



HURON VALLEY POOLS & FITNESS

5th Annual Milford Meltdown Masters Swim Meet Hosted by Milford Athletic Club Sunday, March 11th - Milford High School

Sanction# 1912-006S

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 03/02/12 mail to Erik Koppin
\$35 deck entry or received after 03/02/12
Swimmers may enter a max of 5 events and 3 Relays
Swim Cap included with all entries postmarked by 03/02/12
All relays will be deck entered.
Mail photocopy of current USMS card with entry
FINA rules apply to SCM Meets. Your age on 12/31/2012 determines your age group.

Eligibility: **Only current 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
Hosted by MAC at Milford High School – Sunday, March 11th, 2012

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

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

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

