



Harlow Penguins Swimming Club

www.harlowpenguins.com



2019 East Region Qualifier Open Meet

A Level 3 Licensed meet No. 3ER190522
under ASA Laws & ASA Technical Rules of Swimming

Harlow LeisureZone, Essex. CM20 3DT
Friday 29th March 2019
Saturday 30th March 2019

INDIVIDUAL ENTRY FORM

Surname:	Forename:
Address:	
Tel:	Club:
email:	DoB:
ASA#:	Age at 30/03/19:
Male / Female:	

DISTANCE	EVENT	ENTRY FEE	ENTRY TIME
50m	Backstroke		
50m	Breaststroke		
50m	Butterfly		
50m	Freestyle		
100m	Backstroke		
100m	Breaststroke		
100m	Butterfly		
100m	Freestyle		
200m	Backstroke		
200m	Breaststroke		
200m	Butterfly		
200m	Freestyle		
200m	IM		
400m	Freestyle		
400m	IM		
	TOTAL FEE	£	No time = no swim

Entry fee £6.00 per event

Please make cheques payable to HPSC
Closing date for entries is 28th February 2019
Completed form & cheque should be sent to:

Jonathan Chan: 117 Parsonage Leys, Harlow. Essex. CM20 3PH.
Only individual entries on this form –electronic Club entries to be sent by SPORTSYS to openmeet@harlowpenguins.com. One cheque per Club.