

**NSL Declaration of Winter Swimming**  
(ONLY for those swimmers who have a BB or better time in an applicable NSL event or the next closest distance  
OR placed in the 2006 City Meet per age group guidelines in the NSL Constitution)

Send to : Shannon Philbin, 9 Annandale Road, Nashville, TN 37215  
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E-Mail: coachshan@aol.com (for any questions)

Summer Team \_\_\_\_\_

Name of Swimmer \_\_\_\_\_ Age \_\_\_\_\_

Winter Program:

Excel \_\_\_\_\_ NAC \_\_\_\_\_ MTSC \_\_\_\_\_ YMCA \_\_\_\_\_

Middle School or High School Team (if applicable) \_\_\_\_\_

Other (applies to swimmers who have moved in from another city)  
\_\_\_\_\_

Below please list your best time for each event (this will depend on age group):  
Indicate "BB" times by circling them.

**Freestyle:**

25 Free \_\_\_\_\_ 50 Free \_\_\_\_\_ 100 Free \_\_\_\_\_ 200 Free \_\_\_\_\_

**Breaststroke:**

25 Breast \_\_\_\_\_ 50 Breast \_\_\_\_\_ 100 Breast \_\_\_\_\_

**Backstroke:**

25 Back \_\_\_\_\_ 50 Back \_\_\_\_\_ 100 Back \_\_\_\_\_

**Butterfly:**

25 Fly \_\_\_\_\_ 50 Fly \_\_\_\_\_ 100 Fly \_\_\_\_\_

**Individual Medley:**

100 IM \_\_\_\_\_ 200 IM \_\_\_\_\_

**CITY MEET 2005: Check the event(s) that a swimmer placed in as follows:**

6 & Under (1<sup>st</sup>-4<sup>th</sup> place)

7-10 (1<sup>st</sup>-4<sup>th</sup> place in Novice or 1<sup>st</sup>-8<sup>th</sup> in Open)

11-18 (1<sup>st</sup>-8<sup>th</sup> in either Novice or Open)

Freestyle \_\_\_\_\_

Place \_\_\_\_\_

Backstroke \_\_\_\_\_

Place \_\_\_\_\_

Breaststroke \_\_\_\_\_

Place \_\_\_\_\_

Butterfly \_\_\_\_\_

Place \_\_\_\_\_

IM \_\_\_\_\_

Place \_\_\_\_\_