



# LAKE MERRITT ROWING CLUB

A NON-PROFIT CORPORATION INCORPORATED IN 1962  
LMRC IS A MEMBER OF THE UNITED STATES ROWING  
ASSOCIATION

P.O. BOX 1046  
OAKLAND, CALIFORNIA 94604

WWW.LAKEMERRITTRROWINGCLUB.ORG

## LMRC SWIM TEST

TODAY'S DATE: \_\_\_\_\_

### Rower's Information:

*Please Print Legibly*

Printed Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

### WSI or Lifeguard – please complete the following:

I certify that the above named person has passed the following swimming ability requirements in my presence:

1. Swim a distance of 75 feet.
2. Tread water for five minutes.
3. Swim under water for a distance of 20 feet.

WSI or Equivalent Signature: \_\_\_\_\_

Date Test Completed: \_\_\_\_\_

Pool: \_\_\_\_\_

Red Cross Chapter: \_\_\_\_\_

WSI or Equivalent Expiration Date: \_\_\_\_\_