

# 2016 MONSTER MASTERS CHALLENGE

**Do you have what it takes? Think you are a good swimmer (or have the endurance...)? Prove it!**

**When:** Saturday January 9th, 2015 8am-12pm (warm-ups will be held 15 minutes prior to the start of the event)

**Where:** Munster High School Aquatic Center: 8808 Columbia Ave, Munster, IN 46321

**What is it:**

100x100s SCY on 1:40 / 1:45 / 1:50 / 2:00 send offs (10,000 yards or 5.682 miles!)  
100x75s SCY on 1:20 / 1:30 / 1:40 send offs (7,500 yards or 4.261 miles!)  
100x50s SCY on 1:00 / 1:10 / 1:20 send offs (5,000 yards or 2.84 miles!) (great for beginners)

\*\*Will be performed using all 16 lanes if necessary.

**Ultimate challenge:**

\*\*Complete all 100x100s legal IM and receive your entry fee returned!!!

-All participants will receive a "2015 Challenge" Tee-shirt and the satisfaction of knowing you completed the challenge!

-All swimmers welcome! Especially those getting ready for long distance swims!

-We will have tables reserved at a local restaurant/bar/grill after the event for all swimmers to allow for bragging to their families!

**Cost:**

-non-MMA swimmers: \$25.00 (before 1/2/16)...\$30 after 1/2/16

-MMA club swimmers: \$15.00

-Deck entries allowed: \$30.00

Checks made payable to Munster Swim Club

Mail to:  
Matt Lee  
242 Briar Ln  
Munster, IN 46321

**Optional:** get supporters to sponsor your swim and make money for your club/GRIN/or National Masters!  
Explain to them 100 yards is the length of a football field and you will be swimming that 100 times!!