

2023

Date: November 1, 2023 – December 31, 2023

Place: Your local pool

Whoo hoo, time to push the limits. The goal of this event is to swim as many yards as you can. Challenge yourself for this annual event. Be motivated to swim during the upcoming holiday season, so you don't feel guilty about indulging. You can choose <u>any</u> 2-week period (14 consecutive days) of swimming between November and December of this year. You will be competing against other Wisconsin USMS swimmers. You won't know what the others have swum until after the results are posted after the New Year. Last year we awarded all participants with gift cards to Swim Outlet, if that helps you decide to participate this year \mathfrak{S} . Overall teams logging the most yards will also be recognized.

This event is only open to <u>Wisconsin</u> USMS registered swimmers. If you would like to join USMS, go to <u>www.usms.org</u> and click on the "Join/Renew" button.

To participate in the event, simply e-mail or mail your results to (by			Swimming
January 15 th):	Day	Date	yards*
	Day 1		
Melodee Liegl	5 2		
1287 Wilderness Trail	Day 2		
Delafield, WI 53018	Day 3		
E-mail: WIFitness@usms.org	·		
	Day 4		
Information needed for results include:	Day 5		
Swimmer's name:	Day 6		
E-mail address:	Day 7		
Mailing address:	Day 8		
	Day 9		
	Day 10		
Your age on the last day of your 2-week swimyrs	Day 11		
Gender: O Male O Female	Day 12		
	Day 13		
Specify dates of 2-week swim:	Day 14		
**Remember to submit your results in yards. If you swim in a meter pool, multiply your results by 1.0936.	Total		

^{**}All swimmers will receive a confirmation that your entry was received. If you mail your results, please include a phone number to let you know your entry was received.