

4th Indoor Sports Festival

Tamils Health Organization-United Kingdom (THO-UK) is organising an Indoor Sports Festival for young and adults.

SWIMMING - TOURNAMENT - 2010

Date of event: **Sunday, 4th April 2008**
Venue: Sports Centre, Dulwich College, College Road
London, SE21 7LD (Car Park at Dulwich College)

The championships for

Game	Age groups	Starts at	Contact person	
Swimming	Under 10, 12, 14 & 16	5:00pm	Mr Wimalathasan	078 0156 8925

For further information: Wimal - 078 0156 8925

Closing Date for entries 1st April 2010

Entry forms can be obtained by visiting the
<http://www.tamilshealth.com/Sports2010/sports10.htm>

Aims

- To promote health and fitness among the Tamil community in the UK. A Lack of exercise increases the risk of obesity, high blood pressure, diabetes and coronary heart disease.
- All proceeds will go towards go towards the *"Relief and Rehabilitation Fund for Displaced People"*



தமிழர் நலவாழ்வு நிறுவனம் - ஐக்கிய இராச்சியம்
Tamils Health Organization - United Kingdom

ஆரோக்கியமான சமூகத்தை நோக்கி
Towards a healthy nation

SWIMMING - TOURNAMENT - 2010

ENTRY FORM

Closing Date for entries - 1st April 2010

Date of event: **Sunday, 4th April 2010**
Venue: Sports Centre, Dulwich College, College Road
London, SE21 7LD (Car Park at Dulwich College)

Parent/Guardian Details

Surname _____ Initials _____

First Name _____

Address _____ Postcode _____

Email _____ Phone _____

Fees: Single entry - £5.00

Swimming	Under 8, 10, 12, 14, 16 & Open for Male & female. Under 12s are allowed only for 25m, one length	Starts at 05:30pm	Mr A Wimal 078 0156 8925
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No.	Participant Names	Date of Birth	Age at 01/10/10	Style	Length	
					25m	50m
1				<input type="checkbox"/> Free	<input type="checkbox"/>	<input type="checkbox"/>
				<input type="checkbox"/> Breaststroke	<input type="checkbox"/>	<input type="checkbox"/>
2				<input type="checkbox"/> Free	<input type="checkbox"/>	<input type="checkbox"/>
				<input type="checkbox"/> Breaststroke	<input type="checkbox"/>	<input type="checkbox"/>
3				<input type="checkbox"/> Free	<input type="checkbox"/>	<input type="checkbox"/>
				<input type="checkbox"/> Breaststroke	<input type="checkbox"/>	<input type="checkbox"/>
4				<input type="checkbox"/> Free	<input type="checkbox"/>	<input type="checkbox"/>
				<input type="checkbox"/> Breaststroke	<input type="checkbox"/>	<input type="checkbox"/>
5				<input type="checkbox"/> Free	<input type="checkbox"/>	<input type="checkbox"/>
				<input type="checkbox"/> Breaststroke	<input type="checkbox"/>	<input type="checkbox"/>

Application Acceptance Rules

- Entry forms will not be accepted without appropriate entry fee.
- Make cheque payable to THO-UK.
- Post your entry to Mr A Wimalathanan, *Indoors Sports Festival (Swimming), 95 Knightwood Crescent New Malden, Surrey. KT3 5JP.*
- Contact Details Mr A Wimalathanan - 078 0156 8925
- I agree to abide by the rules of the International Indoor Football Association and judges decision.

Managers Name (please print) _____ Date _____

Signature: _____