



Harlow Penguins
Swimming Club

www.harlowpenguins.com



SwimMark
ESSENTIAL CLUB

Affiliated to
Swim England
East Region

10th Eric Shepherd Open Meet

A Level 3 Licensed meet No. **3ER230775**
under SE Laws & SE Technical Rules of Swimming
Harlow LeisureZone, Essex. CM20 3DT
Saturday 3rd June 2023

INDIVIDUAL ENTRY FORM

Surname:	Forename:
Address:	
Tel:	Club:
email:	DoB:
ASA#:	Age at 03/06/2023:
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		
	TOTAL FEE	£	No time = no swim

Entry fee £6.50 per event

BACS payment (preferred) to: Harlow Penguins Swimming Club

Sort code: 20-36-98

Account number: 43345351

Or make cheques payable to HPSC

Closing date for entries is 1st May 2023

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. One cheque per Club.