

# Allegheny Mountain YMCA/YWCA Masters Swimming Association 1650 Freestyle Mail-in Swim Meet Form 2009-2010 Season

All participants in the 1650 freestyle Mail-in/Swim Meet \*\* must be AMYMSA members

This form may be acquired from any Team Rep, League Officer or the web site.  
amymssa.org

The 1650 Freestyle event must be completed as follows:

1. Cost: \$7.00 Check made to "AMYMSA"
2. Date: Between September 12, 2009 and March 7, 2010
3. Lengths: 66 lengths of a regulation 25-yard pool.  
82 ½ lengths of a 20 yard pool  
60 lengths of a 25 meter pool
4. Official: Each swimmer must have a timer/lap counter
5. Equipment: Timers must use a digital stopwatch and record times to .01 second
6. Deadline: **Must be postmarked no later than March 8, 2010**

Send to:  
Loren Hershberger  
N. Juniata Street  
P.O. Box 505  
Hollidaysburg, PA 16648-0505  
814-695-5561 Fax 814 695-4574  
[Lmh040994@aol.com](mailto:Lmh040994@aol.com)

Name: \_\_\_\_\_ Team Name: \_\_\_\_\_ (as SHY not South Hills)

Street: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Day: \_\_\_\_\_ Evening: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_

Date and location of swim: \_\_\_\_\_

Time: \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

Swimmer's Signature: \_\_\_\_\_

Team Rep's Signature: \_\_\_\_\_

Lap counter/timer's Signature: \_\_\_\_\_

**\*\* This meet is a requirement for the Iron –Person competition**