

2013 CORAL SPRINGS LAST CHANCE LCM

LONG COURSE METERS MASTERS SWIM MEET

- **DATE & TIME:** **August 24th., 2013**
Warm Up: 9:00. am ~ Meet starts 10:00 am
- **LOCATION:** Coral Springs Aquatic Complex
12441 Royal Palm Boulevard
Coral Springs, FL 33065
(954) 345-2121
- **SPONSORED BY:** City of Coral Springs
- **SANCTIONED BY:** Florida Gold Coast Masters for USMS, Inc. # pending
- **FACILITY:** 8 lane—50 meter course for competition
Additional 25 yard lanes available for warm-up and warm-down
Daktronics Timing System
- **ELIGIBILITY:** Open to all registered USMS swimmers, ages 18 years +. Your age as of December 31st., 2013.
- **SEEDING:** Entries will be seeded by time, slowest to fastest. 400 Free will be combined, men and women .
- **RULES:** 2013 USMS rules govern.
A copy of your 2013 USMS Card must be attached to the entry form.
- **ENTRIES AND RELAYS:** Each swimmer will be limited to **5** events plus Relays.
Relays will be deck entered **except for the 800 relays**. If you intend to swim the 800 relays, you have to check it off on the entry form.
- **AWARDS:** 1st through 3rd for each event in all age groups
- **ENTRY FEE:** \$ 12.00 meet surcharge
\$ 3.00 per event
\$ 8.00 per Relay
Deck Entries may be accepted if space permits. The cost for deck entries will be: \$12.00 meet surcharge +\$6.00 per event.
- **ENTRY DEADLINE:** **Tuesday August 20th., 2013**
- **INFORMATION:** Chris Jackson, Meet Director
Phone: (954) 345-2121
Fax: (954) 345-2125
Email: pkcjj@coralsprings.org

*Note: Coral Springs Masters reserves the right to take breaks as needed during the meet.
Please check out meet mobile on your Iphone or Ipad for psych sheets by Thursday 22nd..

**2013 CORAL SPRINGS LAST CHANCE LCM
OFFICIAL ENTRY FORM**

NAME:		COPY OF USMS CARD HERE	
ADDRESS:			
CITY:	STATE:	ZIP:	
PHONE:	E:MAIL:		
BIRTHDATE:	AGE ON 12/31:	SEX: M	F



WOMEN	ENTRY TIME	EVENT	ENTRY TIME	MEN
EVENT#		SATURDAY		EVENT#
1		800 Free Relays		2
3		400 Free		4
5		50 Breast		6
7		100 Fly		8
9		50 Free		10
11		100 Back		12
13		200 Free		14
15		4X100 Relays		16
17		4x100 Mixed Relays		17
18		200 IM		19
20		50 Fly		21
22		100 Free		23
24		50 Back		25
26		100 Breast		27
28		800 Mixed Relays		28

Meet surcharge:	\$ 12.00	CHECKS PAYABLE TO: CITY OF CORAL SPRINGS Mail to: Coral Springs Aquatic Complex 2013 Last Chance LCM 12441 Royal Palm Blvd. Coral Springs, FL 33065
Individual events:	___ X 3.00 \$	
TOTAL:	\$	

PLEASE READ AND SIGN THE MANDATORY 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 the risks inherent in masters swimming (training and 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 CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, 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 by governed by the rules and regulations of USMS. (see Rule Book Article 203.1)

SIGNATURE: _____ **DATE:** _____

