

signs of sudden cardiac arrest to the healthcare provider doing the medical examination. I understand how to request at my cost the administration of an electrocardiogram, in addition to a comprehensive physical examination required to participate in a youth athletic activity. I understand the athletic director may be able to assist me.

Parent/Guardian Signature _____

Date _____

Additional Information Sheets:

Concussion and Head Injury Information:

<https://drive.google.com/file/d/1WPWOkQQBG350pRQTD0aMYUuLCGfVljVs/view?usp=sharing>

PLEASE CHECK THE EVENTS YOU WISH TO PARTICIPATE IN AT THIS MEET.

Participants are limited to competing in three (3) events.

You may only compete in your age group.

| | | | | | |
|------------------------------|------------------|------------------|-------------------|--------------------|------------------|
| AGE GROUP: Check One. | Girls 3-4 | Girls 5-8 | Girls 9-10 | Girls 11-12 | Girls 19+ |
| | Boys 3-4 | Boys 5-8 | Boys 9-10 | Boys 11-12 | Boys 19+ |

EVENTS: All events are 25 yards. Choose up to 3:

| | | | | | |
|-----------------|-------------|-----------------|-----------|------------|--------------|
| Lifejacket Kick | Noodle Kick | Inner Tube Kick | Freestyle | Backstroke | Breaststroke |
|-----------------|-------------|-----------------|-----------|------------|--------------|

| | | | | |
|------------------------------|--------------------|--------------------|-------------------|-------------------|
| AGE GROUP: Check One. | Girls 13-14 | Girls 15-18 | Boys 13-14 | Boys 15-18 |
|------------------------------|--------------------|--------------------|-------------------|-------------------|

EVENTS: All events are 25 yards unless noted. Choose up to 3:

| | | | | | | |
|-----------------|-------------|-----------------|-----------|-----------------|------------|--------------|
| Lifejacket Kick | Noodle Kick | Inner Tube Kick | Freestyle | 50 yd Freestyle | Backstroke | Breaststroke |
|-----------------|-------------|-----------------|-----------|-----------------|------------|--------------|

T-SHIRT SIZE:

Please indicate Youth or Adult along with the size _____