



S4EA SWIM MEET ENTRY FORM



Check Swim Meet(s) Entering

_____ July 23, 2022 S4EA Swim Meet 8:00am at St. Madeleine Sophie's Center-2119 E. Madison Ave., El Cajon 92019

Team Name: _____ Head Coach: _____

Phone: H (____) _____ - _____ W (____) _____ - _____ C (____) _____ - _____ Email: _____

Address: _____ City: _____ Zip: _____

PLEASE LIST ATHLETE NAMES ALPHABETICALLY BY LAST NAME

ATHLETE NAME	M/F	BIRTHDATE	SEIZ Y/N	EVENT #1	TIME MIN:SEC.HUN	EVENT #2	TIME MIN:SEC.HUN	EVENT #3	TIME MIN:SEC.HUN
1)									
2)									
3)									
4)									
5)									
6)									
7)									
8)									
9)									
10)									

OFFERED EVENTS: Athletes may enter 3 events, plus a relay. Please enter times in MIN:SEC.HUN

Standard Events

25F – 25M Freestyle
 50F – 50M Freestyle
 100F – 100M Freestyle
 200F – 200M Freestyle
 25B – 25M Backstroke
 50B – 50M Backstroke
 25BR – 25M Breaststroke

50BR – 50M Breaststroke

25FL – 25M Butterfly
 50FL – 50M Butterfly
 100IM – 100M Individ. Medley
Short Distance Events
 15KB – 15M Kickboard
 15WK – 15M Walk
 15AS – 15M Asstd. Freestyle

Modified Stroke Events

25AS – 25M Assisted Freestyle
 25BRM – 25M Mod. Breaststroke
 25BKM – 25M Mod. Backstroke
 25FLM – 25M Mod. Butterfly
 Events designed for beginning swimmers that may require modification of the standard stroke to compete.

RETURN BY JULY 14, 2022 TO:
SPORTS for Exceptional Athletes
8380 Vickers St., Suite E
San Diego, CA 92111
Phone 858.565.7432/Fax 858.565.7431
www.s4ea.org / E-mail: sds4ea@gmail.com



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Team: _____ Head Coach: _____ Phone: _____

ATHLETE NAME	M/F	BIRTHDATE	SEIZ Y/N	EVENT #1	TIME MIN:SEC.HUN	EVENT #2	TIME MIN:SEC.HUN	EVENT #3	TIME MIN:SEC.HUN
11)									
12)									
13)									
14)									
15)									
16)									
17)									
18)									
19)									
20)									

RELAY TEAMS: 4 x 25M Freestyle Relay

Team 1 (Freestyle)

Team 2 (Freestyle)

Team 3 (Freestyle)

ALT: _____

ALT: _____

ALT: _____

TIME: _____

TIME: _____

TIME: _____