

AMYMSA MARATHON SWIM COMPETITION

September 9, 2009 – March 7, 2010

This competition has been established to encourage swimmers to practice regularly and to swim in Masters Swim Meets.

- To compete in the Marathon Swim, a swimmer should complete the qualifications for one of the following levels; BROZE, SILVER, GOLD or THE CENTURY CLUB.
- Awards will be given at the annual Banquet. Tracking forms will be mailed to individuals who register.
- SEND THE LOWER SECTION AND A CHECK for \$15 MADE PAYABLE TO “AMYMSA” to THE MARATHON COMPETITION CHARIPERSON, JANE GREGG.

All those competing must have their payment in by December 31, 2009.

POINTS WILL BE DETERMINED AS FOLLOWS

One(1) point for each swim practice (maximum of two practices per day with a minimum of 750 yards per practice session).

Two(2) points for participating in a non- AMYMSA Masters Swim Meet (if the meet lasts more than one day, an additional one point per day may be earned for the same meet.)

Three(3) points for participating in a regular AMYMSA Swim Meet (includes 1650 mail-in)

One(1) point for each time a swimmer swims a 200 yard event (excluding relays and 200 yd butterfly) in a Masters Meet.

Two(2) points each time a swimmer swims the 500 yard freestyle in a Masters Meet.

Three(3) points for swimming the 1650

Four(4) points each time a swimmer swims the 400 yard individual medley or 200 yard butterfly in a Masters Meet.

AWARDS

Bronze- Individuals who swim 50,000 yards over the course of the season and accumulate 50 points.

Silver- Individuals who swim 75,000 yards over the course of the season and accumulate 60 points.

Gold- Individuals who swim 120,000 yards over the course of the season and accumulate 75 points.

Century Club- Individuals who swim 176,000 yards (100 miles) over the course of the season and accumulate 100points.

Male Swimmer and Female Swimmer who accumulate the most points during the competition.

The **First Male** and **First Female** Swimmer who complete the 100 Mile Club qualifications.

Male Swimmer and Female Swimmer who accumulate the most yards during the competition.

Team Award for the Team whose members accumulate the highest total yardage. For a swimmer's yardage to count towards the team's total, the swimmer must have competed in at least one (1) AMYMSA Meet, not counting the 1650 mail-in meet and be registered in the Marathon competition.

Name: _____ Team: _____

Address: _____ E-Mail: _____

City: _____ State and Zip: _____

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)**

Include a \$15 check made out to “AMYMSA”. All entries must be made by 12/31/09
Mail to: Jane Gregg, 200 E Washington Blvd, Grove City, PA 16127