

OFFICIAL ENTRY FORM

2023 DSMY MASTERS LONG COURSE INVITATIONAL

Prairie Meadows Pool at the MidAmerican Energy Company Aquatic Center
Wellmark YMCA, 501 Grand Avenue, Des Moines, Iowa 50309
Sunday, July 9, 2023

Sanctioned by: USMS, Inc. and Iowa Masters Swimming.

Sanction Number: **XXXXXXX**

First Name		Last Name	
USMS #	Team	Age (on December 31, 2023)	Sex M / F
Email		Phone	
Address (Street, City, State, Zip)			

ORDER OF EVENTS

Please circle event number and enter seed time. Limit of 6 individual events.

1. Women's 50 Free _____	11. Women's 100 Free _____	21. Women's 200 Free _____
2. Men's 50 Free _____	12. Men's 100 Free _____	22. Men's 200 Free _____
3. Women's 800 Free _____	13. Women's 200 IM _____	23. Women's 400 IM _____
4. Men's 800 Free _____	14. Men's 200 IM _____	24. Men's 400 IM _____
5. Women's 50 Breast _____	15. Women's 100 Fly _____	25. Women's 400 Free _____
6. Men's 50 Breast _____	16. Men's 100 Fly _____	26. Men's 400 Free _____
7. Women's 50 Fly _____	17. Women's 100 Back _____	27. Women's 1500 Free _____
8. Men's 50 Fly _____	18. Men's 100 Back _____	28. Men's 1500 Free _____
9. Women's 50 Back _____	19. Women's 100 Breast _____	Mail completed form, signed waiver, copy of USMS member card, and check to:
10. Men's 50 Back _____	20. Men's 100 Breast _____	

Entry fee (before July 5, 2023): \$35.00

Late entry fee (on/after July 5, 2023): add \$10.00

Make checks payable to: Greater Des Moines YMCA

Wellmark YMCA
attn: John Van Meter
501 Grand Avenue
Des Moines, IA 50309