

Battle Creek Family YMCA - Leroy Sparks Lake Swim 2009

Register in person, or by mail with Cash, Check or Charge. Must pay at time of registration

Please Print: Name _____
Address _____ City _____
Phone _____ Email: _____
Age _____ Date of Birth: _____ Sex: M F T-Shirt: Adult: S M L XL 2XL
Youth: S M L

Late Registration: 7/18/09 (Day of race) Add \$10

Circle One Below:

Long Course (AQ-SPK/LNG-A,T,K) Adult 13-18yrs 12yrs & under
\$30 \$20 \$10

Short Course (AQ-SPK/SHT-A,T,K) Adult 13-18yrs 12yrs & under
\$30 \$20 \$10

Estimated
Swim Time: _____
(Long course only, 1650 yards)
Heats will be assigned
according to swim time.

Emergency Contact:

Name _____

Phone Number _____

In consideration of your accepting this entry form, I hereby for myself, my heirs, my executors and administrators waive and release all rights and claims for any damages I may have against the Battle Creek Family YMCA the sponsors of this event, it's agents, representatives, successors and assigns for any and all injuries suffered by me at said Marathon or which may arise out of traveling to, participating in and returning from these events.

Athlete's Signature: _____

Battle Creek
Family YMCA
www.ymcabattlecreek.org
182 Capital Avenue NE • Battle Creek, MI 49017
269.963.9622



LEROY SPARKS LAKE SWIM

Willard Beach/Goguac Lake
July 18, 2009
8:00am

REGISTRATION BEGINS MONDAY, JUNE 1, 2009

Bring form in or Mail (with payment):
Battle Creek Family YMCA, 182 Capital Ave. NE
Battle Creek, MI 49017 - (269)963-9622

LEROY SPARKS LAKE SWIM

The Battle Creek Family YMCA proudly presents the Leroy Sparks Lake Swim. Whether you are an avid swimmer or a recreational swimmer, you'll enjoy this event. The Swim will take place at Goguac Lake (Willard Beach). Participants will swim 1 mile, with times being calculated for overall and age bracket winners. Awards will be presented following the event. Proceeds from the event will go to help teach kids to swim in the Battle Creek Family YMCA Begin to Swim Program.

ONE MILE LONG COURSE

Individuals will swim 1 mile in Goguac Lake.

- **Adults \$30**
- **13-18 years \$20**
- **12 years & under \$10**

7/18/09 (Day of race) Add \$10

200 YARD SHORT COURSE

Swim the short beginner course (200 yards) to get a feel for open water.

Awards for children 12 years and under only.

- **Adults \$30**
- **13-18 years \$20**
- **12 years & under \$10**

7/18/09 (Day of race) Add \$10

RACE INFORMATION

- The Lake Swim will take place on Saturday, July 18, 2009 at 8:00am.
- Registration and check-in begins at 7:00am.
- Please make sure to note your approximate swim time for heat placement.
- T-shirts will be given to all participants.

7 WEEK TRAINING SCHEDULE

- Seven Week Training Schedule will be provided to help you train and prepare to swim.
- The schedule will be located on the pool deck.
- Challenge Yourself!



In Remembrance of Leroy Sparks

Leroy Sparks came to be known as "the father of swimming". Due to Leroy's many accomplishments in the field of swimming he was given this title. He coached swimming and diving for years in the Battle Creek Public School system. Sparks had a clear title of distinction, during his time with Battle Creek. His teams won 2 national championships, and 75 All-Americans were produced. In 1967, the year Leroy Sparks passed away, Battle Creek was called "the swimming capital of the world". The first Goguac Lake Swim was held on September 7, 1928.



Sponsored by

