

**12000 Yard of Christmas  
Postal Challenge  
2017**



**Purpose:** During the Christmas break, our swimmers typically have a lot of extra free time. Most teams typically take advantage of this extra time, and swim their athletes longer and harder. Swimmers who participate in this extra training, benefit from a boost in their fitness level, and they are one step closer to achieving their goals.

Our 12,000 Yards of Christmas program will help serve as a motivational incentive so that our swimmers achieve maximum attendance during the Christmas break.

**Incentives:** A 12,000 yards of Christmas T-shirt will be awarded to all swimmers that complete the program. T-shirts will be mailed to participants. Complete results will be posted on our web site:  
<http://www.hazyracing.com>

**Requirements:** Age group swimmers must swim 12,000 yards between Dec 17<sup>th</sup> through Dec. 31<sup>st</sup>. Yards must be tracked and recorded on the back of this form. A swimmer must also complete a timed T-30 swim test. Record your cumulative splits for a 30 minute swim, and total up your yards on the form provided. The t-30 results will be immortalized on the back of our 12,000 yards of Christmas t-shirt.

**Fee:** Early registration fee is \$15.00 if received by Dec 18<sup>th</sup>. Late registrations will be accepted through Jan 5<sup>th</sup>. Late registration fee is \$20. All forms with results must be received by Jan 5th. Make checks payable to the Hazleton YWCA.

**Eligibility:** This event is open to all swim team members, master swimmers, or lap swimmers.

**Questions:** If you have any questions about this activity please contact Rob Gould at [robgould@hazletonywca.org](mailto:robgould@hazletonywca.org).

Name (print clearly): \_\_\_\_\_  
T-shirt size: YS, YM, YL, AS, AM, ALG, AXLG  
Address: \_\_\_\_\_ City/State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone number: \_\_\_\_\_  
Email address: \_\_\_\_\_  
Club: \_\_\_\_\_ Club abbr.: \_\_\_\_\_  
AGE.: \_\_\_\_\_ Gender M / F

**\*\*\*RETURN PAGE 1 WITH YOUR EARLY REGISTRATION OR REGISTER OVER THE PHONE.**

**\*\*\*RETURN PAGE 2 WITH YOUR DATA NO LATER THAN JAN 5<sup>TH</sup>.**

12,000 Yards Log Sheet  
 \*Must be signed by coach or lifeguard



DATE	YARDS	SIGNATURE	DATE	YARDS	SIGNATURE

T-30 Log Sheet  
 \*list cumulative splits

50		1050		2050	
100		1100		2100	
150		1150		2150	
200		1200		2200	
250		1250		2250	
300		1300		2300	
350		1350		2350	
400		1400		2400	
450		1450		2450	
500		1500		2500	
550		1550		2550	
600		1600		2600	
650		1650		2650	
700		1700		2700	
750		1750		2750	
800		1800		2800	
850		1850		2850	
900		1900		2900	
950		1950		2950	
1000		2000		3000	

T-30 Total Yardage: \_\_\_\_\_ Date of T-30: \_\_\_\_\_

T-30 swam in (yards) (meters) (long course meters). CIRCLE ONE

Signature of attending coach or lifeguard: \_\_\_\_\_

Signature of Participant: \_\_\_\_\_

AGE of Participant \_\_\_\_\_

Mail registration form, log sheets, and entry fee to: **Hazleton YWCA,**  
**Attn: Rob Gould, 75 South Church St., Hazleton, PA 18201**