

NAME.

2018-2019 Check-Off Challenge

Are you ready for a challenge? To complete the challenge you need to swim each event once
during the 2018-19 swim meet season (can be a mix of yards or meters) ending with State Meet.
The complete swim meet schedule is on the Michigan Masters website: www.michiganmasters.com.
Swim each event, complete the attached worksheet, and receive a MAC prize!

EVENT	PLANNED MEET	ACTUAL MEET	COMPLETED/ CHECK OFF-DATE	SWIM TIME
100 IM				□ SCY □ SCM
200 IM				□ SCY □ SCM
400 IM				□ SCY □ SCM
50 Fly				□ SCY □ SCM
100 Fly				□ SCY □ SCM
200 Fly				□ SCY □ SCM
50 Back				□ SCY □ SCM
100 Back				□ SCY □ SCM
200 Back				□ SCY □ SCM
50 Breast				□ SCY □ SCM
100 Breast				□ SCY □ SCM
200 Breast				□ SCY □ SCM
50 Free				□ SCY □ SCM
100 Free				□ SCY □ SCM
200 Free				□ SCY □ SCM
500 Y/400 M Free				□ SCY □ SCM
1000 Y/800 M Free				□ SCY □ SCM
1650 Y/1500 M Free				□ SCY □ SCM