



# HURON VALLEY POOLS & FITNESS

## 2<sup>nd</sup> Annual Milford Meltdown Masters Swim Meet

Hosted by Milford Athletic Club  
Sunday, March 15<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 03/06/09 mail to Erik Koppin  
\$35 deck entry or rec'd after 03/06/09  
Swimmers may enter a max of 5 events and 3 Relays  
Cap included with all entries postmarked by 03/06/09  
All relays will be deck entered.  
Mail photocopy of current USMS card with entry  
FINA rules apply to SCM Meets. Your age on 12/31/2009 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 Sanction # 199-006S  
Hosted by MAC at Milford High School – Sunday, March 15<sup>th</sup>, 2009**

|                     |      |                |
|---------------------|------|----------------|
| 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

