

**Michigan Masters Swimming and
West Michigan Masters Swim Association
Presents the Twenty-Third Annual Swim Classic
at
Grand Haven Community Pool
17001 Ferris St Grand Haven, Mi 49417
On the Grand Haven High School Campus**

SUNDAY, February 21, 2010

Meet fee is \$25 if you pre-register or \$35 for deck entry the day of the meet. **See page 2 for Pre-registration information.**

You must be a registered Masters Swimmer to swim in the meet, (i.e. you must show your USMS card). Michigan Masters memberships will NOT be available at the Meet. Join on-line before you come at USMS.Org.

The Grand Haven Pool is a large modern pool. It features 8 lanes, continuous warm-up area, Colorado timing, and large spectator area. Parking is free.

Deck Registration 9:15 a.m. - 11:15 a.m. (but event #1 cuts off registration at 9:45 a.m., and events 2&3 cut off at 10:15 a.m.).

1650/1000 Free starts at 10:15 a.m.

Warm-ups are 9:30 - 10:00 a.m. and after event #3 the 200 Fly.

Event 4 should start at approximately 12:00 Noon.

All heats seeded slow to fast. Limit of 5 individual events plus 1 relay per swimmer.

See page 2 for Pre-registration info.

Questions: Ken Danhof, Meet Director, 4295 Carolyn St. Muskegon, MI. 49444 (231) 739-5592
e-mail: KJandM @ Comcast.net Sanctioned by Michigan Masters for USMS Inc. #1910-05S

List of Events:

1. 1,650 Yard Free*
2. 1,000 Yard Free*
3. 200 Yard Fly
Break & Warm up
4. 200 Yard Medley Relay
5. 200 Yard Free
6. 200 Yard Individual Medley
7. 50 Yard Free
8. 100 Yard Back
9. 200 Yard Breast
10. 50 Yard Butterfly
Intermission
11. 100 Yard Individual Medley
12. 100 Yard Free
13. 100 Yard Breast
14. 100 Yard Butterfly
15. 200 Yard Back
16. 50 Yard Breast

* Heats may be run concurrently. Meet Director reserves the right to "double-up" lanes.

During warm-up you must enter the water feet first and in a cautious manner.

Diving will only be allowed in designated sprint lanes.

OPTIONAL PRE REGISTRATION

**WEST MICHIGAN MASTERS SWIM CLASSIC
SUNDAY, FEBRUARY 21, 2010 Grand Haven Community Pool**

If you would like to pre-register by e-mail or US mail, please complete this form as instructed below. (Note: Event #4, the 200 Medley Relay, is done at the meet and cannot be entered by using this form).

This pre- registration is optional. All events may be deck entered the day of the meet during regular registration. However, pre-registration greatly aids the meet manager and saves you \$10 on the meet fee. Please pre-register if at all possible. There is no cost if you are unable to attend the meet.

Swimmer Name _____ Sex _____
(Print clearly. Use exact name on USMS card)

Age on 2-21-10 _____ 2010 USMS# _____ (required)

Home Phone# _____ E-mail _____

Address _____

Events I wish to pre-register for (list event number, event name, and seed time. Max 5):

Send this completed form by e-mail to KJandM@Comcast.net or by US mail to Ken Danhof, 4295 Carolyn St., Muskegon, Mi 49444 by **February 15, 2010**. This information will be used to pre-register you. Upon arrival at the meet (see page1 for times) you will be asked to sign/verify your pre-registration information, provide proof of your 2010 USMS membership, and pay the \$25 meet entry fee. Make checks payable to WMMSA.

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS AND DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS (rule book article 203.1).

Signature _____ (if sending by US mail)

Date _____