Club	Nationality			Official use Only	
Swimmers First Name	**Surname**	**Sex (M or F)**	**Age on 1st January**	**Total Distance in Metres**	**Disability H1,H2,H3**

Signed:_____Date:_____Full Name & Address:_____
Club Secretary

_____

Telephone Number: e mail : _____Postcode:- _____

Signed:_____Date:_____Full Name & Address_____
Club President/Chairman

_____

Telephone Number: e mail: _____Postcode:-_____

TEAM ENTRIES

All team entries MUST be made on the Team Entry Form portion of the Main Form/Information Sheet or copies thereof --- or you can obtain from us "Bulk" Entry Forms for teams by sending a s.a.e. letting us know approximately the number of teams you will enter or from the Postal Swim website at: postalswim.com.

WE ENCLOSE THE FOLLOWING:-

£_____FOR_____ Individual Entries at £3.75 each-and £_____FOR_____ Team Entries at £3.00 per Team Entries

PLUS £_____FOR _____ Set(s) of results sheets at £2.00 each--------A Total of £_____

Our Cheque / P.O. is made payable to the B.L.D.S.A. We enclose a S.A.E. as per the details on the Information Sheet.