



Date: Oct 1st 2023

Dear Swimmer

NATIONAL MASTERS & SENIORS (18 – 24) INTER COUNTY EVENT – 2023. 2nd Call

The National Inter County competition is to be held on Sunday November 12th 2023, warmup 12 (TBC), first event 12:45, at Millfield school pool (Keen's Elm Lane, street BA16 0ST). If you would like to be swim for the Cornwall team, please complete the boxes below and return as soon as possible and at the latest by Sunday 29th October. All events are 50m plus 4 x 50 medley and freestyle relays across all age groups. Enter a time if you have one but please give an approximate time if you do not. State your SE Cat membership status.(Cat 1 swimmers are eligible to compete).

Transport can be arranged with pick ups from Truro (approx. 8am) and Pennygillam industrial estate, Launceston.

COMPLETE TIMES, INDICATING YOUR PREFERRED EVENT AND 'YES' IF YOU CAN SWIM IN THE RELAYS

Full Name	Swim Club	DOB	ASA Reg	Contact Tel No/email
50 FREE	50 BACK	50 BREAST	50 FLY	Can Swim relay? Y / N
If selected please tick if you 1. Require a seat on the bus 2. SE membership status : Cat 1 or Cat2				

I look forward to hearing from you and if you have any queries, please do not hesitate to contact me.

Best wishes

Catherine Ralph

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