

AMYMSA
Iron Person Entry Form 2023-2024

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.

COST: \$15.00 check made payable to AMYMSA to be mailed to Mark Murtha once you have COMPLETED all events. If you want to do the Iron Hagy (Iron Person twice) the fee will be \$20.00

DATE: This form and your check must be postmarked no later than March 4, 2024 and mailed to: Mark Murtha, 622 Pierce Street, Rochester, PA 15074

EVENT	MONTH	MEET
50 FREESTYLE		
100 FREESTYLE		
200 FREESTYLE		
500 FREESTYLE		
1650 FREESTYLE		

EVENT	MONTH	MEET
50 BACKSTROKE		
100 BACKSTROKE		
200 BACKSTROKE		

EVENT	MONTH	MEET
50 BREASTSTROKE		
100 BREASTSTROKE		
200 BREASTSTROKE		

EVENT	MONTH	MEET
50 BUTTERFLY		
100 BUTTERFLY		
200 BUTTERFLY		

EVENT	MONTH	MEET
100 INDIVIDUAL MEDLEY		
200 INDIVIDUAL MEDLEY		
400 INDIVIDUAL MEDLEY		