Alamo Cup Long Course

Entry Form

|  |  |  |  |
| --- | --- | --- | --- |
| **Event Number** | **Distance Yards** | **Stroke** | **Entry Time** |
| 1 | 100 | Free |  |
| 2 | 200 | IM |  |
| 3 | 100 | Back |  |
| 10 Min Break |  |  |  |
| 4 | 100 | Brst |  |
| 5 | 200 | Free |  |
| 6 | 50 | Back |  |
| 10 Min Break |  |  |  |
| 7 | 50 | Fly |  |
| 8 | 100 | IM |  |
| 9 | 50 | Brst |  |
| 10 Min Break |  |  |  |
| 10 | 200 | Back |  |
| 11 | 50 | Free |  |
| 12 | 100 | Fly |  |

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Email\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone #\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Age as of 7/1/19\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

USMS#\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Deadline July 21, 2019**

**\*\*USMS Participant Waiver**

**\*\*COPY OF CURRENT USMS Card**

**\*\*PAYMENT OF CASH OR CHECK**

**MUST BE ATTACHED OR ENTRIES WILL NOT BE SUBMITTED**

The length of the competition course without a bulkhead is in compliance and on file with USMS in

Accordance with articles 105.1.7 and 106.2.1

Mail or hand deliver to:

Kim Hansen

C/O Northside ISD Aquatics

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