

# Greater Holyoke YMCA February Warm Up

Sponsored by: Greater Holyoke YMCA Masters Swim Team

Sunday, February 26, 2016, Warm up 12PM, Start 1PM



**SEA DRAGONS**  
Holyoke YMCA Masters Swimming

Name w/ Middle Initial (Please Print): \_\_\_\_\_ Date of birth: \_\_\_\_\_

USA Master's License # (optional): \_\_\_\_\_ Email Address: \_\_\_\_\_

Events will be swum as mixed gender heats. Please circle the events you wish to swim. 5 event limit. We will accept entries on February 26th up until 12:30PM. One lane will be available for continuous warm up and warm down. If you believe you may be in reach of a regional, national or world record for your age group you must notify the timing table before the meet starts to ensure we have additional back up timers at your lane! You must find your own volunteer to count if entering the 500 Free. Short breaks may be placed at the discretion of the meet director and officials to ensure a great meet for all participants.

Women	Event	Men	Seed Time	Subtotal
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		
Subtotal: (Number of events, Maximum of 5 events x \$5 each)				
If entering after Feb 22nd, add \$5				
Meet Entry Fee				\$5
Total ( Make checks out to Holyoke YMCA)				

Mailing address: 171 Pine Street, Holyoke MA, 01040 Attn: Kerry Cordis

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 Signature: \_\_\_\_\_ DATE: \_\_\_\_\_