

**Sign-up Sheet**  
**Westbrook Swim Your Own Age Meet**  
**July 13 – 14, 2013**

**Dates:** July 13 & 14, 2013

**Place:** Westbrook Community Center

**Entries Due:** Friday, July 5, 2013

**All swimmers must be Registered for the 2013 Swim Season with Maine Swimming**

**Entry Fees:** \$3.00 per event, please make check payable to the MDI YMCA.

**Entries:** Swimmers are allowed to swim three events per day

<b>Times:</b>	<b>Saturday</b>	<b>Sunday</b>
	11 & unders	11 & unders
	warm-up 8:00am	warm-up 8:00am
	meet 9:05am	meet 9:05am
	12 & overs	12 & overs
	warm-up 12:15pm	warm-up 12:20pm
	meet 1:15pm	meet 1:20pm

**Events (circle choices)**

**Saturday**

AM Events

11 years olds

100 Breast, 50 Free, 100 IM

6, 7, & 8 year olds

25 Breast, 25 Free, 100 IM

9 & 10 year olds

50 Breast, 50 Free, 100 IM

PM Events

12 year olds

200 Free, 50 Free, 100 IM

13, 14 year olds, & Senior

200 Free, 50 Free, 200 IM

**Sunday**

AM Events

11 year olds

100 Fly, 100 Back, 100 Free

6, 7, & 8 year olds

25 Fly, 25 Back, 50 Free

9 & 10 year olds

50 Fly, 50 Back, 100 Free

PM Events

12 year olds

100 Breast, 100 Fly, 100 Back, 100 Free

12, 13, 14 year olds, & Senior

100 Breast, 100 Fly, 100 Back, 100 Free

**Name** \_\_\_\_\_ **Age** \_\_\_\_\_

**Please Return by July 5<sup>th</sup>, you can email to [sharks@mdiymca.org](mailto:sharks@mdiymca.org)**