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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 7/11/2015  Time: 8.00am warm up for 9.15am start | **Session 2**  Date: Saturday 7/11/2015  Time: 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 breaststroke  Event 112 Senior Mens 200m breaststroke  Event 113 Junior Womens 100m butterfly  Event 114 Senior Womens 100m butterfly  Event 115 Junior Mens 50m butterfly  Event 116 Senior Mens 50m butterfly  Event 117 Junior Womens 50m freestyle  Event 118 Senior Womens 50m freestyle  Event 119 Junior Mens 100m freestyle  Event 120 Senior Mens 100m freestyle  Event 121 Junior Womens 200m backstroke  Event 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 freestyle  Event 213 Junior Mens 100m backstroke  Event 214 Senior Mens 100m backstroke  Event 215 Junior Womens 200m IM  Event 216 Senior Womens 200m IM  Event 217 Junior Mens 200m butterfly  Event 218 Senior Mens 200m butterfly  Event 219 Junior Womens 100m breaststroke  Event 220 Senior Womens 100m breaststroke  Event 221 Junior Mens 50m breaststroke  Event 222 Senior Mens 50m breaststroke  Event 223 Junior Womens 50m backstroke  Event 224 Senior Womens 50m backstroke |

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| **Session 3**  Date: Sunday 8/11/2015  Time: 8.00am warm up for 9.15am start | **Session 4**  Date: Sunday 8/11/2015  Time: 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 freestyle  Event 313 Junior Womens 100m backstroke  Event 314 Senior Womens 100m backstroke  Event 315 Junior Mens 200m IM  Event 316 Senior Mens 200m IM  Event 317 Junior Womens 200m butterfly  Event 318 Senior Womens 200m butterfly  Event 319 Junior Mens 100m breaststroke  Event 320 Senior Mens 100m breaststroke  Event 321 Junior Womens 50m breaststroke  Event 322 Senior Womens 50m breaststroke  Event 323 Junior Mens 50m backstroke  Event 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 breaststroke  Event 408 Mens Open 100m IM  Event 409 Womens Open 400m freestyle  Event 410 Mens Open 1500m freestyle  **FINALS**  Event 411 Junior Womens 100m freestyle  Event 412 Senior Womens 100m freestyle  Event 413 Junior Mens 100m butterfly  Event 414 Senior Mens 100m butterfly  Event 415 Junior Womens 50m butterfly  Event 416 Senior Womens 50m butterfly  Event 417 Junior Mens 50m freestyle  Event 418 Senior Mens 50m freestyle  Event 419 Junior Womens 100m IM  Event 420 Senior Womens 100m IM  Event 421 Junior Mens 200m backstroke  Event 422 Senior Mens 200m backstroke  Event 423 Junior Womens 200m breaststroke  Event 424 Senior Womens 200m breaststroke  Event 425 Junior Mens 100m IM  Event 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 |