

EMU Coldest Masters SCY Swim Meet

Jones Natatorium - Ypsilanti, MI
Sunday, January 11, 2009

sanction#199-002S

This meet will be swum as Short Course yards (SCY)

Eligibility: Only swimmers who have a **current USMS 2009** registration will be allowed to compete. Registration is available online at <http://www.usms.org/reg> **Enclose a photocopy of your USMS membership card with your entry.**

Entries: Pre-entries are \$28; pre-entries should be postmarked by January 7th. Deck entries on the morning of the meet will be \$45. All relays will be deck entered. Swimmers may swim a maximum of 5 individual events and 3 relays.

Warm-up will begin at 8AM, the meet will begin at 9AM. Enter the pool feet first; no diving is allowed during warm-up except in the designated "diving" lane.

The 1000 yd Freestyle may be swum in two pools, all other events will be swum in a single pool. No deck entries will be accepted for the 1000 yd Freestyle.

Location: Jones Natatorium at Eastern Michigan University, which is located in the Athletic Campus (see attached map)

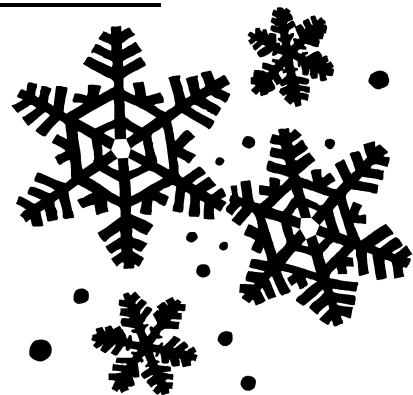
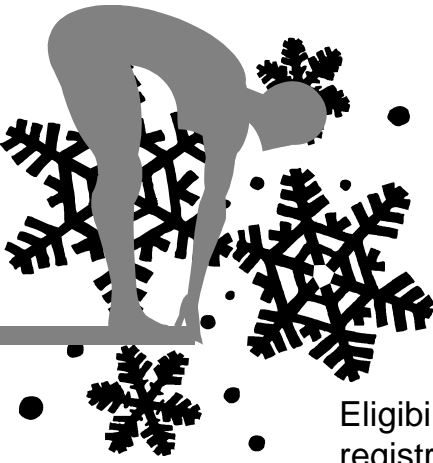
Meet Director:

Sally Guthrie (734) 913-9282 & Frank "Skip" Thompson (734) 913-9282
salgut@umich.edu FrankSkipThomps@aol.com

Mail entries and a photocopy of your USMS card to:

Sally Guthrie
3521 Windemere Dr.
Ann Arbor, MI 48105-2866

MAKE CHECKS PAYABLE TO:
South Oakland Seals



EMU Coldest Masters Meet Entry, January 11, 2009

Name:	Email:
Street Address:	
City:	Date of Birth:
Phone#:	SEX: AGE: USMS#

EVENT#	EVENT	SEED TIME
1	1000 yd. Freestyle	
2	50 yd. Breaststroke	
3	100 yd. Butterfly	
4	200 yd. IM	
5	50 yd. Freestyle	
6	800 yd. Relays (Freestyle)	Will be deck entered
7	200 yd. Backstroke	
8	100 yd. IM	
9	200 yd. Breaststroke	
10	100 yd. Freestyle	
11	200 yd. Butterfly	
12	400 yd. Relays (Medley)	Will be deck entered
13	50 yd. Backstroke	
14	100 yd. Breaststroke	
15	50 yd. Butterfly	
16	200 yd. Freestyle	
17	400 yd. relays (Freestyle)	Will be deck entered
18	100 yd. Backstroke	
19	400 yd. IM	
20	500 yd. Freestyle	

I, the undersigned participant, intending to be legally bound, hereby certify that I m 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 OR DAMAGES CAUSED BY THE NEGLIGENCE, ACITVE OR PASSIVE, OF THE FOLLOWING:UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITES, 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_____