

Registration form



## Bozeman Masters August Swim Challenge

Our Montana lakes and ponds are at their warmest during the month of August, and we challenge you to swim at your local swimming hole. It can be a lake, pond, pool, anywhere you can swim. This event is designed to encourage you to stay healthy, stay safe, stay 6' apart, and be active. Since many of you will swim this event open water, the first 20 participants will receive a New Wave high visibility buoy with a compartment where you can put sandals, phone, keys ++. This has a \$45 retail price. All participants will receive some kind of high visibility swag designed to keep you safe when swimming open water.

Registration is open for all swimmers in Montana. Sign up now until August 10. Email Guro Lindgren at [president@bozemanmasters.org](mailto:president@bozemanmasters.org) if you plan to participate. Then, fill out the registration form below, write a \$20 check made out to the Bozeman Masters Swim Club, and mail it to Guro Lindgren, 30 N 25th Ave, Bozeman MT 59718.

Name: \_\_\_\_\_

Email address: \_\_\_\_\_

Phone number: \_\_\_\_\_

You favorite neon color:    Yellow    Green    Orange    Pink

Don't hesitate to contact Guro Lindgren at 406 539 6432 or Suzette Harkin at 406 600 9296 for more information.



# August Swim Challenge

By the Bozeman Masters Swim Club

Each swim event gives 10 points, max (1) per day

Each non-swim event gives 5 points, max (2) per week

Event	Event description	1st submission	2nd submission
<b>Swimming events, 10 points each, max (1) per day</b>		by August 15	by September 2nd
1	500 free		
2	500 back		
3	500 breast		
4	800 free		
5	1000 free		
6	1650 free		
7	Swim 700 yd/m or 15 minutes. Suggested workout: Warm up: 200 choice Main set: 400 free Cool down: 100 choice		
8	Swim 900 yd/m or 20 minutes. Suggested workout: Warm up: 100 choice Main set: (4) 100's done as 50 stroke drill of your choice/50 swim 100 fly, 100 back, 100 breast Cool down: 100 free		
9	Swim 1200 yd/m or 25 minutes. Suggested workout: Warm up: 200 choice Main set: (8) times 50 fast, 50 easy Cool down: 200 choice		
10	Swim 1400 yd/m or 30 minutes. Suggested workout: Warm up: 200 choice Main set: 200 kick, 200 pull 200 fly, 200 back, 200 breast Cool down: 200 free		
11	Swim 1600 yd/m or 30 minutes. Suggested workout: Warm up: 200 as 50 free, 50 breast, 50 back, 50 fly Main set: 25 free drill, 25 free, 25 free drill, 25 free 25 breast drill, 25 breast, 25 breast drill, 25 breast 25 back drill, 25 back 25 back drill, 25 back 25 fly drill, 25 fly, 25 fly drill, 25 fly 200 free 200 IM 100 free 100 IM 50 free 50 IM Cool down: 300 choice		

12	Swim 2000 yd/m or 45 minutes. Suggested workout: Warm up: 200 choice Main set: (4) times 100 moderate, 100 easy, choice of stroke (8) times 50 moderate, 50 easy, choice of stroke Cool down: 200 choice		
13	Swim 2200 yd/m or 50 minutes. Suggested workout: Warm up: 200 free Main set: 300 pull, 300 kick 200 fly, 200 back, 200 breast, 200 free 400 IM Cool down: 200 choice (I bet you did not choose fly)		
14	Perform 400 kick and 400 pull during your swim		
15	Perform minimum (10) times 50 drill followed by 50 swim in a workout		
16	Continuous swim 30 minutes		
17	Continuous swim 60 minutes		
18	Workout of your choice #1: Design a workout that includes min. 400 free, and complete it		
19	Workout of your choice #2: Design a workout that includes min. (3) strokes and complete it		
20	Swim with a partner, one of you designs a workout for 15-30 minutes, then switch		
21	Relay swim, min (2) swimmers, design relays that work for you Example A: #1 swims 50, waves hand for #2 to begin #1 does vertical kicks until #2 is 6' away, and swims back repeat as you wish, or until 200 free, 200 medley, 800 free +++ Example B: Swimmers line up at the end of the pool or pond, swim like a normal relay, mix it up with free and medleys		
<b>Non swimming events, 5 points each, max (2) per week</b>			
22	Activity of choice #1		
23	Activity of choice #2		
24	Complete a daily stretching/strengthening routine five days a week		

- This challenge is designed to be performed in a pond, pool, lake, anywhere you like to swim.
- After you have completed 15 swim events, you can get points for doing one you have done before.
- For open water swimmers: Instead of distance, you can go by stroke count. If you don't know your stroke count, assume 10 strokes per 25 yd/m.
- Any stroke can be substituted with another stroke of your choice, for the purpose of the challenge, you can even do free instead of fly. Don't tell your coach.
- For fly: One armed fly is ok. Do your best, this is a tough stroke.
- For relays: Always maintain a 6' distance.
- Modification of any event is acceptable.
- Activity of choice can be walking, strength training, gardening, fencing, golf, biking, running, paddle boarding, climbing, skateboarding ++

This challenge is designed to encourage you to swim. If it got you swimming, but you forgot one part of a workout, or ended up a little short on distance or time, it counts.