

"100 100's on 100"

(or "100 75's on 100")
(or "100 50's on 100")

New Year's Eve, Wednesday, December 31, 2003
15th Annual

The Plan: 100 x 100 yards on 1:40 (or 100 x 75, 50 yards on 1:40)

Two heats, two swimmers per lane. **Lane assignments based on date of receipt of entry form.**

Starting times: 1:00 PM & 4:00 PM

Timers and counters provided.

Location: YWCA, 717 Grand Ave., Des Moines, IA 50309 (But don't mail your check here.)

Entry fee: \$15

Questions? Call Mark Movic at 515-279-2702 (before 9:00 p.m. CST)
or e-mail: msmovic@aol.com

Name _____

Address _____ City _____ State ____ Zip _____

Home Phone _____ e-mail _____

Specify T-shirt size: _____ (Not sure we're having T-Shirts, but just in case.)

Heat __1:00 PM __4:00 PM

ATHLETE'S RELEASE (Must be signed)

I, the undersigned participant, intending to be legally bound, do hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in this event (training and competition) including possible permanent disability or death, and agree to assume all of those risks. I hereby waive any and all rights to claims for loss or damages arising out of participation in this event or any activities incident thereto against the YWCA, host facilities, event sponsors, event committees, or any individuals officiating, volunteering, or supervising such activities, as a condition of my participation.

Date _____ Athlete's Signature _____

**Make checks payable to Mark Movic and mail entries to Mark Movic, 1524 41st Place,
Des Moines, IA, 50311-2544**