

AMYMSA  
Iron Person Entry Form 2019-2020

NAME \_\_\_\_\_ TEAM \_\_\_\_\_ AGE/GENDER \_\_\_\_\_  
E-MAIL ADDRESS \_\_\_\_\_ PHONE \_\_\_\_\_

Shirt Size: S M L XL XXL XXXL (Circle One) Jacket Size: S M L XL XXL XXXL (Circle One)  
Pant Size: S M L XL XXL XXXL (Circle One)

This form is to be completed by each swimmer who is competing in the Iron-Person Competition. Enter the month and the location of the meet in which you have completed the required events. **OR**, copy your events from the "Top Times This Season (by Team)" section of the website.

COST: \$15.00 check made payable to AMYMSA to be mailed to Mark Murtha once you have COMPLETED all events.

DATE: This form must be postmarked no later than March 3, 2020 and mailed to: Mark Murtha, 622 Pierce Street, Rochester, PA 15074

EVENT	MONTH	MEET
<b>50 FREESTYLE</b>		
<b>100 FREESTYLE</b>		
<b>200 FREESTYLE</b>		
<b>500 FREESTYLE</b>		
<b>1650 FREESTYLE</b>		

EVENT	MONTH	MEET
<b>50 BACKSTROKE</b>		
<b>100 BACKSTROKE</b>		
<b>200 BACKSTROKE</b>		

EVENT	MONTH	MEET
<b>50 BREASTSTROKE</b>		
<b>100 BREASTSTROKE</b>		
<b>200 BREASTSTROKE</b>		

EVENT	MONTH	MEET
<b>50 BUTTERFLY</b>		
<b>100 BUTTERFLY</b>		
<b>200 BUTTERFLY</b>		

EVENT	MONTH	MEET
<b>100 INDIVIDUAL MEDLEY</b>		
<b>200 INDIVIDUAL MEDLEY</b>		
<b>400 INDIVIDUAL MEDLEY</b>		