

Northwest Zone Short Course Yards Championship


Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction # 
Eligibility: Currently registered USMS swimmers, 18 years and older.
Unregistered swimmers must submit a 2013 registration form and fee with this form.

Hosted by: Mount Hood Aquatics
Reynolds Community Pool
1200 NE 201st Fairview, OR 97024

DATE: Fri, Sat & Sun, March 22-24, 2013

5 lanes competition - 1 continuous lane of
warm-up/down - button electronic timing

FRIDAY WARM-UPS: 4PM • MEET STARTS: 5PM
SATURDAY/SUNDAY: WARM-UPS: 8AM • MEET STARTS: 9AM

Meet director: Dennis Baker • 503-679-4601 • bakeswim@yahoo.com & Aubree Gustafson • 971-404-6968 • aubree.gustafson@gmail.com
Directions to the pool: I-84 to Exit 14 (Fairview Parkway). Drive south on Fairview Parkway to Halsey St. Turn R to 201st Ave. Turn R to 201st Ave. Turn L to pool. 

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

ENTRY DEADLINE: POSTMARK NO LATER THAN Tuesday March 12, 2013

FILL IN LOWER PORTION COMPLETELY

RETURN LOWER PORTION

FILL IN LOWER PORTION COMPLETELY



NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

PHONE _____

E-MAIL _____

BIRTHDATE _____ AGE _____ SEX _____

2013 USMS # _____

USMS CLUB (OREG, HMS, DUCK, PSM, ETC) _____

AGE GROUPS: 18-24, 25-29, 30-34, ETC. UP TO 100+. RELAY AGE GROUPS: 18+, 25+, 35+, 45+, 55+, 65+, 75+, ETC. **YOU MAY ENTER A MAXIMUM OF 6 INDIVIDUAL EVENTS WITH NO MORE THAN 5 INDIVIDUAL EVENTS PER DAY PLUS RELAYS. ENTER RELAYS AT THE MEET. IN EACH RELAY EVENT, RELAY TEAMS MAY SWIM DISTANCES OF 200Y, 400Y OR 800Y (800Y FOR FREE RELAYS ONLY). A PERSON MAY SWIM THE 200Y, 400Y & 800Y DISTANCE OF EACH RELAY ONCE. THE 400 AND 800 RELAY WILL BE SEEDING IN HEATS AFTER THE 200 RELAYS OF THE SAME EVENT. THE 500, 1000 AND 1650 FREESTYLES & 400 IM WILL BE DECK SEEDING. CHECK IN FOR 400IM 4:30PM, FRIDAY - 1600 5PM, FRIDAY - 1000 FREE START OF 200 BACK, SATURDAY - 500 FREE 8:30AM SUNDAY. ALL EVENTS WILL BE SEEDING SLOW TO FAST.**

Fri, March 22, 2013

400 IM (1) _____ : _____ . _____

1650 FREE (2) _____ : _____ . _____

Sat, March 23, 2013

200 FREE (3) _____ : _____ . _____

100 BREAST (4) _____ : _____ . _____

50 FLY (5) _____ : _____ . _____

100 IM (6) _____ : _____ . _____

BREAK

MIXED FREE RELAYS (7-9)

200 BACK (10) _____ : _____ . _____

50 FREE (11) _____ : _____ . _____

100 FLY (12) _____ : _____ . _____

BREAK

MEDLEY RELAYS (13-16)

1000 FREE (17) _____ : _____ . _____

Sunday, March 24, 2013

500 FREE (18) _____ : _____ . _____ 

200 BREAST (19) _____ : _____ . _____

100 FREE (20) _____ : _____ . _____

50 BACK (21) _____ : _____ . _____

BREAK

FREE RELAYS (22-27)

200 FLY (28) _____ : _____ . _____

100 BACK (29) _____ : _____ . _____

50 BREAST (30) _____ : _____ . _____

200 IM (31) _____ : _____ . _____

BREAK

MIXED MEDLEY RELAYS (32-33)

Please join us for a NW Zone forum with Tim Waud, NW Zone Chair -
Saturday 7:30am

"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: \$29.50 • MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.
MAIL FORM(S) AND FEE(S) TO: OMS DATA MANAGER, PO Box 1072, CAMAS, WA 98607-1072