

JJ Setchell Distance Club

Application Form

Name: _____ Training Group: _____

Times: (write time and name of swim meet where the event was swum)

500 Free: _____

400 Free: _____

1000 Free: _____

800 Free: _____

1650 Free: _____

1500 Free: _____

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Swimmers that compete in the following distance freestyle events, which match their appropriate age and training group, need to turn in their filled out application form to their coach after swim has been completed. They will then receive a special Bag Tag recognizing their achievement.

- 9-10 year old swimmers = 1x500yrd Free or 1x400m Free
- 11 & Over Silver & Gold Group Swimmers = 1x1650yrd Free or 1x1500m Free

Note: These events are not always offered at typical age group meets so it is important to watch for the opportunity to try competing in one of these events. Sometimes our zone will offer a special Distance Only Meet for swimmers to have the chance to participate in these events. You should always refer to you swimmer's coach if unsure about trying one of these events. Coaches may also point out when there is a good opportunity for swimmers to enter these events.

"JJ Setchell was our first Terrapin swimmer to swim the 1000 and 1650 events in the late 1980's and was a founding member of the team. JJ went on to be a long time Terrapin Coach".
JJ showed us that through HARD WORK, anything is possible no matter what the talent level."