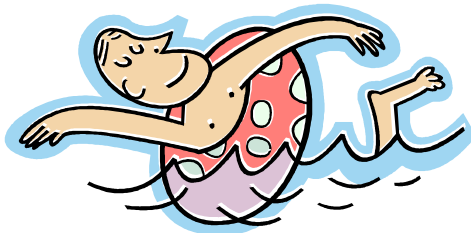
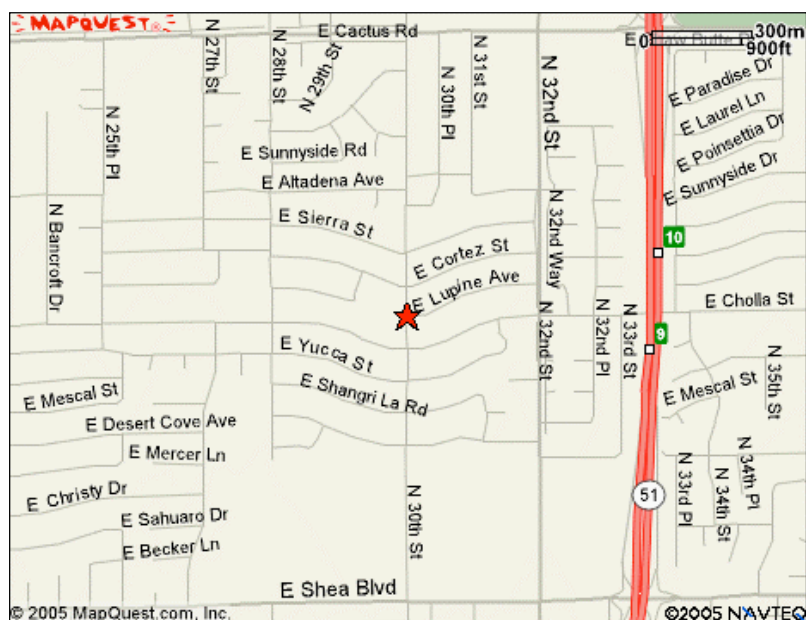


Special Olympics Swimming 2009



Tuesdays, Starting July 14 – October 13
5-6 pm



Melrose Recreation
Center
11424 N. 30th Street

If your athlete plans on competing in the tournaments, they must attend practices on Tuesday, July 28 & August 4. We need to get times to enter them into the events. On the reverse are the events available. Please have your athlete's events selected by Tuesday, July 28.

For athletes 8 to 21 years of age. All athletes must have a current physical on file. Athletes must be able to tread water.

For further information, contact Bridget 602-996-6999 (home—after 6 pm), work 480-213-6012 or e-mail btomson@pvschools.net.

Each Athlete may register for 2 individual events and 1 relay event.

If your athlete cannot attend the county (8/22/09) AND state (10/16/09 & 10/17/09) tournaments, please do not select a relay. Everyone on the team must be present for both tournaments.

Multi-Challenged Events

- 10M Assisted Swim
- 15M Swim with PFD
- 15M Unassisted
- 25M Swim with PFD

The modified event will use a regulation personal flotation device (PFD). Athletes entered in the modified event MAY NOT enter any other event.

Individual Events

100M Individual medley (25m Butterfly, 25m Backstroke, 25M Breaststroke, and 25m Freestyle—in that order)

- 100M Freestyle
- 100M Backstroke
- 100M Breaststroke
- 50M Butterfly
- 50M Breaststroke
- 50M Backstroke
- 50M Freestyle
- 25M Butterfly
- 25M Breaststroke
- 25M Backstroke
- 25M Freestyle

Able-bodied athletes entered in multi-challenged events will receive participation ribbons