

LAP COUNTER

NAME OF SWIMMER _____

Mark each length on this sheet as the swimmer completes the distance.

The length of the pool is:- _____ **Metres/**Yards (Delete one**)

LENGTHS COMPLETED

1	26	51	76	101	126	151	176	201	226
2	27	52	77	102	127	152	177	202	227
3	28	53	78	103	128	153	178	203	228
4	29	54	79	104	129	154	179	204	229
5	30	55	80	105	130	155	180	205	230
6	31	56	81	106	131	156	181	206	231
7	32	57	82	107	132	157	182	207	232
8	33	58	83	108	133	158	183	208	233
9	34	59	84	109	134	159	184	209	234
10	35	60	85	110	135	160	185	210	235
11	36	61	86	111	136	161	186	211	236
12	37	62	87	112	137	162	187	212	237
13	38	63	88	113	138	163	188	213	238
14	39	64	89	114	139	164	189	214	239
15	40	65	90	115	140	165	190	215	240
16	41	66	91	116	141	166	191	216	241
17	42	67	92	117	142	167	192	217	242
18	43	68	93	118	143	168	193	218	243
19	44	69	94	119	144	169	194	219	244
20	45	70	95	120	145	170	195	220	245
21	46	71	96	121	146	171	196	221	246
22	47	72	97	122	147	172	197	222	247
23	48	73	98	123	148	173	198	223	248
24	49	74	99	124	149	174	199	224	249
25	50	75	100	125	150	175	200	225	250

Partial lengths completed (Put a tick against the nearest 5 yards or metres completed.)

Round DOWN to the last 5 yards (or metres) completed.

5 _____ 10 _____ 15 _____ 20 _____ 25 _____ 30 _____ 35 _____ 40 _____ 45 _____ 50 _____

No. of lengths swum = _____ x _____ (pool length) = _____ (Yards/Metres)

Bring forward total
distance swum on _____ = _____ + _____ (part length swum) = _____ (Yards/Metres)
completed lengths

If yards multiply by 0.9144 to convert to metres. **GRAND TOTAL METRES** _____

ENTRY FEES ENCLOSED: U.K. ENTRIES:- £ _____ for _____ individual entry(s) at £3.75
£ _____ for _____ team entry(s) at £3.00 each *Sets of results sheets at £2.00 each*

OVERSEAS ENTRIES:- \$ _____ for _____ individual entry(s) at \$9.00 (US) or \$9.50 (CAN)
Plus \$ _____ for _____ team entry(s) at \$6.00 (US) or \$6.50 (CAN)

Set of results sheets at \$5.00 (US) or \$7.00 (CAN)

OVERSEAS ENTRIES MUST BE PAID IN STERLING WHEREVER POSSIBLE PLEASE. MONEY ORDER OR CASH WILL BOTH BE ACCEPTABLE US AND CANADIAN \$ ARE THE ONLY OTHER ACCEPTABLE CURRENCY. OVERSEA ENTRY FEE INCLUDES MAILING SOUVENIRS BY SURFACE MAIL. I ENCLOSE CHEQUE/PO/MONEY ORDER PAYABLE TO B.L.D.S.A)

OVERSEAS CHEQUES CANNOT BE ACCEPTED

COUNTERS

Each swimmer must provide their own counter who can act as timekeeper and starter.

Each counter MUST be a responsible person.

ENTRY FOR MORE THAN ONE EVENT

Some swimmers may wish to enter more than one age category for which they are eligible ie; a 15 year old could enter the under 16 and open sections. This is quite acceptable provided 2 entry forms are completed and two entry fees are paid.

BULK ENTRIES

Clubs may send all entries together with one payment for entry fees, etc. A special entry form has been devised for "bulk" entries to reduce paper work and make it simpler for everybody. Please note that we can only accept bulk entries when accompanied by this special form, (or copies thereof). **NOTE****INDIVIDUAL ENTRY FORMS DO NOT NEED TO BE SENT WHEN BULK ENTRY FORMS ARE USED.**

ALL BULK ENTRIES must be accompanied by a S.A.E.- THIS MUST BE a strong jiffy bag or similar envelope, at least 9" x 7" (22.8 x 17.8 cms). Stamps required are £1.20 up to 20 entries, and £2.10 for over 20 entries. Thank you.

CLOSING DATE

All entry envelopes MUST be postmarked no later than 1st March. Any postmarked after that date will be returned.

FOUR WEEKS will be allowed for overseas mail to arrive – after which adjudication will take place and the winners announced.

OVERSEAS SWIMMERS – PLEASE SEND YOUR ENTRY AIRMAIL to avoid any disappointment from late arrival in the UK.

RESULTS SHEETS

A full list of results will be duplicated after adjudication. If you would like a list, please add £1.00 to your entry fee (UK). Overseas entries add \$2.50(US) or \$3.50 (CAN). **ALSO MAKE SURE YOUR RETURN ENVELOPE IS A4 SIZE TO TAKE THE BOOKLET.** (No envelope required for overseas entries).

TIME DELAY

No medallions or souvenir badges will be forwarded until the adjudication is complete. Please do not expect to here from us until May or June. Overseas results and souvenirs will be mailed via airmail.

POSTAL SWIM SECRETARIAT

All entry forms MUST BE COMPLETED IN FULL, and must be accompanied by the appropriate entry fee AND A STAMPED ADDRESSED ENVELOPE.

PLEASE WRITE CLEARLY WHEN COMPLETING ENTRY FORMS.

All entry forms, and any questions about the Postal swim should be sent to: -

**MR D. FEAKES,
HIGHER VIEW,
OFFAL PIT LANE, NEWTON,
FRODSHAM.
CHESHIRE.
ENGLAND
WA6 6TN**

TEL: 01928 788527 (Please phone between 7.00 and 9.00pm)

EMAIL: bldsapostalswim@tiscali.co.uk