

SOUTH REGION STARS



2024 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 practice if necessary. If you have any questions, contact Liza Cuchna at liza.cuchna@yahoo.com or 651-325-6657. *Return this form Liza at the first practice.*

PARTICIPATION INFORMATION

First Name _____ Last Name _____

Address _____

Home Phone _____ Cell No. _____

Contact 1 _____ Contact 2 _____

Contact 1 Cell _____ Contact 2 Cell: _____

Contact 1 Email _____ Contact 2 Email _____

YES	NO	
<input type="radio"/>	<input type="radio"/>	I plan to attend the Regional Meet on Saturday, April 20 at St. Catherine University, 2004 Randolph Ave, St. Paul. I know that I must swim at this meet if I want to compete at state.
<input type="radio"/>	<input type="radio"/>	I plan to attend the State Competition on June 15 and 16 at Century Middle School, 18610 Ipava Ave, Lakeville, and I am enclosing the \$25.00 state registration fee.

EVENT INFORMATION

Choose up to three individual races, and if desired, one relay. Or choose two individual races and two individual relays (if desired) Relays are optional and dependent on the number of athletes who want to race in them.

Assisted Swim	Freestyle	Backstroke	Breaststroke	Butterfly	Ind Medley
<input type="checkbox"/> 15M	<input type="checkbox"/> 15M	<input type="checkbox"/> 25M	<input type="checkbox"/> 25M	<input type="checkbox"/> 25M	<input type="checkbox"/> 100M
<input type="checkbox"/> 25M	<input type="checkbox"/> 25M	<input type="checkbox"/> 50M	<input type="checkbox"/> 50M	<input type="checkbox"/> 50M	
<input type="checkbox"/> 50M	<input type="checkbox"/> 50M	<input type="checkbox"/> 100M	<input type="checkbox"/> 100M	<input type="checkbox"/> 100M	
	<input type="checkbox"/> 100M	<input type="checkbox"/> 200M	<input type="checkbox"/> 200M		
	<input type="checkbox"/> 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: 3/11

	25M x 4 Relay			25M x 4 Unified Relay
1			1	
2			2	
3			3	
4			4	