



Nomination Form 2007/08

Backstroke and Butterfly Trophies

The backstroke and butterfly trophies will be based on 50 metre, 100 metre, and 200 metre swims, times for these trophies can be taken from any official SAL Meet or equivalent International Body conducted as a long course meet. Times are compared with the MDASA standard times, and the best two times percentaged then averaged.

The formula is:
$$\frac{\text{Standard time}}{\text{Swimmer's best time}} \times 100 = \text{_____}\%$$

e.g. Girl's 16 yr. butterfly 100 metres
 Standard time: 1 : 01. 13
 Sue Smith's time: 1 : 09. 41

$$\frac{61.13}{69.41} \times 100 = 88.07\%$$

Nominations for **Backstroke Trophy.**

Name: Date of Birth:.....

50m Backstroke Time:
 Meet: Date of Meet: Age at Meet:
 Standard time: % of Standard time:

100m Backstroke Time:
 Meet: Date of Meet : Age at Meet:
 Standard time: % of Standard time:

200m Backstroke Time:
 Meet: Date of Meet : Age at Meet:
 Standard time: % of Standard time:

Nominations for **Butterfly Trophy**

Name: Date of Birth:

50m Butterfly Time:
 Meet: Date of Meet: Age at Meet:
 Standard time: % of Standard time:

100m Butterfly Time:
 Meet: Date of Meet: Age at Meet:
 Standard time: % of Standard time:

200m Butterfly Time:
 Meet: Date of Meet:..... Age at Meet:
 Standard time: % of Standard time:

RECORDS OFFICER MUST SIGN:

NAME.....SIGNATURE.....CLUB.....