



# S4EA SWIM MEET ENTRY FORM



Check Swim Meet(s) Entering

\_\_\_\_\_ Aug 8, 2026 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 28, 2026 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](http://www.s4ea.org) / E-mail: [sds4ea@gmail.com](mailto: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)

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ALT: \_\_\_\_\_

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TIME: \_\_\_\_\_

TIME: \_\_\_\_\_

TIME: \_\_\_\_\_