

14th Annual
Super "PLUNGE" Sunday - Feb. 4, 2018 - 1 PM

Event Schedule

Saturday, Feb. 3rd

9:00am to 1:00pm

T-shirt/wristband pick-up &
late registration (St. Francis)

Sunday, Feb. 4th

10:00am to 12:00 pm

T-shirt/wristband pick-up &
late registration (St. Francis)

1:00pm

Plunge Time (48th Street Beach)

1:05pm

Post Plunge Warm-Up (St. Francis Gym)

*Free Refreshments
hot chocolate, tea, coffee...*

How To Participate

Register.... at St. Francis Community Center or
mail registration form with:
\$30 registration fee; \$35 after Jan. 28
Students: \$15 registration fee
\$20 after Jan. 28

Collect.... sponsor donations from family,
friends, etc.

Bring.... your courage & donation form, along
with the checks or cash collected, to
St. Francis Community Center on the
day of the Plunge.

**Don't forget your bathing suit and/or costume,
bathrobe, towels, blankets and whatever else
you'll need to warm yourself after the plunge.**

Important Info.

T-shirts and wristbands must be picked-up at St. Francis Community Center.

Plunge will take place on the 48th Street beach in Brant Beach.

Wristbands must be worn at time of plunge.

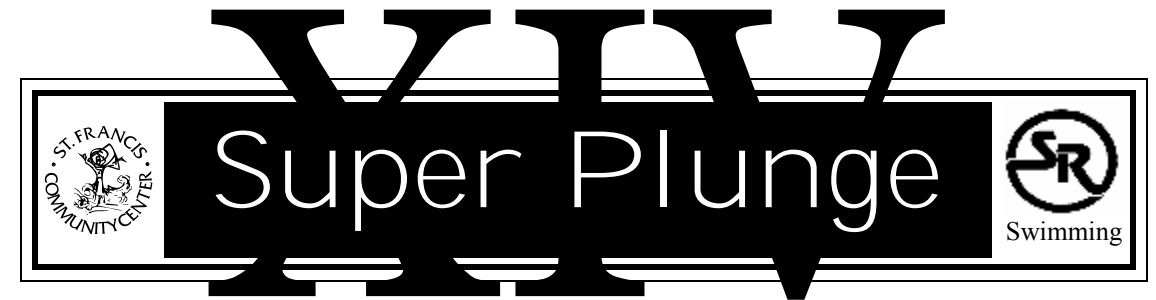
Plungers should enter through the chute system to have wristband checked.

Only those wearing wristbands will be permitted to enter staging area.

Spectators will not be permitted in plungers staging area.

Prizes Awarded for oldest & youngest plunger, best costume and
most funds raised!

No refunds



February 4, 2018

1:00 PM



All proceeds to benefit
St. Francis Community Center
&
Southern Regional High School
Swim Teams

