



## Form Stroke in Freestyle Event Form

### Instructions:

1. Fill out the swimmer parts of the form clearly and in full
2. Prior to the beginning of the heat, the swimmer must give the form to the Meet or Event Referee.
3. After swimming the heat, the swimmer must ensure the Meet or Event Referee has signed the form.
4. Once signed the swimmer must deliver their signed form to the Meet Recorder at the Recording Room.

### Swimmer to fill out:

Full Name:	
MSA Number (if applicable):	
Club name:	
Event Number:	
Heat Number:	
Lane Number:	
Stroke to be swum:	
Distance and Split (if applicable):	

### Referee to Sign:

Meet Referee or delegate to sign that the swim has been done according to the rules of the nominated stroke:

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### Recorder Use Only:

3 backup times:			
Touchpad time:			
Final Official time:			
Recorder signature to certify time:			