



Year **2019**

Zone \_\_\_\_\_

# SWIMMING SPORT FORM

Revised December 2018

Entries must comply with the 55+ BC Games sport specific rules and the BCSGS General Rules Book & Policies .

### Age Category – Men and Women

55-59  60-64  65-69  70-74  75-79  80-84  85-89  90+

Fill in the preferred first name and last name of the participant and participant's MSABC # if applicable (9 digits):

Name: \_\_\_\_\_ MSABC # \_\_\_\_\_

**Men's events**  **Women's events**

*A swimmer is limited to a maximum of 6 individual events and no more than 3 individual events per day.*

25m Backstroke \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

Please use correct format

25m Breaststroke \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
Min : Sec . 10<sup>th</sup> of sec

25m Butterfly \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

25m Freestyle \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

50m Backstroke \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

50m Breaststroke \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

50m Freestyle \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

100m Backstroke \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

100m Breaststroke \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

100m Freestyle \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

200m Freestyle \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

400m Freestyle \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

800m Freestyle \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

100m Individual medley \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

200m Individual medley \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\*\*\*\*Zone relay teams will be assembled during the Games

