



# Nomination Form 2007/08

## Breaststroke and Freestyle Trophies

Freestyle Trophy - Isobel Glover (50m and 100m only)  
 Breaststroke Trophy - Betty Fraser Memorial

The **Breaststroke Trophy** 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 **Isobel Glover Freestyle Trophy 50m & 100m** times for this trophy can be taken from any official SAL Meet or equivalent International Body conducted as a long course meet. Times calculated using the best 50m and 100m are compared with the MDASA standard 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. breaststroke 100 metres  
 Standard time: 1: 11. 63  
 Sue Smith's time: 1: 21 . 32

$$\frac{71.63}{81.32} \times 100 = 88.08\%$$

### Nomination for Freestyle award (50m and 100m only)

Name: ..... Date of Birth: .....

**50m Freestyle** Time .....  
 Meet ..... Date of Meet: ..... Age at Meet .....  
 Standard time ..... % of Standard time: .....

**100m Freestyle** Time .....  
 Meet ..... Date of Meet: ..... Age at Meet.....  
 Standard time ..... % of Standard time: .....

### Nomination for Breaststroke Trophy

Name: ..... Date of Birth:.....

**50m Breaststroke** Time .....  
 Meet: ..... Date of Meet: ..... Age at Meet: .....  
 Standard time: ..... % of Standard time: .....

**100m Breaststroke** Time.....  
 Meet: ..... Date of Meet: ..... Age at Meet .....  
 Standard time: ..... % of Standard time: .....

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

### RECORDS OFFICER MUST SIGN:

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