



2019 SWIMMING REGISTRATION FORM – PLEASE READ!

It is important to fill this form out completely! We need accurate information to register our athletes and contact information so that we can reach people in advance of a practice if necessary. For questions, please contact Liza Cuchna at liza.cuchna@yahoo.com (651-325-6657) or Reine Shiffman at rashiffman@comcast.net (651-452-5980). **Return this form to Liza Cuchna at the first practice or mail to Reine Shiffman at 1595 Diane Road, Mendota Heights, MN 55118 by March 9.**

CONTACT INFORMATION

First Name _____ **Last Name** _____ **Birthday** _____
Address _____ **City/Zip:** _____
Athlete Home Phone _____ **Athlete Cell** _____
Contact #1 _____ **Contact #2** _____
Cell Phone #1 _____ **Cell Phone #2** _____
E-Mail #1 _____ **E-Mail #2** _____

COMPETE

- I plan to attend the Area Swim Meet on **April 7, 2019** at Washington Tech Magnet School in St. Paul, knowing it doesn't matter what sport I choose to compete at state.
- I plan to compete in **SWIMMING at the State Competition** on **JUNE 21-23** at the University of St. Thomas, and I am enclosing the \$25 registration fee.
- NEW!** I plan to race in a relay. My team is formed (listed below). Every teammate has said **(1)** "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: 3/16**

EVENT INFO

Choose three individual races and one relay or two individual races and two relays. Relays are optional and dependent on the number of athletes who choose to race. Athletes may not swim four individual races in lieu of a relay.

RELAY INFO (Deadline 3/16)	
25M Relay (four athletes)	25M Unified R (two athletes, two unified partners)
1	1
2	2
3	3
4	4
Athletes must have up-to-date applications on file at SOMN by March 16; Unified Partners must be SOMN Level I Certified by March 16.	

Assisted Swim	<input type="checkbox"/> 15M	<input type="checkbox"/> 25M	<input type="checkbox"/> 50M	
Freestyle	<input type="checkbox"/> 15M	<input type="checkbox"/> 25M	<input type="checkbox"/> 50M	<input type="checkbox"/> 100M
Backstroke		<input type="checkbox"/> 25M	<input type="checkbox"/> 50M	<input type="checkbox"/> 100M
Breaststroke		<input type="checkbox"/> 25M	<input type="checkbox"/> 50M	<input type="checkbox"/> 100M
Butterfly		<input type="checkbox"/> 25M	<input type="checkbox"/> 50M	<input type="checkbox"/> 100M
Ind Medley	<input type="checkbox"/> 100M			
Other Event				