**2013 Gladstone - Dog Days of Summer Masters Meet – (SCM)**

**Saturday, August 3rd, 2013, 8:00am -11:30am**

**Gladstone Municipal (outdoor) Pool, 70th & N. Holmes, Gladstone, Mo. 64118 816-436-2299**

**Sanctioned by MOVY Masters LMSC for USMS, Inc., Sanction # Pending**

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age on 12/31/13 \_\_\_\_\_ Gender M / F

City \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_\_\_\_\_\_\_ Birthdate\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Day Phone (\_\_\_)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Evening or Cell Phone (\_\_\_)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2013 USMS # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Workout Group / Team \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Circle event number and enter goal time

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Event** | |  | **Seed Time** |  |  | **Event** | |  | **Seed Time** |
| 1 | 50m Free | | \_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |  |  |  |  |
| 2 | 200m Back | | \_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  | 12 | 200m Free Relay | | (Enter at meet) |
| 3 | 100m Breast | | \_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  | 13 | 200m Fly | | \_\_\_\_\_\_\_\_\_\_\_\_\_ |
| 4 | 100m Fly |  | \_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  | 14 | 100m Free | | \_\_\_\_\_\_\_\_\_\_\_\_\_ |
| 5 | 400m Free | | \_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  | 15 | 200m IM |  | \_\_\_\_\_\_\_\_\_\_\_\_\_ |
| **\*** | **10-minute break** | |  |  |  | **\*** | **10-minute break** | |  |
|  |  |  |  |  |  |  |  |  |  |
| 6 | 400m Free Relay | | (Enter at meet) |  |  | 16 | 100m IM |  | \_\_\_\_\_\_\_\_\_\_\_\_\_ |
| 7 | 50m Breast | | \_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  | 17 | 50m Back | | \_\_\_\_\_\_\_\_\_\_\_\_\_ |
| 8 | 200m Free | | \_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  | 18 | 200m Breast | | \_\_\_\_\_\_\_\_\_\_\_\_\_ |
| 9 | 100m Back | | \_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  | 19 | 200m Med Relay | | (Enter at meet) |
| 10 | 400m IM |  | \_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  | 20 | 800m Free | | \_\_\_\_\_\_\_\_\_\_\_\_\_ |
| 11 | 50m Fly |  | \_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |  |  |  |  |
| **\*** | **10-minute break** | |  |  |  |  |  |  |  |

\* Breaks will be flexible

**Mail entry to**:

Doug Hayden - 6379 N Myrtle Ave, Gladstone, Mo. 64119

**Please enclose:** A check for $20 made out to **MOVY Masters** (ONLY $10 for full-time students 18-25, please indicate on the entry form you are a full time student),postmarked no later than Monday, July 29th. Entries postmarked after July 29th, and deck entries are $30 ($20 for full-time students 18-25).

RELEASE FROM LIABILITY: 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 and competition), including possible permanent disability or death, any agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OF 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 NEGLECT, 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.

Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Signed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**2013 Gladstone - Dog Days of Summer Masters Meet – (SCM)**

Sanctioned by MOVY Masters LMSC for USMS, Inc., Sanction # Pending

***When*:** Saturday, August 3rd 2012, 8:00am – 11:30am

***Location***: Gladstone Municipal (outdoor) Pool, 70th & N. Holmes, Gladstone, Mo. 64118

***Directions:*** http://www.gladstone.mo.us/CommunityCenter/documents/directions.pdf

***Time***: Check-in begins at 7:00 am. Check-in will end firmly at 7:45am to allow time for deck seeding. Warm-up 7:00am. Warm-up and Cool-down in diving well throughout the meet. Start time is 8:00am. The meet will conclude by 11:30.

***Eligibility***: You must be a member of USMS to swim in the meet. If you are not currently registered, you may register *ONLINE* (preferred!) at www.MOVYmasters.com or at www.usms.org. Applications for USMS membership will also be available at check-in. Benefits include a year's subscription to Swimmer magazine, access to meets and other fitness events throughout the year.

\*Non-MOVY swimmers should send a copy of their USMS registration with their entry form.

***Rules:*** The current USMS rules will govern the conduct of the meet. Heats will be seeded, slowest to fastest. Please enter a goal time for accurate seeding. Entries with no times will be seeded in the slowest heats. Men and women of all ages will swim mixed. You might swim next to someone older or younger, man or woman, but of approximately the same speed. Results will be broken out by age group and gender (i.e. Men/Women, 19-24, 25-29, 30-34, 35-39 and so on).

NOTE: Your age for this meet is your age on 12/31/2013.

***Limits***: Swimmers are limited to five events, not including relays. Please allow for recovery time and be aware that this is a fast-running meet. If you enter back-to-back events, your rest time will be short (or nonexistent). Only one heat (first 6 entries) for the 800 Free

***Fees***: $20.00 early entry fee; late and deck entries are $30.00. Please make checks payable to **MOVY Masters**. Full-time students 25 years or younger may enter the meet for only $10.00 early entry fee or a $20.00 deck entry fee (please indicate on the entry form you are a full time student).

***Deadline***: Early entries must be postmarked by July 29th . Late and deck entries will be accepted at the $30.00 rate.

***Entries***: Mail to Doug Hayden, 6379 N Myrtle Ave, Gladstone, Mo. 64119

***Meet Director***: Doug Hayden, douglasjhayden@att.net