

# Lake Erie Swimming **GO THE DISTANCE** Swimmer Application 2008-2009

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 or team to distribute! 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: 100px;">2 _____</p> <p><b>100 Back*</b> 1 _____</p> <p style="padding-left: 100px;">2 _____</p> <p><b>100 Breast*</b> 1 _____</p> <p style="padding-left: 100px;">2 _____</p> <p>50 Fly 1 _____</p> <p style="padding-left: 100px;">2 _____</p> <p>100 IM 1 _____</p> <p style="padding-left: 100px;">2 _____</p> <p>PRACTICE TIME TRIALS:</p> <p>200 Free 1 _____</p> <p style="padding-left: 100px;">2 _____</p> <p>200 IM 1 _____</p>	<p>IN A MEET:</p> <p><b>200 Free*</b> 1 _____</p> <p style="padding-left: 100px;">2 _____</p> <p><b>100 Back*</b> 1 _____</p> <p style="padding-left: 100px;">2 _____</p> <p><b>100 Breast*</b> 1 _____</p> <p style="padding-left: 100px;">2 _____</p> <p><b>100 Fly*</b> 1 _____</p> <p style="padding-left: 100px;">2 _____</p> <p><b>200 IM*</b> 1 _____</p> <p style="padding-left: 100px;">2 _____</p> <p>PRACTICE TIME TRIALS:</p> <p>500 Free 1 _____</p> <p style="padding-left: 100px;">2 _____</p> <p>200 any non free 1 _____</p>	<p>IN A MEET:</p> <p>200 Free 1 _____</p> <p style="padding-left: 100px;">2 _____</p> <p><b>500 Free*</b> 1 _____</p> <p style="padding-left: 100px;">2 _____</p> <p><b>100 Back*</b> 1 _____</p> <p style="padding-left: 100px;">2 _____</p> <p><b>100 Breast*</b> 1 _____</p> <p style="padding-left: 100px;">2 _____</p> <p><b>100 Fly*</b> 1 _____</p> <p style="padding-left: 100px;">2 _____</p> <p><b>200 IM*</b> 1 _____</p> <p style="padding-left: 100px;">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: 100px;">4 _____</p> <p style="padding-left: 100px;">5 _____</p>	<p>IN A MEET:</p> <p>200 Free 1 _____</p> <p style="padding-left: 100px;">2 _____</p> <p><b>500 Free*</b> 1 _____</p> <p style="padding-left: 100px;">2 _____</p> <p><b>200 Back*</b> 1 _____</p> <p style="padding-left: 100px;">2 _____</p> <p><b>200 Breast*</b> 1 _____</p> <p style="padding-left: 100px;">2 _____</p> <p><b>200 IM*</b> 1 _____</p> <p style="padding-left: 100px;">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><b>200 Fly**</b> _____</p> <p><b>400 IM**</b> _____</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 3-21-2009.**  
**\*\*\*Your Lake Erie District team must submit all applications.\*\*\***

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