



2022 SWIMMING REGISTRATION FORM

It is important to fill out this form completely! We need accurate information about our athletes, the meets in which they'll compete, and contact information so that we can reach people in advance of a practice if necessary. If you have any questions, please contact Liza Cuchna at liza.cuchna@yahoo.com (651-325-6657). *Return this form to Liza at the first practice.*

PARTICIPANT INFORMATION

First Name: _____

Address: _____

Home Phone: _____ Cell Phone: _____

Contact 1: _____ Contact 2: _____

Contact 1 Cell: _____ Contact 2 Cell: _____

Contact 1 Email: _____ Contact 2 Email: _____

COMPETITION INFORMATION

Y	N	
		I plan to attend the Regional Meet on Sunday, April 24 at Washington Tech Magnet School in St. Paul. I know that I must swim at this meet if I want to compete at state.
		I plan to attend the Regional Meet on Saturday and Sunday, JUNE 18-19 at the University of St. Thomas and I am enclosing the \$25.00 state registration fee.

EVENT INFORMATION

Choose up to two individual races and two relays (if desired) or up to three individual races and one relay (if desired). Relays must be formed by the athlete prior to are optional and dependent on the number of athletes who want to race in one.

<u>Assisted Swims</u>	<u>Freestyle</u>	<u>Backstroke</u>	<u>Breaststroke</u>	<u>Butterfly</u>	<u>Ind. Medley</u>
15M	15M	25M	25M	25M	100M
25M	25M	50M	50M	50M	
	50M	100M	100M	100M	
	100M	200M			
	200M				
	400M				

NEW NOTES: Relay teams consist of four athletes or two athletes and two unified partners. All unified partners must have Level I certification after the first week of practice. We prefer that relay teams be formed by the athletes. It's important to make sure that:

- (1) Every teammate has said "definitely yes"
- (2) has a current application and/or Level I certification (Unified Partners) on file at SOMN and
- (3) have agreed to swim at State (unless the *team* chooses to swim only at Area). **Deadline: 3/19**

25M Relay	1.	2.	3.	4.
25M Unified R.	1.	2.	3.	4.