
| **HEATS**Event 301 Mens Open 200m freestyle Event 302 Womens Open 100m backstroke Event 303 Mens Open 200m IM Event 304 Womens Open 200m butterfly Event 305 Mens Open 50m backstroke Event 306 Womens Open 50m breaststroke Event 307 Mens Open 100m breaststroke Event 308 Womens Open 400m IM**TEAM EVENTS**Event 309 Mens Open 400m freestyle team Event 310 Womens Open 400m freestyle team**FINALS**Event 311 Junior Mens 200m freestyle Event 312 Senior Mens 200m freestyleEvent 313 Junior Womens 100m backstrokeEvent 314 Senior Womens 100m backstrokeEvent 315 Junior Mens 200m IM Event 316 Senior Mens 200m IM Event 317 Junior Womens 200m butterflyEvent 318 Senior Womens 200m butterflyEvent 319 Junior Mens 100m breaststrokeEvent 320 Senior Mens 100m breaststrokeEvent 321 Junior Womens 50m breaststroke Event 322 Senior Womens 50m breaststroke Event 323 Junior Mens 50m backstrokeEvent 324 Senior Mens 50m backstroke | **HEATS**Event 401 Womens Open 100m freestyle Event 402 Mens Open 100m butterfly Event 403 Womens Open 100m IM Event 404 Mens Open 50m freestyle Event 405 Womens Open 50m butterfly Event 406 Mens Open 200m backstroke Event 407 Womens Open 200m breaststrokeEvent 408 Mens Open 100m IM Event 409 Womens Open 400m freestyleEvent 410 Mens Open 1500m freestyle**FINALS**Event 411 Junior Womens 100m freestyleEvent 412 Senior Womens 100m freestyleEvent 413 Junior Mens 100m butterflyEvent 414 Senior Mens 100m butterflyEvent 415 Junior Womens 50m butterfly Event 416 Senior Womens 50m butterfly Event 417 Junior Mens 50m freestyleEvent 418 Senior Mens 50m freestyleEvent 419 Junior Womens 100m IMEvent 420 Senior Womens 100m IMEvent 421 Junior Mens 200m backstrokeEvent 422 Senior Mens 200m backstrokeEvent 423 Junior Womens 200m breaststrokeEvent 424 Senior Womens 200m breaststrokeEvent 425 Junior Mens 100m IMEvent 426 Senior Mens 100m IM |

**These are 25m times.**

**Qualifying times must have been achieved at a Level 1, 2 or 3 Licensed Meet between October 12th 2014 and October 12th 2015**

**Age will be as of midnight on December 31st 2015**

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|  | **Boys** | **Girls** |
|  | 16/under | 17/over | 16/under | 17/over |
| 50m Freestyle | 28.1 | 26.0 | 30.4 | 29.2 |
| 100m Freestyle | 01:01.4 | 56.1 | 01:04.8 | 01:03.8 |
| 200m Freestyle | 02:14.2 | 02:07.1 | 02:20.1 | 02:17.0 |
| 400m Freestyle | 04:44.6 | 04:28.6 | 04:55.9 | 04:52.6 |
| 800m Freestyle | N/A | N/A | 10:11.2 | 10:03.2 |
| 1500m Freestyle | 18:39.0 | 17:43.6 | N/A | N/A |
|  |  |  |  |  |
| 50m Backstroke | 33.6 | 31.2 | 34.9 | 34.2 |
| 100m Backstroke | 01:09.9 | 01:04.9 | 01:12.9 | 01:11.2 |
| 200m Backstroke | 02:30.9 | 02:20.2 | 02:36.0 | 02:32.5 |
|  |  |  |  |  |
| 50m Breaststroke | 36.5 | 34.4 | 38.5 | 37.7 |
| 100m Breaststroke | 01:19.4 | 01:14.7 | 01:23.6 | 01:22.0 |
| 200m Breaststroke | 02:51.3 | 02:41.9 | 02:59.9 | 02:57.2 |
|  |  |  |  |  |
| 50m Butterfly | 31.4 | 27.7 | 32.7 | 32.3 |
| 100m Butterfly | 01:08.6 | 01:02.7 | 01:11.5 | 01:10.3 |
| 200m Butterfly | 02:36.6 | 02:25.5 | 02:42.4 | 02:32.5 |
|  |  |  |  |  |
| 100m IM | 01:11.9 | 01:07.1 | 01:14.6 | 01:13.8 |
| 200m IM | 02:33.1 | 02:22.8 | 02:38.7 | 02:37.0 |
| 400m IM | 05:25.0 | 05:06.7 | 05:34.8 | 05:34.9 |