



# Be a part of the 4th Annual PENGUIN ADULT MEET

Saturday, July 17th

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 fourth annual Penguin Adult Meet on Saturday, July 17th.

## **SATURDAY, JULY 17TH**

Warmups: 5:30 - 6:00 PM

Meet Starts: 6:00 PM

## **ENTRY DEADLINE**

Submit your check and entry form by **Thursday, July 15th**.

## **HOW DO I ENTER?**

Fill out the online entry form at [parkcrestpool.com](http://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](mailto:jasonverhelst@gmail.com)

**REGISTER ONLINE AT: [PARKCRESTPOOL.COM](http://PARKCRESTPOOL.COM)**



# 4th Annual PENGUIN ADULT MEET

## EVENT LIST/ENTRY FORM

### EVENT LIST

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

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

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## PENGUIN ADULT MEET ENTRY FORM (or register online at [parkcrestpool.com](http://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