

Official Entry Form

2024 Breadbasket Zones Championship

Prairie Meadows Pool at the MidAmerican Energy Company Aquatic Center

Wellmark YMCA, 501 Grand Avenue, Des Moines, Iowa 50309

Saturday, April 20 and Sunday, April 21, 2024

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

U.S. Masters Swimming Sanction Number: 2/23/24 DRAFT

Name		Competition Category		Age (as of 4/20/24):
		Male	Female	
Street				
City	State	Zip		
Email	Cell Phone #	Home Phone		
USMS member #	Age Group	Team		

Meet fees:	1 Day Event/splash fee (until April 11 th)	\$40
	2 Day Event/splash fee (until April 11 th)	\$60
	1 Day Event/splash fee (after April 11 th)	\$50
	2 Day Event/splash fee (after April 11 th)	\$70

All entry forms must be submitted via email to art.dinkin@dmymca.org as a PDF file.

NO HANDWRITTEN FORMS WILL BE ACCEPTED.

EVENTS					
To enter an event, list an entry time or NT					
limit of 5 events/session, 10 maximum/meet					
Saturday			Sunday		
#	Event	Entry Time	#	Event	Entry Time
1	500 Freestyle		15	1000 Freestyle	
2	200 Medley Relay		16	1650 Freestyle	
3	400 Free Relay		17	200 Medley Relay	
4	200 Breaststroke		18	400 Free Relay	
5	100 Freestyle		19	50 Freestyle	
6	50 Butterfly		20	200 Backstroke	
7	100 Backstroke		21	100 Butterfly	
8	800 Free Relay		22	200 Individual Medley	
9	100 Individual Medley		23	800 Free Relay	
10	200 Butterfly		24	100 Breaststroke	
11	50 Breaststroke		25	200 Freestyle	
12	400 Individual Medley		26	50 Backstroke	
13	200 Free Relay		27	200 Free Relay	
14	400 Medley Relay		28	400 Medley Relay	