



Year **2020**

Zone \_\_\_\_\_

# SWIMMING SPORT FORM

Revised November 2019

Registrations must comply with sport specific rules and the General Rules Book.

## Age Categories – 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**  *Each participant is limited to a MAXIMUM of 6 individual events and may not swim more than 3 individual events per day.*

<input type="checkbox"/> 25m Backstroke	_____ : _____ . _____	Please use correct format _____ : _____ . _____
<input type="checkbox"/> 25m Breaststroke	_____ : _____ . _____	Min : Sec . 10 <sup>th</sup> of sec
<input type="checkbox"/> 25m Butterfly	_____ : _____ . _____	
<input type="checkbox"/> 25m Freestyle	_____ : _____ . _____	
<input type="checkbox"/> 50m Backstroke	_____ : _____ . _____	
<input type="checkbox"/> 50m Breaststroke	_____ : _____ . _____	
<input type="checkbox"/> 50m Freestyle	_____ : _____ . _____	
<input type="checkbox"/> 50m Butterfly	_____ : _____ . _____	
<input type="checkbox"/> 100m Backstroke	_____ : _____ . _____	
<input type="checkbox"/> 100m Breaststroke	_____ : _____ . _____	
<input type="checkbox"/> 100m Freestyle	_____ : _____ . _____	
<input type="checkbox"/> 200m Freestyle	_____ : _____ . _____	
<input type="checkbox"/> 400m Freestyle	_____ : _____ . _____	
<input type="checkbox"/> 800m Freestyle	_____ : _____ . _____	
<input type="checkbox"/> 100m Individual medley	_____ : _____ . _____	
<input type="checkbox"/> 200m Individual medley	_____ : _____ . _____	<b>****Zone relay teams will be assembled during the Games</b>

Each zone may enter up to 24 men and 24 women. Three men and three women participants from each category per zone for a maximum of six participants from each age category per zone. Please complete one form per participant.