

**AMYMSA
Iron Person Entry Form
2009-2010**

Name: _____ **Team:** _____ **Age/Gender:** _____

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 filled out by each swimmer who is competing in the Iron-Person Competition. Enter the month and the location of the Meet in which you have competed in the required events.

Cost: \$15.00 check made payable to "AMYMSA" to be mailed to Greg Bell once you have COMPLETED all events!

Date: This form must be postmarked no later than March 8, 2010 and mailed to:
Greg Bell
702 Muirfield Drive
Greensburg, PA 15601

Event	Month	Meet
50 Freestyle		
100 Freestyle		
200 Freestyle		
500 Freestyle		
1650 Freestyle		
50 Backstroke		
100 Backstroke		
200 Backstroke		
50 Breaststroke		
100 Breaststroke		
200 Breaststroke		
50 Butterfly		
100 Butterfly		
200 Butterfly		
100 Individual Medley		
200 Individual Medley		
400 Individual Medley		