



Be a part of the 3rd Annual PENGUIN ADULT MEET

Saturday, July 11th

Warmups: 5:30 PM | Meet Start: 6:00 PM

Find your swim suit and some goggles and come to Parkcrest Pool to compete at the third annual Penguin Adult Meet on Saturday, July 11th.

SATURDAY, JULY 11TH

Warmups: 5:30 - 6:00 PM

Meet Starts: 6:00 PM

ENTRY DEADLINE

Submit your check and entry form by **Wednesday, July 8th.**

HOW DO I ENTER?

Fill out the online entry form at parkcrestpool.com or submit the entry form on the back of this flyer to Parkcrest Pool.

WHAT ARE THE EVENTS?

Events are listed on the back of this flyer.

HOW MUCH ARE ENTRY FEES?

\$15 per swimmer + Can of food for the Food Pantry

Includes Entries, Brats and Beer

(Cash or Check made payable to: Parkcrest Swim Team)

LOCATION

Parkcrest Swim & Tennis Club (1 North Yellowstone Drive)

Off of Mineral Point Road on Madison's Westside

WHO CAN SIGN UP?

If you are 19 years of age or older you are eligible to compete.

WHAT ELSE DO I NEED TO KNOW?

We will serve beer and brats after the meet so plan on

sticking around to discuss all the fast swimming.

Master Swimming rules and age groups will be used.

[19-24, 25-29, 30-34, 35-39, and so on at 5-year increments]

ADDITIONAL QUESTIONS?

Email Parkcrest Head Coach, Jason Verhelst, at jasonverhelst@gmail.com

REGISTER ONLINE AT: PARKCRESTPOOL.COM



3rd Annual PENGUIN ADULT MEET

EVENT LIST/ENTRY FORM

EVENT LIST

- | | |
|---------------------------|-------------------------------|
| # 1 200 Medley Relay* | # 14 100 Breast |
| # 2 200 Freestyle | # 15 100 Butterfly |
| # 3 50 Backstroke | # 16 50 Freestyle |
| # 4 50 Butterfly | # 17 100 I.M. |
| # 5 25 Breaststroke | # 18 100 Water Polo Relay* |
| # 6 25 Freestyle | |
| # 7 100 Kick Relay* | |
| # 8 100 Freestyle | |
| # 9 100 Backstroke | |
| # 10 50 Breaststroke | |
| # 11 25 Backstroke | |
| # 12 25 Butterfly | |
| # 13 200 Free Relay* | |

[*Swimmers can sign up for relays during warm-ups]

PENGUIN ADULT MEET ENTRY FORM (or register online at parkcrestpool.com...)

(Please fill out and return the form to Parkcrest Pool with a \$15 check made payable to: Parkcrest Swim Team)

LAST NAME	FIRST NAME	AGE	ALL-CITY POOL

DATE: _____ GENDER (circle one) - MALE | FEMALE PHONE #: (____) _____ - _____

EMAIL ADDRESS: _____

EVENTS: (you may sign up for 4 individual events)

	EVENT #	SEED TIME (in short course meters)
EVENT #1		
EVENT #2		
EVENT #3		
EVENT #4		

RELAYS: I am interested in swimming on a relay (circle one): YES NO