



S4EA SWIM MEET ENTRY FORM



Check Swim Meet(s) Entering

____ Aug 9, 2025 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 29, 2025 TO:

SPORTS for Exceptional Athletes

8380 Vickers St., Suite E

San Diego, CA 92111

Phone 858.565.7432/Fax 858.496.7309

www.s4ea.org / E-mail: sds4ea@gmail.com



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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: _____