



# MN Masters Icebreaker Meet University of Minnesota Aquatic Center Sunday, January 19, 2013



Schedule: Warm-ups – 9:00-9:45 Meet – 10:00 to 2:00  
 Meet Sanction tbd  
 Meet Director David Bergquist ([bergquist.david@yahoo.com](mailto:bergquist.david@yahoo.com))  
 Entry information You must be USMS registered to participate (\$46 annual fee or \$15 “one event” fee)  
 \$20 meet fee for “early bird” registration on or before Sunday January 5  
 \$25 meet fee advance registration on or before Thursday January 16  
 \$30 meet fee deck entry day of meet **ENTRIES CLOSE 30 minutes prior to Meet Start Time**

Entry fees are non-refundable. Register online at:  
[https://www.clubassistant.com/club/meet\\_information.cfm?c=1156&smid=4973](https://www.clubassistant.com/club/meet_information.cfm?c=1156&smid=4973)

Or fill out this form and mail to David Bergquist, 1412 Hwy 33 South, Cloquet, MN, 55720  
 (make checks payable to Minnesota LMSC).

Positive check in required for all events 400 yards and longer.

Relays: There will be a 5 minute break before each relay event – relay entries will be accepted through the start of the break before each relay. All relays must complete a relay entry card complete with first and last name and age of each swimmer. Each card must be completed completely with club name (all 4 members must be registered with that club), circle the distance and type of relay.

Results: Will be posted at the meet and on line at [www.minnesotamasters.com](http://www.minnesotamasters.com) within one week.

Event Number	Event	Entry Time
1	100 IM	__:__:__
2	100 Breast	__:__:__
3	200 Fly	__:__:__
4	200 Free	__:__:__
5	50 Back	__:__:__
6	400 IM	__:__:__
7	200 Breast	__:__:__
8	400 Medley Relay	N/A
9	100 Free	__:__:__
10	50 Fly	__:__:__

Event Number	Event	Entry Time
11	50 Breast	__:__:__
12	500 Free	__:__:__
13	100 Fly	__:__:__
14	200 Free Relay	N/A
15	100 Back	__:__:__
16	50 Free	__:__:__
17	200 IM	__:__:__
18	400 Free Relay	N/A
19	200 Back	__:__:__
20	1000 Free	__:__:__

Print Name: \_\_\_\_\_  Male  Female USMS #: \_\_\_\_\_ - \_\_\_\_\_

Birthdate: \_\_\_/\_\_\_/\_\_\_ Age: \_\_\_\_\_ Club: \_\_\_\_\_ Phone: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

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, 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. (rule book article 203.1)

**Please Sign:** \_\_\_\_\_ **Date:** \_\_\_\_\_