

**FROME LIONS SPONSORED SWIM 2026 - TEAM ENTRY FORM**

**Sunday 8th March 2026 from 12.00noon**

**Please return by February 15th via email: [allyrumming@live.co.uk](mailto:allyrumming@live.co.uk) or post to Allison Rumming, 17 Churchill Road, Frome, BA11 4ED**

Name of Organiser / Contact.....

Organisation/Club/School: .....

Address: .....

.....

Postcode: .....Tel: .....

Email.....

We wish to enter ..... team(s) in the charity swim to be held on 8th March 2026.

Each team consists of 6 swimmers, with an adult (non-swimming or swimming) captain and swims for 25 minutes in relay. The second swimmer enters water when the first has completed a length, so there are two swimmers in the water throughout your swim period.

Please tick this box if all your swimmers wish to swim widths:	
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Please state here if you have any time-slot preference.....

Team Name	Captain	No. of swimmers in each age bracket		
		Under 12	12-16	17 and over
Team 1				
Team 2				
Team 3				
Team 4				
Team 5				

Confirmation of your swim time(s) will be given approximately 10 days prior to the event, together with further instructions. Additional Sponsorship Forms are available on request.

Personal data collected by the Lions Club of Frome in the course of this event will be retained by the Lions Club of Frome in accordance with our Data Protection Policy, a copy of which is available on request.



Signed.....