



Polar Bear Plunge Swim Meet

Date: Friday, January 30th, 2026

Location: Seven Hills Recreation Center (4-lane 25-meter pool with no blocks. You can dive in the deep end which is 5 feet 3 inches.)

Meet Director: Mike Gallagher (mgallagher@sevenhillsohio.org)

Fees: Approximately \$50-\$75 for each team.

Timers: Each team will need to provide two timers.

Registration Deadline: Jan 27th. Email Hytek TM file to Mike.

Entry Limitations: Four events per swimmer in any combination.

Relays: If possible, each relay must consist of at least two 10 & under swimmers.

Times: Warm-ups 5 PM & Meet starts 6 PM.

Eligibility: Any club or recreation swimmer up to 18 years old.

Events

1. Mixed Open 100 Medley Relay
2. Mixed Open 100 Freestyle
3. Mixed 10 & Under 25 Butterfly
4. Mixed Open 50 Butterfly
5. Mixed 10 & Under 25 Backstroke
6. Mixed Open 50 Backstroke
7. Mixed Open 100 IM
8. Mixed 10 & Under 25 Breaststroke
9. Mixed Open 50 Breaststroke
10. Mixed 10 & Under 25 Freestyle
11. Mixed Open 50 Freestyle
12. Mixed Open 100 Freestyle Relay
13. Open Open 200 Freestyle