

## WELSH CAPITAL OPEN MEET

**Saturday 3<sup>rd</sup> Sunday 4<sup>th</sup> November 2018**

### INTERNAL ENTRY FORM - closing date 20:00 1 October 2018

Please complete all details requested below in full. Please tick the events you wish to enter.  
Times will be taken from the club database for seeding and converted if required.

NAME	MALE	FEMALE
WASA Registration Number	SQUAD	
CONTACT DETAILS E mail:	DATE OF BIRTH	
	AGE AT (4 November 2018)	
Tel No		

EVENT	EVENT No.	Entry Time LC or SC	ENTRY PRICE	
50m Butterfly			@ £8.50	<p>All entries to be placed in the post box at CIP with the appropriate payment, please do not hand to coaches. <b>CHEQUES PAYABLE to City of Cardiff Swimming Club. NO CASH</b></p> <p>Please write the swimmers name and squad detail on the reverse of the cheque.</p> <p>Entries not accompanied by the correct payment will not be processed until the correct payment has been received.</p> <div style="background-color: black; height: 15px; width: 100%;"></div> <p>OFFICIALS</p> <p>Without officials the Meet will not take place. CCSC always welcome parents who are interested in Timekeeping and Officiating at the galas. Further info on training the Club can provide, please contact Jim McCulloch: <a href="mailto:officials@cardiffswimming.co.uk">officials@cardiffswimming.co.uk</a></p>
50m Back			@ £8.50	
50m Breast			@ £8.50	
50m Freestyle			@ £8.50	
100m Butterfly			@ £8.50	
100m Back			@ £8.50	
100m Breast			@ £8.50	
100m Freestyle			@ £8.50	
200m Butterfly			@ £8.50	
200m Back			@ £8.50	
200m Breast			@ £8.50	
200m Freestyle			@ £8.50	
400m Freestyle			@ £8.50	
800m Free 13+			@ £8.50	
1500m Free 13+			@ £8.50	
100m IM 9-12			@ £8.50	
200m IM 13+			@ £8.50	
400m IM 13+			@ £8.50	

<b>TOTAL No. of ENTRIES</b>	<b>@ £8.50</b>	<b>TOTAL</b>
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<b>YOUR CLUB NEEDS YOU!</b>							<b>VOLUNTEER ROTA</b>						
Please <u>tick</u> below to indicate what help you can give and in which sessions. Our volunteer co-ordinator will be in touch													
PARENT NAME							Swim Wales Member number required to be poolside:						
Sessions	1	2	3	4	5	6	poolside roles	1	2	3	4	5	6
Announcer							Marshal						
Runner							Warm up Marshal						
							Drinks/Sweets						
							Medals						
Control Room							OFFICIALS						
Meet Office							email Jim McCulloch	<a href="mailto:officials@cardiffswimming.co.uk">officials@cardiffswimming.co.uk</a>					

**We cannot run our galas without volunteers to help  
The more parents we have to help, the less there is for everyone to do.**

**PLEASE CAREFULLY READ THE MEET PACK!**