

All-Around Challenge: Short Course Meters Pentathlon & Brute Squad Meet

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #

Eligibility: Currently registered USMS swimmers, 18 years and older.

Hosted by: Central Oregon Masters Aquatics (COMA)
Juniper Swim & Fitness Center
800 NE 6th St., Bend, OR

DATE: Saturday, December 8, 2012

25 meters
6-8 lanes competition-Colorado electronic timing system
At least 4 lanes of continuous warm-up/down

WARM-UPS: NOON
MEET STARTS: 1PM

Meet director: Bob Bruce • Phone: 541-317-4851 • E-mail: coachbob@bendbroadband.com
Directions to the pool: From North or South, take Business Highway 97 (3rd Street). Do not take the Bypass Parkway. Turn East on Highway 20 (Greenwood Avenue). Turn right on 6th Street and go south 2 blocks to pool. Park in the North Lot or adjacent streets.

ALL ENTRANTS MUST SUBMIT A PHOTOCOPY OF THEIR CURRENT USMS REGISTRATION CARD WITH THIS ENTRY.

ENTRY DEADLINE: RECEIVED BY Wednesday, November 28, 2012

FILL IN LOWER PORTION COMPLETELY *RETURN LOWER PORTION* *FILL IN LOWER PORTION COMPLETELY*

NAME _____
ADDRESS _____
CITY _____
STATE _____ ZIP _____
PHONE _____
E-MAIL _____

BIRTHDATE _____ AGE (AS OF 12-31-11) _____ SEX _____
2012 OR 2013 USMS # _____
USMS CLUB (OREG, SWMS, DUCK, ETC) _____

AGE GROUPS: 18-24, 25-29, 30-34, ETC. RELAY AGE GROUPS: 72-99, 100-119, 120-159, ETC. **YOU MAY ENTER 5 INDIVIDUAL EVENTS AND ONE (1) RELAY (SAME SEX OR MIXED) PER RELAY EVENT. ENTRY DEADLINE FOR RELAYS IS BEFORE THE 1500 FREE. CHECK IN DEADLINE FOR THE 1500 FREE IS BEFORE THE 400 IM.** ALL EVENTS WILL BE SEEDED SLOW TO FAST.

*Regular OMS ribbons for places 1-3. Short pentathlon events include 50 fly, 50 back, 50 breast, 50 free & 100 IM (marked * below). Medium Pentathlon events include 100's of each stroke & 200 IM (marked ** below). Long Pentathlon events include 200's of each stroke & 400 IM (marked *** below). Brute Squad events are 200 fly, 400 IM, 1500 free (marked # below). The 1500 will be limited to one (1) heat unless there are more than 16 Brute Squad entrants; First priority goes to Brute Squad entrants and second priority is based on date of entry mailing.*

Saturday, December 8, 2012

200 FLY***# (1) _____ : _____ . _____
100 FLY** (2) _____ : _____ . _____
50 FLY* (3) _____ : _____ . _____
200 BACK*** (4) _____ : _____ . _____
100 BACK** (5) _____ : _____ . _____
50 BACK* (6) _____ : _____ . _____
200 BREAST*** (7) _____ : _____ . _____
100 BREAST** (8) _____ : _____ . _____
50 BREAST* (9) _____ : _____ . _____
200 FREE*** (10) _____ : _____ . _____
100 FREE** (11) _____ : _____ . _____
50 FREE* (12) _____ : _____ . _____

400 IM***# (13) _____ : _____ . _____
200 IM** (14) _____ : _____ . _____
100 IM* (15) _____ : _____ . _____
1500 FREE# (16) _____ : _____ . _____

(Two swimmers per lane, hand timed if necessary)

200 FREE RELAY (17, 18, 19)
400 MEDLEY RELAY (20, 21, 22)
800 FREE RELAY (23, 24, 25)
200 MEDLEY RELAY (26, 27, 28)
400 FREE RELAY (29, 30, 31)

Swimmer party after the meet!

"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 Masters Swimming (training & 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, 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 MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

SIGNATURE _____ DATE _____

MEET ENTRY FEE: \$20.00 • MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.
MAIL FORM(S) AND FEE(S) TO: OMS DATA MANAGER, PO Box 1072, CAMAS, WA 98607-1072