

Lake Erie Swimming **GO THE DISTANCE** Swimmer Application 2009-2010

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
IN A MEET:	IN A MEET:	IN A MEET:	IN A MEET:
100 Free 1 _____	200 Free* 1 _____	200 Free 1 _____	200 Free 1 _____
2 _____	2 _____	2 _____	2 _____
100 Back* 1 _____	100 Back* 1 _____	500 Free* 1 _____	500 Free* 1 _____
2 _____	2 _____	2 _____	2 _____
100 Breast* 1 _____	100 Breast* 1 _____	100 Back* 1 _____	200 Back* 1 _____
2 _____	2 _____	2 _____	2 _____
50 Fly 1 _____	100 Fly* 1 _____	100 Breast* 1 _____	200 Breast* 1 _____
2 _____	2 _____	2 _____	2 _____
100 IM 1 _____	200 IM* 1 _____	100 Fly* 1 _____	200 IM* 1 _____
2 _____	2 _____	2 _____	2 _____
PRACTICE TIME TRIALS:	PRACTICE TIME TRIALS:	200 IM* 1 _____	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
200 Free 1 _____	500 Free 1 _____	2 _____	
2 _____	2 _____	PRACTICE TIME TRIALS:	
200 I M 1 _____	200 any non free 1 _____	Swim any 3	
1 _____		1000 Free 1 _____	
		1650 Free _____	
		2000 Free 2 _____	
		200 Fly _____	
		200 Back 3 _____	
		200 Breast _____	
		400 IM 4 _____	
		5 _____	
			1000 Free _____
			1650 Free _____
			2000 Free _____
			200 Fly** _____
			400 IM** _____

- ❖ ***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 2009 to March 2010 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 3-21-2010.
*****Your Lake Erie District team must submit all applications.*****

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