

Alaska Masters Short Course Meters State Championship
Bartlett Pool – Anchorage, Alaska - Saturday, September 8, 2012
Sanctioned by AKMS for USMS, Inc. Sanction # _____

Schedule: Saturday: Warm-up 8:45 a.m. Event #1. 800 Free: 9:30 a.m.
2nd Warm-up: After completion of 800 Free - Event #2: 10:30-10:45 a.m.

Entries

- You may enter up to five individual events, excluding relays.
- Online meet registration is preferred for speed and accuracy. Begin online meet registration at https://www.ClubAssistant.com/club/meet_information.cfm?c=1816&smid=4113
- Online meet registration closes at midnight on 6 September 2012 .
- The meet coordinator must receive **paper entries** by 31 August 2012 . On-deck entries are allowed but new heats WILL NOT be added to accommodate deck entries.
- Meet entry fee is \$27 flat fee.
- Online meet registration accepts credit cards. The charge on your credit card statement will be to "ClubAssistant.com Events"
- Meet Coordinator:

Ken Winterberger
3000 Capstan Drive
Anchorage, AK 99516 e-mail: kwinterberger@gmail.com

USMS Membership: This meet is open to all currently registered USMS swimmers. USMS registration forms will not be accepted at the meet. It is **your** responsibility to be USMS registered. **Your USMS membership will be verified during on-line registration. If you need to join or renew your memberships, links for this are presented during on-line meet registration.** You may also locate membership registration info at www.akmswim.org and www.usms.org/

Other Paper Entry Information: Entry forms must be completely filled out and signed. Send form along with the entry fee and a copy of your 2012 registration card. Make checks payable to Alaska Masters Swimming.

Rules and eligibility: All AKMS and USMS rules govern this meet. It is your responsibility to know the rules. Check out <http://www.usms.org/rules/> website for a link to the current rules.

Seeding: Events (except the 800 freestyle, 400 freestyle and relays) will be pre-seeded slowest to fastest regardless of gender or age group.

400/800 freestyle: You must provide your own lap counter. Check in will be required by 9 a.m. for the 800 freestyle and 12 p.m. for the 400 freestyle. Seeding is fastest to slowest regardless of age or gender. This event may be reseeded after check-in.

Relays: All relays will be deck-seeded. If you are interested in being on a relay, check the box for "available for this relay" on the *on-line event entry form* (or on paper form, fill out "relay interest" portion). Individuals expressing interest in relays will be assigned to relays if there are enough swimmers available. There will be 10-minute breaks after the relays (if requested by relay swimmers) to accommodate those with individual events right after the relays.

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Name _____ Phone _____

Address _____ E-mail: _____

Male / Female (circle) Age _____ (as of 12/31/12)

Birthdate _____ USMS # _____

Emergency Contact Name and Number _____

This entry form along with the meet fee must be received by _____. Please send to:
 Ken Winterberger, 3000 Capstan Drive, Anchorage, AK 99516. Include a copy of 2012
 registration card.

You must include a seed time next to the event you would like to swim. Please go to <http://www.swimmingworldmagazine.com/results/conversions.asp> for a time conversion chart.

Seed Time	Event	Seed Time	Event
_____ 1	800 Freestyle	_____ 18	200 Individual Medley
_____ 2-4	200 Freestyle Relay*	_____ 19	50 Breaststroke
_____ 5	400 Individual Medley	_____ 20	100 Freestyle
_____ 6	100 Backstroke	_____ 21	200 Butterfly
_____ 7	50 Butterfly	_____ 22-24	400 Medley Relay*
_____ 8-10	800 Freestyle Relay*	_____ 25	100 Breaststroke
_____ 11	200 Breaststroke	_____ 26	200 Freestyle
_____ 12	50 Freestyle	_____ 27	50 Backstroke
_____ 13	100 Butterfly	_____ 28	100 Individual Medley
_____ 14	200 Backstroke	_____ 29-31	200 Medley Relay
_____ 15-17	400 Freestyle Relay*	_____ 32	400 Freestyle

*Men, Women, Mixed Relay - please mark "X" if you are interested in swimming a relay

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ENTRY FORM, continued

FEES

Meet Entry \$ 27.00

Make checks payable to Alaska Masters Swimming

Remember: Be sure to include a copy of your current 2012 USMS registration card.

“I, the undersigned participant, intending to be legal 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 possibly 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 RIGHT TO CLAIMS FOR LOSS OR DAMAGE 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 MEET OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Signature _____

This form must be signed or you will not be allowed to swim