



Year **2019**
Zone _____

SWIMMING SPORT FORM

Revised March 2019

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 . 10th of sec

25m Butterfly _____ : _____ . _____

25m Freestyle _____ : _____ . _____

50m Backstroke _____ : _____ . _____

50m Breaststroke _____ : _____ . _____

50m Freestyle _____ : _____ . _____

50m Butterfly _____ : _____ . _____

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

