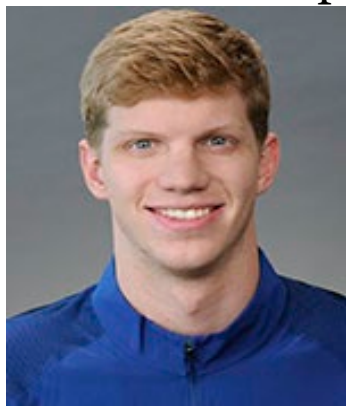


# Virginia Swimming

proudly presents



## *Townley Haas*

2016 Olympian Gold Medalist  
2016 NCAA Champion:  
200 & 500 Freestyle



## *John Shebat*

2019 NCAA Champion:  
200 Backstroke  
2019 Big 12 Men's Swimmer of the Year

**When:** Sunday, September 22<sup>nd</sup>  
**Where:** NOVA Aquatic Center  
12207 Gayton Road, Richmond, VA  
**Cost:** \$30

Session 1  
10:00 AM – 12:15 PM  
Ages 13 & Older  
Check-In: 9:30 AM  
Session limited to 70 athletes

Session 2  
11:45 PM – 2:00 PM  
Ages 9 - 12  
Check-In: 11:15 AM  
Session limited to 70 athletes

**Participants must be registered with Virginia Swimming, 9 years of age or older, and have achieved at least one "B" time standard.**

Please complete the registration form below, email it to [businessoffice@virginiawimming.org](mailto:businessoffice@virginiawimming.org), and submit credit card payment through the *Payment Center* feature at [www.virginiawimming.org](http://www.virginiawimming.org).

*(Registration is not complete until **both** the application and fee are received. Form can be saved to your computer, completed, saved again, and attached to an email. If using a Mac, select 'Print' and then 'Save as PDF' before attaching.)*

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### 2019 Athlete Swim Clinic

Name \_\_\_\_\_ Phone # \_\_\_\_\_

Address \_\_\_\_\_

Age \_\_\_\_\_ VSI Team \_\_\_\_\_ Email \_\_\_\_\_

Questions call 434-352-5451 or email: [businessoffice@virginiawimming.org](mailto:businessoffice@virginiawimming.org)