

## O\*H\*I\*O MASTERS SWIM CLUB

### IRON PERSON and / or SUPER IRON PERSON ENTRY FORM

**Name:** \_\_\_\_\_ O\*H\*I\*O Masters Members Only

**Phone number or email:** \_\_\_\_\_

T-shirt size: \_\_\_\_\_

This form should be used by members of the **O\*H\*I\*O Masters Swim Club** wishing to obtain an **Iron Person** or **Super Iron Person Award**. Enter the month and location of the meet in which you completed **each** event. (Proof of completion may be required.) Members who complete all listed events during the season (June 1 to May 31) in any USMS Sanctioned Swim Meet will receive an Iron Person or Super Iron Person Award.

**Award Entry Forms received by May 31<sup>st</sup>, will be awarded at the Ohio Masters Swim Club Annual Meeting.** Events may be swum in yards or meters. 1500 meters qualifies as 1650 yards. 400 meters qualifies as 500 yards.

Year of swims: June 1, \_\_\_\_\_(fill in year) to May 31, \_\_\_\_\_(fill in year).

Mail the completed form with a check in the amount of **\$15.00**, payable to **O\*H\*I\*O Masters Swim Club** to: Judi Norton, 4269 Mallard Cove, Avon, OH 44011-3225

<i>Event</i>	<i>Month of Meet</i>	<i>Location of Meet</i>
50 Freestyle		
100 Freestyle		
200 Freestyle		
500 Freestyle		
1650 Freestyle		
50 Backstroke		
100 Backstroke		
200 Backstroke		
50 Breaststroke		
100 Breaststroke		
200 Breaststroke		
50 Butterfly		
100 Butterfly		
200 Butterfly		
100 Individual Medley		
200 Individual Medley		
400 Individual Medley		

To qualify for the **Super Iron Person Award**, you must complete **all of the events listed above plus any one of the following:**

(Circle the event you completed, and list distance and month of swim.)

USMS National Championship Open Water Swim \_\_\_\_\_

Ohio Masters Lake Erie Swim \_\_\_\_\_

USMS National Championship Postal Swim (3, 5, 6, 10k or One Hour) \_\_\_\_\_