



Harlow Penguins  
Swimming Club

www.harlowpenguins.com



**SwimMark**  
ESSENTIAL CLUB

Affiliated to  
**Swim England**  
East Region

## 9th Eric Shepherd Open Meet

A Level 3 Licensed meet No. 3ER221265  
under SE Laws & SE Technical Rules of Swimming  
Harlow LeisureZone, Essex. CM20 3DT  
Saturday 24th September 2022

### INDIVIDUAL ENTRY FORM

|                |                  |
|----------------|------------------|
| Surname:       | Forename:        |
| Address:       |                  |
| Tel:           | Club:            |
| email:         | DoB:             |
| ASA#:          | Age at 24/09/22: |
| Male / Female: |                  |

| DISTANCE | EVENT            | ENTRY FEE | ENTRY TIME        |
|----------|------------------|-----------|-------------------|
| 200m     | Freestyle        |           |                   |
| 200m     | IM               |           |                   |
| 50m      | Backstroke       |           |                   |
| 50m      | Breaststroke     |           |                   |
| 100m     | Butterfly        |           |                   |
| 100m     | Freestyle        |           |                   |
| 50m      | Freestyle        |           |                   |
| 50m      | Butterfly        |           |                   |
| 100m     | Breaststroke     |           |                   |
| 100m     | Backstroke       |           |                   |
|          | <b>TOTAL FEE</b> | £         | No time = no swim |

**Entry fee £6.50 per event**

**BACS payment (preferred) to:** Harlow Penguins SC

Sort code: 20-36-98

Account number: 43345351

Or make cheques payable to HPSC

Closing date for entries is 31<sup>st</sup> July 2022

Completed form & cheque should be sent to:

Jonathan Chan: 117 Parsonage Leys, Harlow. Essex. CM20 3PH.

Only individual entries on this form –electronic Club entries to be sent by SPORTSYS to [openmeet@harlowpenguins.com](mailto:openmeet@harlowpenguins.com). One cheque per Club.