

O*H*I*O MASTERS SWIM CLUB

IRON-PERSON ENTRY FORM 2007- 2008 SEASON

Name: _____
O*H*I*O Masters Members Only

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 required event. Proof of completion may be required. Members who complete all listed events in the 2007-2008 season (July 1, 2007 to June 30, 2008), in any USMS Sanctioned Swim Meet, will receive an **Iron-Person** or **Super Iron-Person** Award. **Award Entry Forms received by May 31, 2006 will be awarded at the Annual Meeting.** Award Entry Forms received after May 31, 2008 will be awarded by mail.

Events may be swum in yards or meters. 1500 meters qualifies as 1650 yards. 400 meters qualifies as 500 yards. Mail the completed form with a check in the amount of **\$15.00** to:

Daniel Cox Checks must be made out to O*H*I*O Masters Swim Club.
12295 Aldersyde

Valley View, OH 44125

Deadline: May 31, 2008

Events to qualify for the Iron-Person Award.

Event	Month of Meet	Location of Meet
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 above plus ...

Any National Championship Open Water Swim or our Lake Erie Swim or any National Championship Postal Swim (3,5,6,10K, One hour)
