

IMPORTANT

Due to tight deadline because of Club Champs results please read following instructions carefully.

ENTRIES MUST BE RETURNED BY CLOSE OF CLUB CHAMPS ON FRIDAY.

IF YOU ARE NOT AT POOL ON FRIDAY PLEASE E-MAIL DONNA ON dsdtdkjwhall@tiscali.co.uk and you will receive confirmation of your entry.

IF YOU DO NOT RECEIVE CONFIRMATION – Please call Donna at home on Friday 2nd Oct between 9 and 10pm. Entry file will be sent to Essex swim by 11pm. Official closing date is midnight 2ND OCTOBER.