



# Polar Bear Plunge Swim Meet

Valley Forge High School

9999 Independence Blvd, Parma Heights, OH 44130

**Date:** Friday, January 30<sup>th</sup>, 2026

**Location:** Valley Forge High School (6-lane 25-meter pool with starting blocks)

**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 27<sup>th</sup>. 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