

Lake Erie Swimming **GO THE DISTANCE** Swimmer Application 2007-2008

Name _____ Age _____

Street _____ USA# _____

City/Zip _____ Phone _____ Club _____

If you completed the Requirements for a t-shirt, Please indicate size here.

Winners may be recognized at the LESI awards ceremony. Awards will be given to your club coach at the Spring House of Delegates to handout! Please fill-in your time and the date the event was completed. Great swimming!

T-Shirt sizes --- Youth Large(YL)---Adult Small(AS)-- Medium(AM)---Adult Large(AL)-- Xlarge(AXL)---Adult XXL(AXXL)

8 & Under	10 & Under	11 - 12	13 & Over
<p>IN A MEET:</p> <p>100 Free 1 _____</p> <p style="padding-left: 40px;">2 _____</p> <p>100 Back* 1 _____</p> <p style="padding-left: 40px;">2 _____</p> <p>100 Breast* 1 _____</p> <p style="padding-left: 40px;">2 _____</p> <p>50 Fly 1 _____</p> <p style="padding-left: 40px;">2 _____</p> <p>100 IM 1 _____</p> <p style="padding-left: 40px;">2 _____</p> <p>PRACTICE TIME TRIALS:</p> <p>200 Free 1 _____</p> <p style="padding-left: 40px;">2 _____</p> <p>200 IM 1 _____</p>	<p>IN A MEET:</p> <p>200 Free* 1 _____</p> <p style="padding-left: 40px;">2 _____</p> <p>100 Back* 1 _____</p> <p style="padding-left: 40px;">2 _____</p> <p>100 Breast* 1 _____</p> <p style="padding-left: 40px;">2 _____</p> <p>100 Fly* 1 _____</p> <p style="padding-left: 40px;">2 _____</p> <p>200 IM* 1 _____</p> <p style="padding-left: 40px;">2 _____</p> <p>PRACTICE TIME TRIALS:</p> <p>500 Free 1 _____</p> <p style="padding-left: 40px;">2 _____</p> <p>200 any non free 1 _____</p>	<p>IN A MEET:</p> <p>200 Free 1 _____</p> <p style="padding-left: 40px;">2 _____</p> <p>500 Free* 1 _____</p> <p style="padding-left: 40px;">2 _____</p> <p>100 Back* 1 _____</p> <p style="padding-left: 40px;">2 _____</p> <p>100 Breast* 1 _____</p> <p style="padding-left: 40px;">2 _____</p> <p>100 Fly* 1 _____</p> <p style="padding-left: 40px;">2 _____</p> <p>200 IM* 1 _____</p> <p style="padding-left: 40px;">2 _____</p> <p>PRACTICE TIME TRIALS:</p> <p style="padding-left: 40px;">Swim any 3</p> <p>1000 Free 1 _____</p> <p>1650 Free _____</p> <p>2000 Free 2 _____</p> <p>200 Fly _____</p> <p>400 IM 3 _____</p> <p style="padding-left: 40px;">4 _____</p> <p style="padding-left: 40px;">5 _____</p>	<p>IN A MEET:</p> <p>200 Free 1 _____</p> <p style="padding-left: 40px;">2 _____</p> <p>500 Free* 1 _____</p> <p style="padding-left: 40px;">2 _____</p> <p>200 Back* 1 _____</p> <p style="padding-left: 40px;">2 _____</p> <p>200 Breast* 1 _____</p> <p style="padding-left: 40px;">2 _____</p> <p>200 IM* 1 _____</p> <p style="padding-left: 40px;">2 _____</p> <p>And Swim 1 of the following in a meet for Cap 2 in a meet and all the rest in practice for a T-shirt</p> <p>1000 Free _____</p> <p>1650 Free _____</p> <p>2000 Free _____</p> <p>200 Fly** _____</p> <p>400 IM** _____</p>

- ❖ ***BOLD = IMX Events **BOLD = Must be swam in a meet to count toward an IMX score.**
- ❖ **To Earn A Cap.** Swimmers must compete in all events in a sanctioned meet once and the complete the practice time trial events once in practice (or as described) to earn a cap.
- ❖ **To Earn A T-shirt.** Swimmers must compete in a sanctioned meet twice in all events and swim all the listed practice time trials.
- ❖ Only one time will be credited per swim (i.e. you may use the 500 split of a 1000, but then 1000 time will not count.)
- ❖ Swimmers may complete the program in the age group in which they began it.
- ❖ All meets (Short or Long course) and practices from May 2007 to March 2008 are eligible for required events, yards or meters.
- ❖ **Please have your coach or team representative verify all swims and completion of the requirements.**

You must turn in your completed form to your coaches or your team contact by 3-21-2008.
*****Your Lake Erie District team must submit all applications.*****

Please contact your coach or team contact if you have any questions.