

"100 100s on 100"

(or "100 75s on 100")
(or "100 50s on 100")

**New Year's Eve,
Monday, December 31, 2007
19th Annual**

The Plan: 100 x 100 yards on 1:40 (or 100 x 75, 50 yards on 1:40)

Three heats, two swimmers per lane. **Lane assignments based on date of receipt of entry form.**

Starting times: 9:00 AM and Noon

Timers and counters provided.

Location: Walnut Creek YMCA, 948 73rd St, Windsor Heights, IA, 515-224-1888

Entry fee: \$25.00

Additional Contributions to Partner with Youth: _____ (may be included with your entry fee)

Questions? Call Mark Movic at 515-279-2702 (before 9:00 p.m. CST)
or e-mail: msmovic@gmail.com

Name _____

Address _____ City _____ State _____ Zip _____

Home Phone _____ e-mail _____

Specify T-shirt size: _____

Heat _____ 9:00 AM _____ Noon

ATHLETE'S RELEASE (Must be signed)

I, the undersigned participant, intending to be legally bound, do hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in this event (training and competition) including possible permanent disability or death, and agree to assume all of those risks. I hereby waive any and all rights to claims for loss or damages arising out of participation in this event or any activities incident thereto against the YMCA, host facilities, event sponsors, event committees, or any individuals officiating, volunteering, or supervising such activities, as a condition of my participation.

Date _____ Athlete's Signature _____

Make checks payable to 'YMCA Partner with Youth'
Mail entries to Mark Movic, 1524 41st Place, Des Moines, IA, 50311-2544