

“The Granddaddy of Challenge Meets”

# CASCO BAY YMCA

## TOUGHEN UP CHALLENGE

A FIVE-EVENT COMPETITION TO FIND THE “TOUGHEST” MASTERS SWIMMERS. THERE WILL BE TWO CATEGORIES FOR MEN AND WOMEN: SPRINT AND DISTANCE. SWIMMERS WILL SWIM 5 EVENTS AND THEIR TIMES WILL BE AGE GRADED AND ADDED TOGETHER WITH THE LOWEST TOTAL TIME IN EACH CATEGORY TAKING THE TITLE. THERE WILL BE AWARDS GIVEN OUT AFTER THE MEET TO THE TOUGH MEN AND WOMEN.

### SPRINT COMPETITION

50 BACK  
50 FLY  
50 FREE  
50 BREAST  
100 IM

### DISTANCE COMPETITION

400 IM  
200 FREE  
200 BREAST  
200 BACK  
200 FLY

PLEASE INDICATE ON YOUR ENTRY FORM IF YOU ARE INTENDING TO ACCEPT THE CHALLENGE. GOOD LUCK.

#### 2007 CHAMPIONS

SPRINT	MEN	TIM LEGRONE
	WOMEN	MARY ESTABROOK
DISTANCE	MEN	PIETER DEHART
	WOMEN	BECKY MCKINNON

#### 2009 CHAMPIONS

SPRINT	MEN	ED COLBERT
	WOMEN	JESSICA KNIGHT
DISTANCE	MEN	MIKE SCHMIDT
	WOMEN	CATHERINE STERLING

#### 2010 CHAMPIONS

SPRINT	MEN	DOUG PRIDE
	WOMEN	JESSICA KNIGHT-BEERS
DISTANCE	MEN	MIKE SCHMIDT
	WOMEN	KIVA HERMANSEN

#### 2011 CHAMPIONS

SPRINT	MEN	MIKE LEPAGE
	WOMEN	MARY ESTABROOK
DISTANCE	MEN	SAM MANHART
	WOMEN	MATTIE FOWLER

# The Fourth Casco Bay YMCA Toughen Up Challenge

February 26<sup>th</sup>, 2012 – Casco Bay YMCA, 14 Old South Freeport, Freeport, Maine

**WARM UP IS AT 8:30. MEET AT 9:15.**

*Print seed times clearly! Use a colon between minutes and seconds.*

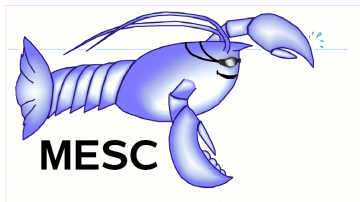
*Circle the event number you wish to enter and if you have one, enter a seed time (select up to 5 individual events). Seeding will be from slow to fast regardless of age. Entries with no seed times will be placed in the slowest heat.*

Event No.	Entry Time Women	Event	Entry Time Men	Event No.
1		400 IM		2
3		50 BK		4
5		100BR		6
7		200 FR		8
9		50 FL		10
11		100 BK		12
13		200 BR		14
15		50 FR		16
17		200 IM		18
19		100 FL		20
21		50 BR		22
23		200 BK		24
25		100FR		26
27		100IM		28
29		200 FL		30
31	<i>Deck Seed</i>	200 Free Relay	<i>Deck Seed</i>	32

CHECK BOX IF YOU ARE PARTICIPATING IN THE TOUGHEN UP CHALLENGE

SPRINT

DISTANCE



## Participant Information

Name \_\_\_\_\_

Address \_\_\_\_\_

E-Mail \_\_\_\_\_

Home Phone \_\_\_\_\_ USMS# \_\_\_\_\_

Age \_\_\_\_\_ DOB \_\_\_\_\_ Gender **M** **F**

Emergency Contact (*name/phone*) \_\_\_\_\_

Maine Masters (MESC)  New England Masters (NEM)

Other Masters Club (please indicate club \_\_\_\_\_)

Club members outside the New England LMSC **must attach a copy** of their current USMS membership card

## Meet Details

All Maine Masters sponsored meets will be governed by the current USMS rules. All properly timed personal performances by Registered Masters swimmers, at an official meet are eligible for record consideration in Maine, New England, and Nationally.

**This is a recognized meet (042-038-RSCY.)** Proceeds from the meet will go to support the Casco Bay YMCA Strippers Swim Team. Although we encourage meet swimmers to be a member of USMS, all swimmers are welcome and encouraged to experience adult swim competition.

**Directions:** Take exit 17 off I-95 in Yarmouth to US route #1 north. Go ¼ of a mile and turn right onto Old South Freeport Road, YMCA is the next right. (If you get to the Big Indian you have gone to far.)

**Facility:** 8 lane, 25 yard competition pool with electronic timing

**Awards:** Time cards with individual results will be available for participants

**Meet Director:** Ben Morse

**Contacts:** Ben Morse 207-240-2155 or bmorse@usms.org

**Fees:** The meet fee is \$20, covering up to 5 individual events for mailed entries. Deck entries will be \$30. Make checks payable to **Ben Morse**. (*Mailed entries must be received by February 23<sup>rd</sup>, deck entries will be accepted until 8:45 on the day of the meet*)

**Send Entries To:** Ben Morse, 84 Hennessey Ave, Brunswick ME 04011

To register as a Maine Master contact: Son Nguyen, 6 Libby Street, Scarborough, ME 04074 (207) 615-1299. Or register online at [www.usms.org/reg/](http://www.usms.org/reg/) and pick MESC.

## Waver (*must be signed by all participants*)

"I the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM AND ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES INCLUDING THOSE CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS"

\_\_\_\_\_  
**Signature of the Participant**

\_\_\_\_\_  
**Date**