East Grinstead and District Lions Club
Sponsored Swim Night 2010
Supported by McDonald's East Grinstead
Locally Owned and Operated

Name of Swimmer……………………………………………….
Name of Team…………………………………………………
Organisation…………………………………………………...

Note to Sponsors: You are invited to sponsor the above TEAM (not the individual swimmer). The team will swim for 25 minutes in relay. A team of average adult swimmers should complete about 35 laps. A lap is 2 lengths of the pool. If you wish to make a fixed donation irrespective of the number of laps swum by the team, please enter the amount of your donation under the "Total amount due" column.

Name	Address	Pence per Lap	Total amount due (or fixed donation)

Name	Address	Pence per Lap	Total amount due (or fixed donation)
		Brought Forward:	
		Total	

Laps Completed

Club Stamp	Signed

General Conditions:

1. The swim will take place at OLYMPOS, EAST GRINSTEAD on the evening of the 13th March 2010.
2. The swim is open to all charitable organisations, clubs, business houses, schools, youth organisations, family groups etc. There is a limit of two teams for any one organisation, and no swimmer may enter in more than one team.
3. Each team must consist of no more than six swimmers and must have a nominated adult captain who may be a non-swimmer.
4. Swimmers will swim for 1 length in rotation. There will be a maximum of 2 team members swimming at any one time.
5. Every team will swim for 25 minutes and each swimmer, in correct order, must swim one length of the pool, touching the end (e.g. as in a relay race).
6. Application forms and additional sponsor forms are available from **Ron Millen, 5 Browns Wood, East Grinstead, West Sussex, RH19 2RS. Tel. 01342 327680.**
7. Completed sponsorship forms must be handed to the team captain, for verification by the Lions Club on the night of the swim.
8. Proceeds are to be shared 50/50 between a charity of the team's choice (or club funds) and the East Grinstead and District Lions Club.
9. Sponsor monies to be received by the Lions Club by Friday 30th April 2010.