



## Sunday, March 27, 2011 , 8:00 AM - 1:30 PM - GRAIS Pool

Pre-registration fee (received **by** March 4): \$20.00

Registration fee (received **after** March 4 or walk-in): \$30.00

<b><u>JUNIOR SWIMMERS</u></b>	<i>Ages 3-10</i>	\$ 25 fundraising minimum
<b><u>YOUTH &amp; ADULT SWIMMERS</u></b>	<i>Ages 11 and over</i>	\$100 fundraising minimum

### **NEW THIS YEAR: CASH PULLS at check-in**

**For Junior Swimmers raising over \$100 and Youth/Adult Swimmers raising over \$200**

**Top Fundraiser will receive a CASH PULL at Awards Ceremony**

- **Friday, March 4:** Deadline to submit Registration form, pre-registration fee (\$20.00) and luncheon/t-shirt orders.
- **March 21 - March 26:** Pool lanes available during "Open Swim" for Swim-A-TON laps *for swimmers unable to attend March 27th Swim-A-TON*. All fundraising money due prior to completing laps.
- **Important event information, including scheduled swim session, will be emailed to registered swimmers prior to the Swim-A-TON.**
- **Sunday, March 27:** *Swim-A-TON!* All fundraising money must be submitted at check-in in order to participate. Walk-in registrations accepted (\$30 fee)
- Check-in/registration will open at 8:00 AM and continue throughout the event. Walk-in participants will swim in final session (approx. 11:00 AM)
- Pre-registered swimmers will receive Swim-A-TON t-shirts at check-in. All swimmers will receive a complimentary snack and beverage.
- Refreshments and raffles will be available throughout the event.
- Pasta luncheon and Swim-A-TON Awards Ceremony will take place after the final swimming session.

## Schedule of Events: Sunday, March 27th, 2011

**8:00 AM: Check-in/registration opens** - *Swimmers should arrive 30 minutes prior to scheduled swim session.*

**8:15 AM: Pool Open for Warm-up**

**8:30 AM - 9:00 AM: Swim-A-TON Session ONE** (30 minutes)

**9:10 AM - 9:40 AM: Swim-A-TON Session TWO** (30 minutes)

**9:50 AM - 10:20 AM: Swim-A-TON Session THREE** (30 minutes)

**10:30 AM - 11:00 AM: Swim-A-TON Session FOUR** (30 minutes)

**11:10 AM - 11:40 AM: Swim-A-TON Session FIVE** (30 minutes)

**11:45 AM: Pasta Luncheon** - *meal included for all swimmers, \$10 for additional guests. See attached order form.*

**12:30 PM - 1:30 PM - Swim-A-TON 2011 Awards Presentation**



# REGISTRATION FORM

Please complete all the information below. Return Registration form, fee and any additional orders (see attached sheet) to **GRAIS POOL** or Freetown-Lakeville Aquatic Program at address below.

Last Name	MI	First Name	Age

Street Address	City/State/Zip

<b>Email Address (NOTE: Important event information will be emailed. Please write legibly.)</b>	Phone Number

I hereby release and save harmless the towns of Freetown and Lakeville, the Freetown-Lakeville Regional School Committee and the Freetown-Lakeville Regional School District any and all liability for any injuries, loss, or other claims arising out of or resulting from or incurred during the use of school facilities and property by the person or persons identified above. I agree, by my signature, to abide by the rules of fair play and good sportsmanship policies of the Community Recreation Program.

Youth	S	M	
Adult:	S	M	L
	XL	XXL	
<b>T-shirt size: circle one</b>			

\_\_\_\_\_  
Participant Signature

\_\_\_\_\_  
Signature of Parent/Guardian if under 18

Please Indicate the Age Group you or your swimmer will participate in:

**Non-Competitive Swimmers/Lesson Participants**

**Youth Competitive Swimmers**

**Adult Swimmers**

<input type="checkbox"/>	Ages 3-4	<input type="checkbox"/>	Ages 8 & Under	<input type="checkbox"/>	Ages 19-29
<input type="checkbox"/>	Ages 5-6	<input type="checkbox"/>	Ages 9 & 10	<input type="checkbox"/>	Ages 30-39
<input type="checkbox"/>	Ages 7-8	<input type="checkbox"/>	Ages 11 & 12	<input type="checkbox"/>	Ages 40-49
<input type="checkbox"/>	Ages 9-10	<input type="checkbox"/>	Ages 13 & 14	<input type="checkbox"/>	Ages 50-59
<input type="checkbox"/>	Ages 11-12	<input type="checkbox"/>	Ages 15-18	<input type="checkbox"/>	Ages 60-69
<input type="checkbox"/>	Ages 13-14			<input type="checkbox"/>	Ages 70 & Over

Check box to request a FLAP instructor to accompany your swimmer

Check box if parent/guardian will swim with your swimmer

**Return all forms and payments to  
GRAIS POOL or :**

**Freetown-Lakeville Regional School District  
Freetown-Lakeville Aquatic Program  
112 Howland Rd.  
Lakeville, MA 02347**

**Registration Fee**

**Pre-registration (received by March 4th): \$20**  
**Registration/walk in (received after March 4th)\*: \$30**  
 (\* Swim-A-TON T-shirt may not be available)

**Make checks payable to:  
Freetown-Lakeville Regional School District  
or  
FLRSD**



**Luncheon / T-Shirts Order Form**  
(submit with Registration Form)

**PARTICIPANT NAME:** \_\_\_\_\_

**Luncheon:**

*(Luncheon is included for all participating swimmers)*

Number of additional luncheon guests:

Total (\$10 per guest): \$

**Additional T-shirt Orders (\$15/each):**

*(All participating swimmers receive a T-shirt at check-in)*

*(Available sizes: Youth - S/M      Adult - S/M/L/XL/XXL)*

<u>Youth or Adult</u>	<u>Size</u>	<u>Quantity</u>	
<input type="text"/>	<input type="text"/>	<input type="text"/>	
<input type="text"/>	<input type="text"/>	<input type="text"/>	
<input type="text"/>	<input type="text"/>	<input type="text"/>	<b>TOTAL</b>
			\$ <input type="text"/>

Please add **TOTALS** to registration fee (\$20) and return payment and completed forms to GRAIS POOL or :

**Freetown-Lakeville Regional School District  
Freetown-Lakeville Aquatic Program  
112 Howland Rd.  
Lakeville, MA 02347**

**DEADLINE: FRIDAY, MARCH 4th**

**Make checks payable to:  
Freetown-Lakeville Regional School District or FLRSD**

**Checks payable to:  
Freetown-Lakeville  
Regional School  
District or FLRSD**



**Submit Pledge Form and all  
fundraising money at  
Swim-A-TON check-in on  
March 27th**

## PLEDGE FORM

Dear Sponsor: The swimmer you are sponsoring, \_\_\_\_\_, has committed to swimming as far as he/she can in :30 minutes. Each swimmer's total distance will be added to our event total as we strive to define what it means to SWIM-A-TON. Your pledge will help us cover the costs of running the George R. Austin Intermediate School Pool and allow us to continue providing quality aquatic programs to Freetown, Lakeville, and the surrounding communities. We hope you will make a generous pledge to support your swimmer and our efforts to keep all the Freetown-Lakeville Aquatic Programs running for years to come. Our most sincere thanks to you for your generosity.

#	Name	Address	Phone	Pledge Amount
1				
2				
3				
4				
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24				
25				

**Swimming Anyone?**

**Total Pledges: \$ \_\_\_\_\_**