



HURON VALLEY  
POOLS & FITNESS

3<sup>rd</sup> Annual  
Milford Meltdown  
Masters Swim Meet

Hosted by Milford Athletic Club  
Sunday, March 14<sup>th</sup> - Milford High School

Location: Milford High School Pool  
2380 South Milford Rd  
Highland, MI 48357

Venue: Short Course Meters / 6 Lanes  
Warm Up & Cool Down Area  
Electronic Timing

Entries: \$25 postmarked 03/05/10 mail to Erik Koppin  
\$35 deck entry or rec'd after 03/05/10  
Swimmers may enter a max of 5 events and 3 Relays  
Cap included with all entries postmarked by 03/05/10  
All relays will be deck entered.  
Mail photocopy of current USMS card with entry  
FINA rules apply to SCM Meets. Your age on 12/31/2010 determines your age group.

Eligibility: **Only current 2010 USMS members will be allowed to compete.**

Schedule: Session I Check In & Warm Up: 8:00-8:30am  
Events 1-2: 8:30-10:00am  
**Deck Registration closes at 9:00am**  
Session II Warm Up: 10:00-10:30am  
10:30am: Events

Contact: Erik Koppin – Huron Valley Pools & Fitness  
5061 North Duck Lake Road  
Highland, MI 48356  
(248) 676-8397  
KoppinE@huronvalley.k12.mi.us  
www.huronvalleypools.com

Hospitality: Continental breakfast after meet



**USMS Masters Swimming Meet Sanction #1910-06S  
Hosted by MAC at Milford High School – Sunday, March 14<sup>th</sup>, 2010**

NAME:		Email:	
Street Address:			
City / State / Zip:		Date of Birth:	
Phone:	Sex:	USMS#:	

EVENT No.	EVENT	EVENT No.	Seed Time
<b>Session 1</b>	warm up 8:00-8:30am	<b>Session 1</b>	<b>MUST</b> check in for session
<i>mens</i>		<i>womens</i>	
1	800 free	1	
<b>Session 2</b>	warm up 10:00-10:30am	<b>Session 2</b>	Deck Registration Closes at 9:00am
2	50 fly	2	
3	100 back	3	
4	200 free	4	
5	100 IM	5	
6	200 breast	6	
7	400 Medley Relay	7	<b>MUST</b> enter relay by event 2
8	400 free	8	
9	50 back	9	
10	200 fly	10	
11	200 IM	11	
12	100 free	12	
13	100 breast	13	
14	400 Free Relay	14	<b>MUST</b> enter relay by event 7
15	400 IM	15	
16	50 free	16	
17	200 back	17	
18	50 breast	18	
19	100 fly	19	
20	800 free relay	20	<b>MUST</b> enter relay by event 14

**Athlete's Release:** 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 Master Swimming, including possibly permanent disability / death and agree to assume all those risks. AS a condition of my participation in the MASTER SWIMMING PROGRAM, I hereby waive any and all rights to claims for loss / damages caused by negligence, active / passive, of the following: United States Master Swimming, INC., the Local Swimming Committees, the Clubs, Host Facilities, Meet Sponsors, Meet Committees, individual Officials supervising activities. In addition, I agree to abide by and be governed by the rules of United States Master Swimming.

**Signature:**

**Date:**

Make checks payable to **Huron Valley Schools**

Mail to: Huron Valley Pools & Fitness  
Attn: Erik Koppin  
5061 N. Duck Lake Road  
Highland, MI 48356

