## Greater Holyoke YMCA Dive into the New Year! Sponsored by: Greater Holyoke YMCA Masters Swim Team Sunday, January 3, 2016



Please circle the events you wish to swim. Five event limit. Pre-registration entry deadline: Wednesday, December 30th. We will accept entries on January 3rd up to 8:30AM.

Name w/ Middle Initial (Please Print):	Date of birth:
USA Master's License # (optional) <u>:</u>	_ Email Address:
Swim your choice of up to E individual events or swim one o	f those shallonges

Swim your choice of up to 5 individual events or swim one of these challenges: Sprint Pentathlon: Events: 50 Back, 50 Breast, 50 Butterfly, 50 Freestyle, 100 IM

Pentathlon: Events: 200 IM, 100 Freestyle, 100 Backstroke, 100 Breastroke, 100 Butterfly

Freestyle or Bust\*: Events: 100 Freestyle, 200 Freestyle, 50 Freestyle, 500 Freestyle\*

By entering a challenge your event times will be totaled and ranked against other challenge swimmers at the meet.

Session One – Sunday, January 3, 2016		Warm-up - 8:00 AM, Meet at 9:00 AM	
Women	Event	Seed Time	Men
1	200 IM		2
3	50 Backstroke		4
5	100 Freestyle		6
7	50 Breastroke+		8
9	100 Backstroke		10
11	200 Freestyle		12
13	50 Butterfly		14
15	100 Breastroke+		16
17	50 Freestyle		18
19	100 Butterfly		20
21	100 IM		22
23	500 Freestyle*		24

+There will be a ten minute break after events 8 and 16 where the pool will be open for warm up and cool down. \*The 500 Freestyle and Freestyle or Bust Challenge may be capped to keep the event running on schedule.



Circle your challenge	choice:	Sprint Pentathlon	\$25	
		Pentathlon	\$25	
		Freestyle or Bust	\$20	
<b>OR</b> Pick your choice of up to 5 max events:				
# of events	j	x \$5 per event =		
*Make check out to	•	YMCA, 171 Pine Stree MA, 01040 Attn: Kerry	•	

Any swimmer whose entry is accepted will for himself, his heirs, executors and administrators waive and release any rights and claims for damages he may have against the Greater Holyoke YMCA and the Greater Holyoke YMCA Masters Swim Team for any and all injuries suffered by him at this meet.

Participant Sig	inature:	DATE: