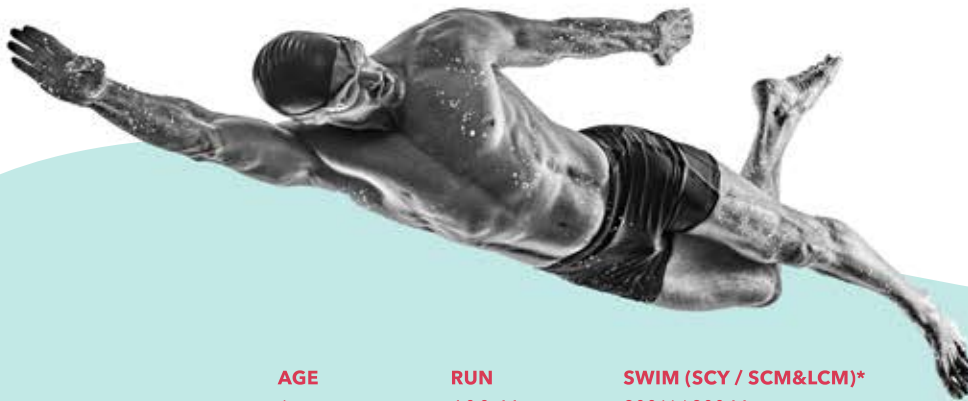




THE **VIRTUAL SWIM RUN**
INTERNATIONAL CHAMPIONSHIP



AGE	RUN	SWIM (SCY / SCM&LCM)*
6	400 M	200 Y / 200 M
7	400 M	200 Y / 200 M
8	400 M	200 Y / 200 M
9	400 M	200 Y / 200 M
10	800 M	500 Y / 400 M
11	800 M	500 Y / 400 M
12	800 M	500 Y / 400 M
13	1500 M	1000 Y / 800 M
14	1500 M	1000 Y / 800 M
HIGH SCHOOL	1500 M	1000 Y / 800 M
COLLEGE	1500 M	1000 Y / 800 M
24 - 29	1500 M	1000 Y / 800 M
30 - 39	1500 M	1000 Y / 800 M
40 - 49	1500 M	1000 Y / 800 M
50 - 59	800 M	500 Y / 400 M
60 - 69	800 M	500 Y / 400 M
70 +	800 M	500 Y / 400 M

*ALL THE METER TIMES WILL BE CONVERTED TO YARD TIMES FOR SCORING



JUNE 15 - SEPT 30, 2020

AWARDS GIVEN TO
TOP 10 MALE AND FEMALE OF EVERY
AGE GROUP

UPON ENTRY FEE, EACH SWIMMER
WILL RECEIVE A **T-SHIRT**, **SWIM-STRONG**
MEDALLION, AND **HALL OF FAME STICKER**

COST: \$25 USD PER SWIMMER



REGISTER AT
<https://bit.ly/2zgBo1w>

