

DATE: \_\_\_\_\_

PARENT: \_\_\_\_\_  
(Last Name) (First Name) (email)

SWIMMER: \_\_\_\_\_ male/female \_\_\_\_\_  
(Last Name) (First Name) (circle one) (Age on June 1 of current swim season)  
\_\_\_\_\_  
(Assigned swim group) (Requested swim group)  
(Ex: Girls 7-8 or Boys 13-14)

REQUIREMENTS:

1 Qualifications to swim-up

A For swimmers who swam-up last season:

From May 1 to the first dual meet, a swimmer who swam-up last season may continue to swim with the age group they practiced with last season if there is space.

Yes, swimmer swam-up last year and wishes to continue to swim-up May 1 to end of first dual meet.

After the first dual meet they must meet the qualification below to continue swimming up.

To continue swimming up after the first meet, submit request showing gold medal time requirements listed below.

B For swimmers 12 years old and under as of June 1 of the current swim season:

Swimmer must meet or exceed 3 gold medal times in 3 different strokes by the end of the FIRST DUAL meet.

\_\_\_\_\_  
Stroke 1 time earned that meets or exceeds gold  
\_\_\_\_\_  
Stroke 2 time earned that meets or exceeds gold  
\_\_\_\_\_  
Stroke 3 time earned that meets or exceeds gold  
\_\_\_\_\_  
Stroke 4 (optional) time earned that meets or exceeds gold

2 Sign below to show you have read and understand the following: Swimmers approved and choosing to swim up...

- > Will compete with their true age group at time trials and meets
- > Will practice with their true age group on Fridays to promote age group team spirit
- > Will demonstrate appropriate behavior and maturity showing good sportsmanship during practices and meets.
- > Are aware that swimming up is a privilege which can be revoked if swimmers behave inappropriately at practices/meets.

\_\_\_\_\_  
parent/guardian signature swimmer signature

3 Return form to registrar's file folder at the pool and email to let her know it is there for pick up

Place form in "Carroll" folder and email Mary Carroll at mary@carrollfamily.me

- > The team registrar will contact you to let you know if space is available or not.
- > If space is available, the registrar will pass this form on to the Coach for approval.
- > The Coach will contact you to let you know if your swimmer is approved to swim up or not.
- > If you do not hear from the coach, please contact the coach to follow up.

For office use only  
 Yes, space is available     No, space is not available    Registrar signature and date: \_\_\_\_\_  
 Approved     Not Approved    Coach signature and date: \_\_\_\_\_