"The Granddaddy of Challenge Meets"

CASCO BAY YMCA

TOUGHEN UP CHALLENGE

A five-event competition to find the "toughest" masters swimmers. There will be two categories for men and women: Sprint and Distance. Swimmers will swim 5 events and their times will be age graded and added together with the lowest total time in each category taking the title. There will be awards given out after the meet to the Tough men and women.

Sprint Competition
50 Back
50 Fly
50 Free
50 Breast
100 IM

Distance Competition
400 IM
200 Free
200 Breast
200 Back
200 Fly

Please indicate on your entry form if you are intending to accept the challenge. Good Luck.

Past Champions

	Sprint		**Distance**	
Year	**Men**	**Women**	**Men**	**Women**
2007	TIM LECRONE	MARY ESTABROOK	PIETER DEHART	BECKY MCKINNON
2009	ED COLBERT	JESSICA KNIGHT	MIKE SCHMIDT	CATHERINE STERLING
2010	DOUG PRIDE	JESSICA KNIGHT-BEERS	MIKE SCHMIDT	KIVA HERMANSEN
2011	Mike Lepage	MARY ESTABROOK	Sam Manhart	Mattie Fowler
2012	Varney Hintilan	MARY ESTABROOK	Sam Manhart	Maud Abess
2013	Mike Regan	MARY ESTABROOK	Jeremy Hutchinson	Anne Ueker
2014	Page Beecher	KATRINE ALCADE	Douglas Roth	Anne Ueker
2015	Varney Hintilan	MARY ESTABROOK	Mike Hurd	Christy McGrail

The Fourth Casco Bay YMCA Toughen Up Challenge

February 21st, 2016 – Casco Bay YMCA, 14 Old South Freeport, Freeport, Maine

WARM UP IS AT 8:30. MEET AT 9:30.

Print seed times clearly! Use a colon between minutes and seconds.

Circle the event number you wish to enter and if you have one, enter a seed time (select up to 5 individual events). Seeding will be from slow to fast regardless of age. Entries with no seed times will be placed in the slowest heat. "The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1"will be posted after each event.

Event No.	Entry Time Women	Event	Entry Time Men	Event No.
1		400 IM		2
3		50 BK		4
5		100BR		6
7		200 FR		8
9		50 FL		10
11		100 BK		12
13		200 BR		14
15		50 FR		16
17		200 IM		18
19		100 FL		20
21		50 BR		22
23		200 BK		24
25		100FR		26
27		100IM		28
29		200 FL		30
31	*Deck Seed*	200 Free Relay	*Deck Seed*	32

CHECK BOX IF YOU ARE PARTICIPATING IN THE TOUGHEN UP CHALLENGE

SPRINT ☐

DISTANCE ☐

MESC

Participant Information

Name _____

Address _____

E-Mail _____

Home Phone _____ USMS# _____

Age _____ DOB _____ Gender **M** **F**

Emergency Contact *(name/phone)*_____

[ ] Maine Masters (MESC) [ ] New England Masters (NEM)

[ ] Other Masters Club (please indicate club _____)

Club members outside the New England LMSC **must attach a copy** of their current USMS membership card

Meet Details

All Maine Masters sponsored meets will be governed by the current USMS rules. All properly timed personal performances by Registered Masters swimmers, at an official meet are eligible for record consideration in Maine, New England, and Nationally.

This is a recognized meet (Rec# 026-R005) Proceeds from the meet will go to support the Casco Bay YMCA Stripers Swim Team. Although we encourage meet swimmers to be a member of USMS, all swimmers are welcome and encouraged to experience adult swim competition.

Directions: *Take exit 17 off I-95 in Yarmouth to US route #1 north. Go ¾ of a mile and turn right onto Old South Freeport Road, YMCA is the next right. (If you get to the Big Indian you have gone to far.)*

Facility: 8 lane, 25 yard competition pool with electronic timing. *The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1*

Awards: Time cards with individual results will be available for participants

Meet Director: Ben Morse

Contacts: Ben Morse 207-240-2155 or bmorse@usms.org

Fees: The meet fee is $20, covering up to 5 individual events for mailed entries. Deck entries will be $30. Make checks payable to **Ben Morse.** *(Mailed entries must be received by February 18th, deck entries will be accepted until 8:45 on the day of the meet)*

Send Entries To: Ben Morse, 84 Hennessey Ave, Brunswick ME 04011

To register as a Maine Master register online at www.usms.org/reg/ and pick MESC.

Waver *(must be signed by all participants)*

"I the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM AND ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES INCLUDING THOSE CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS"

_____ _____

Signature of the Participant **Date**