

# **Sign-up for Neptune Lattof Out of Shape Meet**

**Date:** Sunday October 25<sup>th</sup>

**Location:** Lattof YMCA  
300 East Northwest Highway  
Des Plaines, IL. 60016  
847-296-3376

**Meet Schedule:** 7:30 AM Doors open  
8:00-8:25 & 8:25-8:50 AM Warm-ups (we should have the first session)  
8:50 AM Timers & Officials Meeting  
9:00 AM Meet Starts

**Admission:** Free

**Heat Sheets:** \$3.00

**Parking:** Free

**Attending YES OR NO**

**PLEASE FILL OUT THE BOTTOM AND RETURN TO COACH DARBY NO LATER THAN MONDAY OCTOBER 12<sup>th</sup>!!!!**

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## **Out of Shape Meet**

**Swimmer Name** \_\_\_\_\_

\_\_\_\_\_ **Yes I am attending the Out of Shape Meet**

\_\_\_\_\_ **NO I AM not attending the Out of Shape Meet**