Nomination Form 2007/08

200m, 400m, 800m, 1500m Freestyle and Individual Medley Trophies.

1500m Freestyle - Brett O'Neill
800m Freestyle - Helen Edgecombe
400m Freestyle - Craig Millgate
200m Freestyle - Randall Forsyth
Individual Medley - Karla Alexander

Times for these trophies can be taken from any official SAL meet or equivalent International Body conducted as a long course meet. Time will be percentaged after comparison with the appropriate MDASA standard time.

The formula is:

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

e.g. Girl's 12 yr. backstroke, 100 metres
Standard time: 1: 06. 80
Sue Smith's time: 1: 14. 52

$$\frac{66.80}{74.52} \times 100 = 89.64\%$$

Nomination for **200m Freestyle Trophy**
Name: ..... Date of Birth: ..... Age at Meet: .....
Meet: ..... Date of Meet: ..... Time: .....
Standard time .....% of Standard time .....

Nomination for **400m Freestyle Trophy**
Name: ..... Date of Birth: ..... Age at Meet: .....
Meet: ..... Date of Meet: ..... Time: .....
Standard time: .....% of Standard time .....

Nomination for **800m Freestyle Trophy**
Name: ..... Date of Birth: ..... Age at Meet: .....
Meet: ..... Date of Meet: ..... Time: .....
Standard time: ..... % of Standard time .....

Nomination for **1500m Freestyle Trophy**
Name: ..... Date of Birth: ..... Age at Meet: .....
Meet: ..... Date of Meet: ..... Time: .....
Standard time:..... % of Standard time .....

Nomination for **Individual Medley Trophy**
Name: ..... Date of Birth: ..... Age at Meet: .....
Meet: ..... Date of Meet: ..... Time: .....
Standard time: ..... % of Standard time .....

RECORDS OFFICER MUST SIGN:
NAME.....**SIGNATURE**.....**CLUB**.....